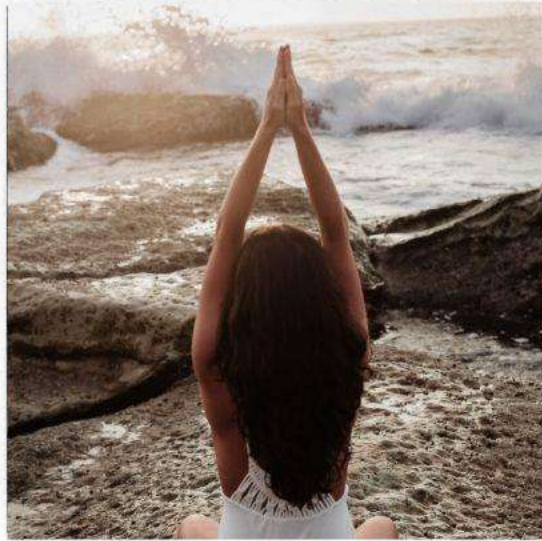


DR MICHELLE WOOLHOUSE @THEHOLSITICGP
MICHELLE@DRMICHELLEWOOLHOUSE.COM.AU



THE DRIVERS OF STRESS, ANXIETY AND BURNOUT

AND WHAT TO DO TO PUT THE BRAKES ON



**"DISEASE IS
EITHER A
MATTER OF
TIME OR A
MATTER OF
OPPORTUNITY"**

Hippocrates 400BC

75-90%

of all doctors
office visits are
for stress related
ailments and
complaints

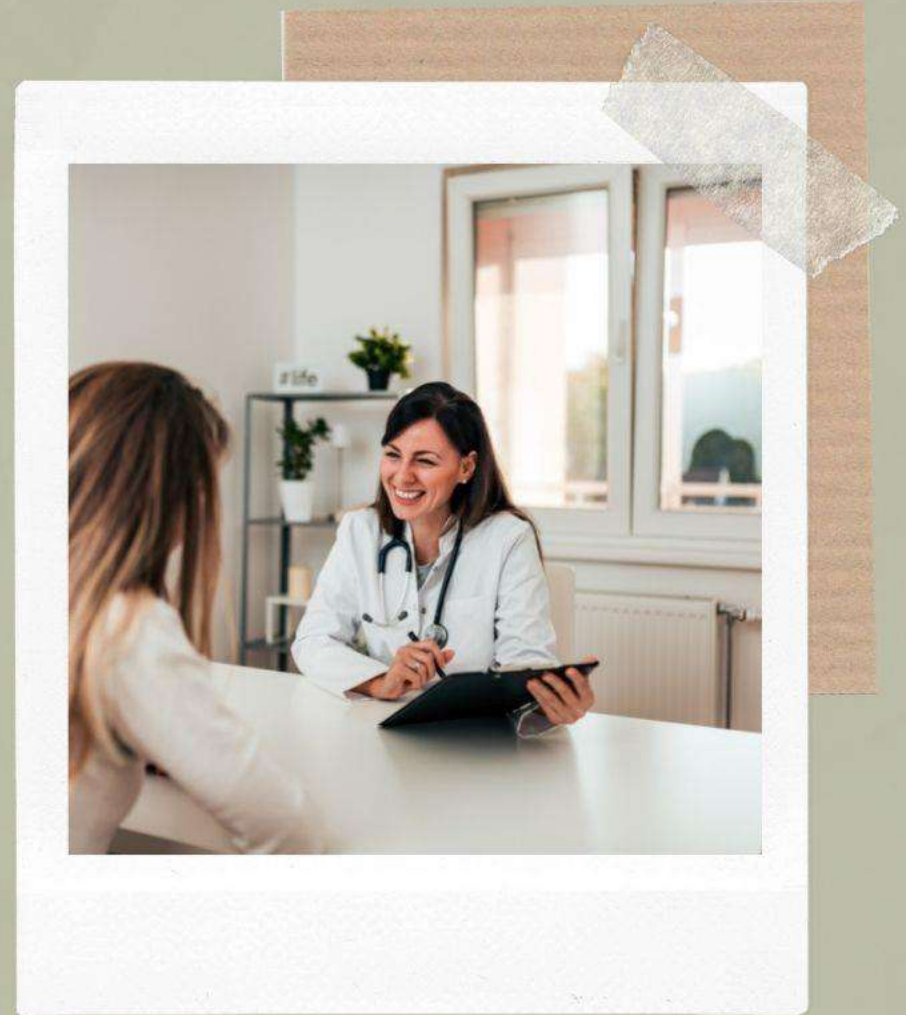
JAMA 2013

65% of Australian GP visits are for
mental health issues.
(health of the nation 2019)

