# **COPING WITH CHANGE**

Reacting vs. Responding

# **AUTOMATIC** REACTION

# **External Stressors**

(Perceived threat/Challenge)

**MINDFUL RESPONSE** 

PAUSE<sup>®</sup> Aware

Mindful Appraisal

Body sensations, thoughts, emotions

- ↑ Parasympathetic
- ↑ Calm & Connect

↑ Sympathetic

**Autopilot** Unaware

↑ Fight or Flight

# ress REACTION

Hypothalamus Pituitary Adrenals ↑ Cortisol

Acute hyperarousal ↑ BP, ↑ heart rate

Chronic Hyperarousal Aches and pain, Asthma, Heart disease, Immune system, Irritable bowel, Insomnia, Anxiety, Depression

Overeating, Overworking,

## Substance Misuse

Drugs, Alcohol Cigarettes Caffeine

Cardiovascular Digestive **Immune** Musculoskeletal Nervous Systems



Internal Stressors thoughts, emotic ns, pain

# Stress RESPONSE

Hypothalamus **Pituitary** M Adrenals

个 Oxytocin

Openness & Curiosity Choice

# Adaptive/ Health Coping

Seeing New Possibilities Mental & Physical Health Robust immune system Improved wound healing Pro-social & Nurturing (Compassion, Trust, Generosity Kindness, Gratitude, Joy) Resilience

## © 2014 Elizabeth Lin MD, MPH

Adapted with permission from Full Catastrophe Living J. Kabat-Zinn 2013 Mindful Birthing N. Bardacke 2012 Graphics by R. Ryan

Denial. Hyperactivity, Isolation

Physical/psychological exhaustion, Burn-out