77%

of all people say they
regularly experience physical
symptoms caused by stress

APA.org.au 07-10



Current Status Quo

- 40.7 Million prescriptions are filled for mental health related medication in Australia in 2019-20 (AIHW)
- Nine people per day take their own life (lifeline)
- Over 1,200,000 calls are made to lifeline each year (an increase of 30% since pandemic) (Lifeline)
- 25 % of women and 8.3% of NZ men aged 18-24 have anxiety disorder 2021 – figureNZ
- 11% of the NZ population are taking an anti-depressant (bpac.org.nz). with a 7% increase in number since the pandemic.
- 20% rise in suicide rates in NZ from 1996-2016 (mentalhealth.org.nz)
- Anti-depressants use in Australia in people aged under 18 years has increased by 60% over the past 5 years (Sydney University Brain and Mind Centre

THE NORMALISATION OF STRESS



PHYSICAL STRESS

- METABOLIC SYNDROME AFFECTS MORE THAN 30% OF WORLD'S POPULATION WITH PACIFIC ISLANDERS AND MAORI POPULATIONS AT 2.5 TIMES. GREATER RISK.
- 50% OF THE WORLD IS EITHER OBESE OR IN THE OVERWEIGHT CATEGORY (OURWORLDINDATA)
- SLEEP APNEA AFFECTS UP TO 15% OF THE POPULATION AND 40% EXPERIENCE LONG TERM INSOMNIA (SLEEPFOUNDATION.ORG)
- ONLY 1/8 NZ KIDS UNDER 18 REACHED THE RECOMMENDED AMOUNT OF EXERCISE PER DAY (1 HOUR) HEALTH.GOV.T.NZ
- LESS THAN 1/10 AUSTRALIAN ADULTS MEET THE RECOMMENDED DAILY VEGETABLE INTAKE (AIHW 2017-18)





SOCIAL STRESS


WORLDWIDE LONELINESS

Sharp increase in loneliness worldwide from 2012 onwards, especially in girls coinciding with smart phone technology

18% OF 18-25 YEAR OLD NZ ADULTS FELT LONELY MOST OF THE TIME. HIGHEST AGE GROUP SUFFERING LONELINESS.ORG.NZ

23% of women and 16% of men have experienced emotional abuse by a current or previous partner since the age of 15 years. (AIHW)

ALMOST 1/5 WOMEN AND 1/20 MEN HAVE EXPERIENCED SEXUAL VIOLENCE (AIHW)



WORKPLACE STRESS

01

OVERTIME

ON AVERAGE AUSTRALIAN
WORKER PUTS IN 6.1 HOURS
OF UNPAID OVERTIME EACH
WEEK

(FUTUREWORK.ORG.AU)

MENTAL HEALTH AT WORK

3/4 NZ WORKER ARE NOT
FLOURISHING

1/5 WORKER HAVE TAKEN
DAYS OFF DUE TO STRESS.

(MENTALHEALTH.ORG.NZ)

GP BURNOUT

58% OF AUSTRALIAN GP'S
REPORTED THAT MANAGING
BURNOUT AND FATIGUE WAS
THEIR TOP PRIORITY, WHILST
79% OF NURSES REPORTED
FEELING BURNT OUT DURING
THE PANDEMIC.

NZ PSYCHIATRISTS

ONE IN 3 PSYCHIATRISTS
ARE CURRENTLY BURNT-
OUT AND CONSIDERING
LEAVING THE
PROFESSION. (BMC
PSYCHIATRY 2022)



INTERNAL DRIVERS OF STRESS

01

INNER CRITIC

DEVELOP AT AGED 3-4 YEARS IN EVERYONE. INCREASED INTERNAL PRESSURE TO CONFORM. OPPOSITE TO SELF COMPASSION.

02

ADVERSE CHILDHOOD EVENTS

69% OF PARTICIPANTS EXPERIENCED AT LEAST ONE OF THEM, THE HIGHER THE NUMBER EXPERIENCED THE GREATER THE RISK OF BOTH LONG TERM MENTAL AND PHYSICAL HEALTH ISSUES. ACE STUDY

03

EMBEDDED PATRIARCHY

UNWILLINGNESS TO ACKNOWLEDGE PRIVILEGE, RACISM, SEXISM, ENTITLEMENT. FEAR OF BEING LAUGHED AT, FEEL OF BEING VULNERABLE AND CONNECTING. HYPER-INDEPEDNACE AS KEY SURVIVAL STRATEGY

"It is no measure of health to be well adjusted to a profoundly sick society"

KRISHNAMURTI





WHAT IS STRESS?

The stress response is a bio-chemical, emotional and physiological change to a perceived or real threat. The body and the brain do not differentiate. Therefore whether the stressors are internal, external, mental, emotional or physical: the response remains consistent. Whether we feel stressed is largely dependant on whether we feel we have the necessary resources to cope with the threat or not. (Lazarus, 1966)



ANXIETY

American Psychological Association

Anxiety is not the same as fear, but they are often used interchangeably. Anxiety is considered a future-orientated, long-acting response broadly focused on a diffuse threat, whereas fear is an appropriate, present-orientated and short lived response to a clearly identifiable and specific threat.



BURN-OUT

What you need to know

The WHO describes burn-out as a syndrome resulting from chronic workplace stress that has not been successfully managed. It is characterised by three dimensions.

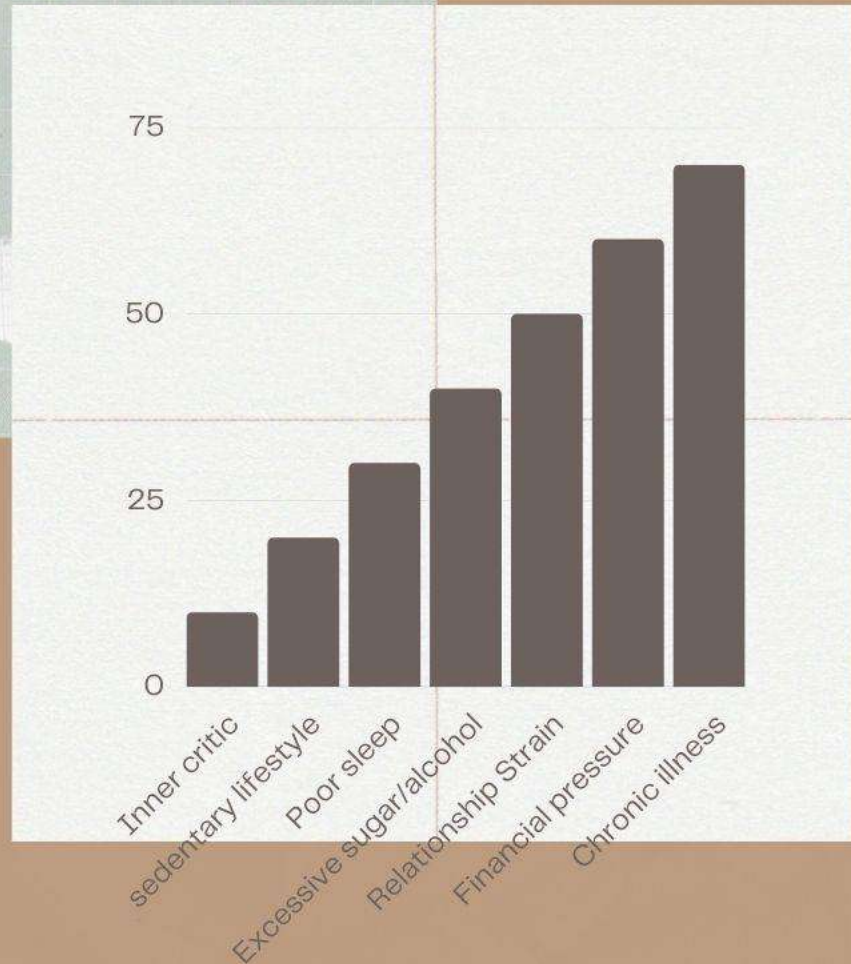
1. feelings of energy depletion or exhaustion
2. Increased mental distance from one's job or feelings of negativism or cynicism related to one's job.
3. Reduced professional efficacy



LOOKING AT THE WHOLE

Hans Selye

When asked whether he thought modern day people has more stress than their ancestors...he said " It is not that people suffer more stress today. It is just that they think they do".



**There is a voice that
doesn't use words.
Listen**

RUMI





THE HEART

**IT IS FULLY FORMED AND
FUNCTIONING BY 4 WEEKS**

8 weeks prior to the first brain cell
formation

**IT BEATS WITHOUT INPUT
FROM THE BRAIN, A PROCESS
KNOWN AS AUTO-RHYTHM, BUT
THE BRAIN CONTROLS THE
RATE VIA THE ANS.**

The heart has its own independent
nervous system. The heart sends more
information to the brain, than the brain
to the heart.

THERE IS BI-DIRECTIONAL COMMUNICATION
BETWEEN THE HEART AND THE BRAIN; HOWEVER
WHEN THE BRAIN SENDS A MESSAGE THE HEART
CAN DECIDE HOW TO RESPOND.

Researchers at The Heartmath institute have
found that the heart can think, sense, learn and
remember.

HRV (PULSE WAVE)

Heart rate variability is a measurement of the beat to beat variation of amplitude in the heart and is a function of the balance between the SNS and PNS



NEUROLOGICAL

The heart beat confers neurological impulses that send important messages to the medulla via the vagus nerve. These messages have a regulatory influence on the brain.

Kown and the heart-brain

BIO-CHEMICAL

The heart makes dopamine, serotonin, adrenaline as well as oxytocin and Atrial Natriuretic Factor.

EMF

The Heart's EMF is 5000 times stronger than the brains. It extends up to 10 feet away from the body. It is in this field we sense, danger, emotions, joy, anger and sadness.

HOW TO NURTURE THE HEART'S INTELLIGENCE

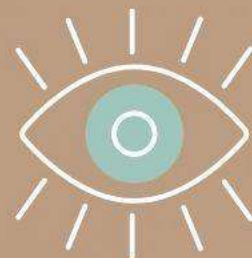
Find out what works best for you



Reflection



Attention



Inquiry



Nurture



REMOVE EXTERNAL STRESSORS

REMOVE EXCESSIVE STIMULANTS

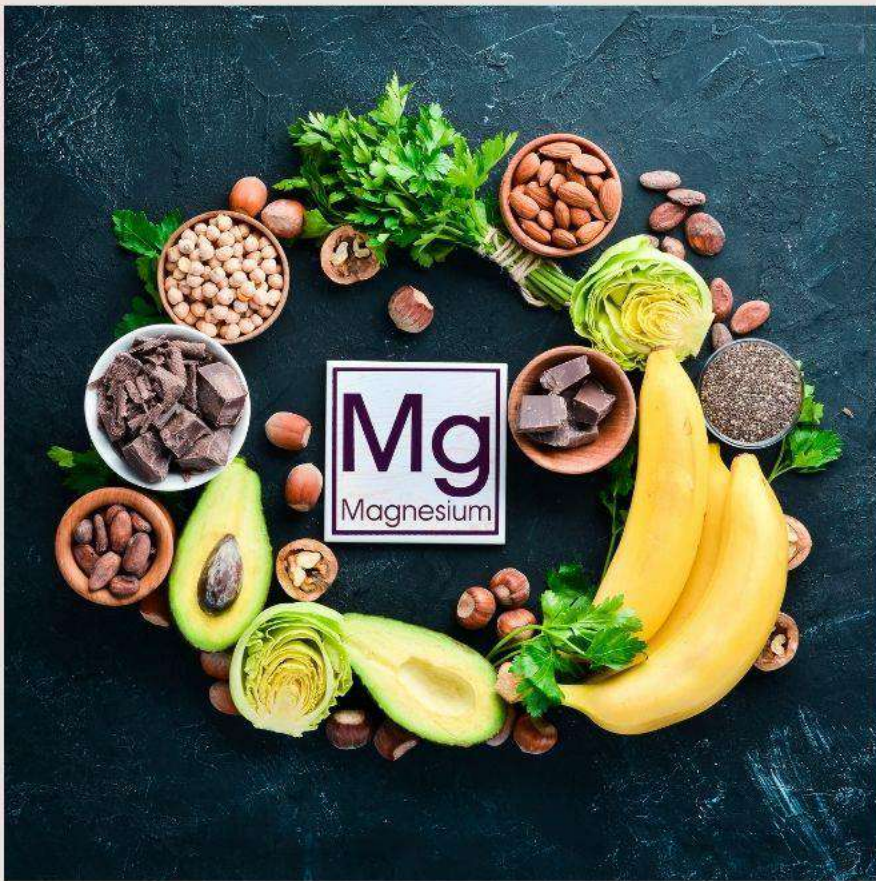
Alcohol, Caffeine, sugar, illicit drugs,
processed foods, screens

MINIMISE STRESS LOAD:
WORK, FINANCES, SOCIAL
ISOLATION, RELATIONSHIPS,
VALUES, LACK OF SLEEP,
SEDENTARY BEHAVIOUR.

Increase stress relievers: exercise,
relaxation, yoga, sleep.

ASK FOR HELP: SEEK SHARED
HUMANITY AND LEARN SELF-
COMPASSION

Use nature: walks, parks, beaches,
rocks, seek awe, and wonder.



NUTRITIONAL SUPPORT

MAGNESIUM:
ANTI-ANXIOLYTIC, SUPPORTS
SLEEP, GLUCOSE BALANCE,
ENERGY, RELIEVES MUSCLE
TENSION.
GETS WASTED AT TIMES OF
STRESS.
300-800 MG/DAILY

MULTI-B'S

Vitamin B's get wasted during times of stress, excessive alcohol and processed foods. Supports nervous system regulation, mood, energy, clarity and sleep. dose 1-2 daily.

VITAMIN C AND ZINC
STORE WITHIN THE ADRENAL GLAND,
REQUIRED FOR STABILISING STRESS
RESPONSE, PRIMING IMMUNE SYSTEM,
SUPPORTING DETOXIFICATION, CELLULAR
REPAIR, SLEEP INITIATION AND SUGAR
BALANCE.
DOSE VITAMIN C 1-4 GRAMS.
ZINC 40-100MG



HERBAL SUPPORT

WITHANIA:
EVIDENCE REVEALS MULTIPLE
BENEFITS ALONG THE LINES OF
LOWERING ANXIETY, SUPPORT
STRESS RESPONSE, REDUCES
INSOMNIA, ENHANCES
COGNITION/MEMORY. DOSE
BETWEEN 250-300MG/DAILY

RHODIOLA

Clinical evidence suggests Rhodiola extract through its multiple benefits can be appropriate for people experiencing burnout and stress-related exhaustion. Dose 400mg dailt for 8-12 weeks (Panossian A et al 2010)

SIBERIAN GINSENG;
IMPROVES PHYSICAL AND MENTAL ENERGY
DURING TIMES OF STRESS (FARNSWORTH
NR ET AL 1985, CICERO AF ET AL 2004)
DOSAGE 300MG-4GRAMS DIED EXTRACT
DAILY 6 WEEKS ON, 2 WEEKS OFF.

Mis-conceptions of self-compassion

DR KRISTEN NEFF

Yin and yang self-compassion:

Using caring force to change ourselves and our world

Being with ourselves

Yin:

- Comforting
- Soothing
- Validating

Yang:

- Protecting
- Providing
- Motivating

Acting in the world

Neff, K. D. & Germer, C. K. (2018). *The Mindful Self-Compassion Workbook*. New York: Guilford Press.



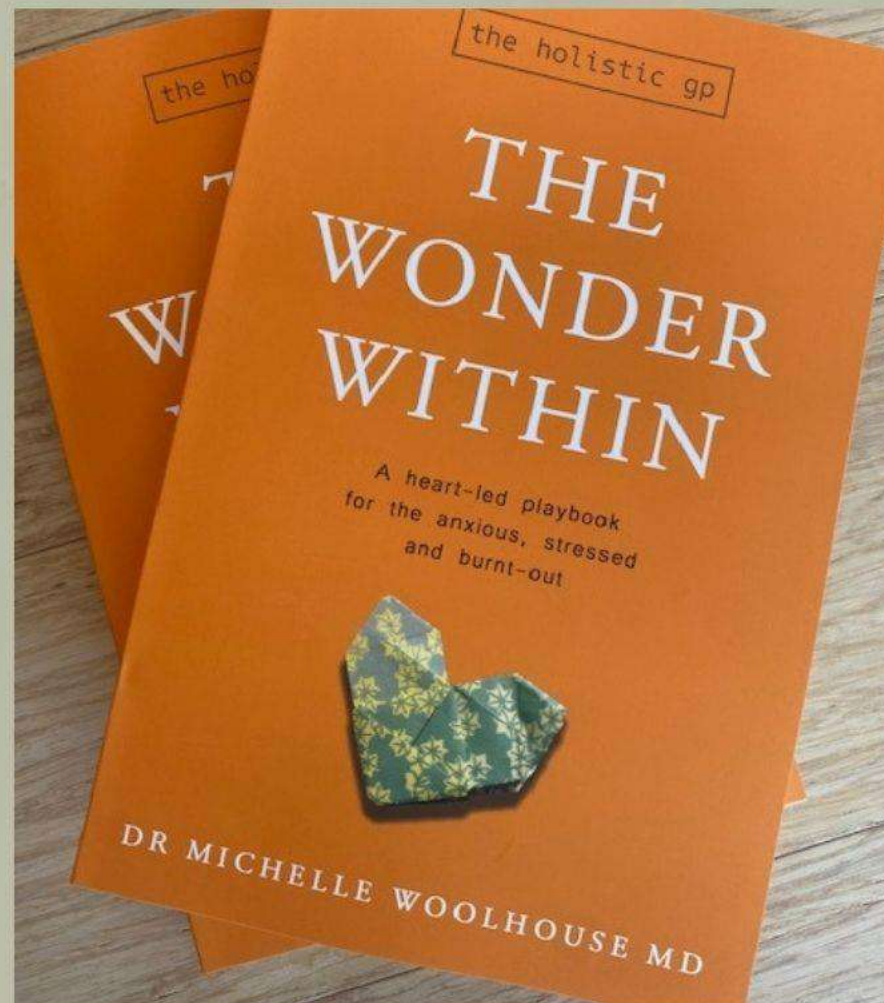
**Humans beings have not
woven the web of life, we are
but one thread within it.
Whatever we do to the web,
we do to ourselves. All things
are bound together. All things
connect.**

CHIEF SEATTLE 1854

GREEN SPACES

- NATURE HAS BEEN SHOWN TO BE BOTH RESTORATIVE FOR THOSE RECOVERING/SUFFERING FROM MENTAL ILLNESS (ALVARRSON ET AL 2010) AND PROTECTIVE FOR GENERAL MENTAL HEALTH.
- EXPOSURE TO NATURE HAS BEEN SHOWN TO EVOKE POSITIVE EMOTIONS, AS WELL AS STRENGTHEN INDIVIDUAL RESILIENCE (MARSELLE ET AL 2013) AND COPING SKILLS (VAN DE BERG 2010)
- ASSOCIATION WITH INCREASED CONCENTRATION, LEARNING, MOOD, CRITICAL THINKING AND CREATIVITY.
- 2 HOURS PER WEEK RECOMMENDED (EITHER AT ONCE OR 20 MINUTES DAILY)





AIMA SPECIAL

25% PRE-ORDER LIMITED OFFER

WWW.THEHOLISTICGP.COM.AU