

The IBS Stress Connection

Presented for Adcock Ingram

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adcock ingram
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Stress Symptoms: Examples

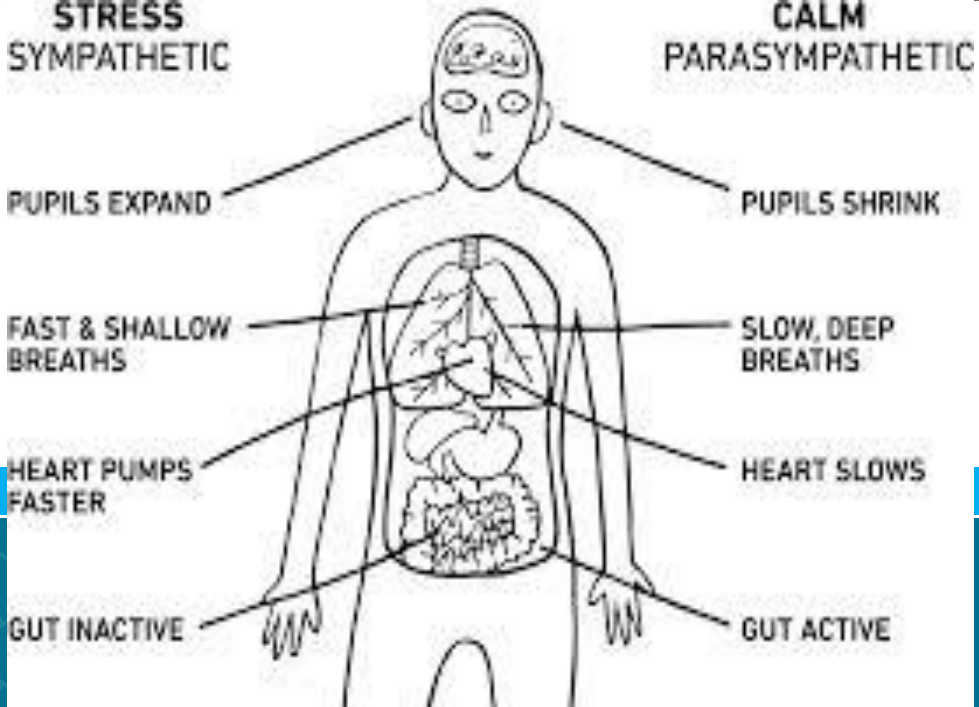
- Changes in sleep pattern
- Digestive System (2nd brain): Indigestion, IBS, Gastric Reflux, Constipation
- Fatigue, *overwhelm*, burn-out, dysthymia/depression
- Changes in eating habits
- Loss of sexual drive
- Headaches, Aches, Pains
 - Infections
 - Dizziness, Fainting
 - Sweating, trembling
 - Tingling hands & feet
 - Breathlessness
 - Palpitations
 - Missed heartbeats
 - High blood pressure
 - High cholesterol
 - High blood sugar





STRESS
SYMPATHETIC

CALM
PARASYMPATHETIC



IBS Specific

- ↓ pain threshold
- Biological predisposition: respond to emotional stimuli with colon hypermotility (↑ colon smooth muscle contractions)
- Mildly ↑ test scores on dysthymia (mild depression), anxiety
- Tendency: preoccupation physical symptoms
- Increased tension → ↑ symptoms
- 50% patients reported psychological loss/ threat of loss preceding 1st episode



IBS Specific

- Perceived, subjective experience: stressful life events
- Family history - tendency special treats during childhood illness – treats for illness - learned response
- Mind-body: fear of letting go; insecurity; low self-confidence, self-esteem, personal power; easily intimidated by others, finding expression own ideas, opinions challenging



Stress Management IBS Focus

- Self-awareness: stress triggers through stress assessments
- Coping skills training: handle interpersonal conflicts positively
- Hypnotherapy, autogenic training, biofeedback: control internal smooth muscle contraction
- Relaxation training, incl. relaxercises, movement
- Rest, massage, self soothing – e.g. knees bent / rubbing tummy
- Family therapy: patient contracts - talk about IBS symptoms only with health care practitioner, who should be empathetic, but not indulgent; family members to ignore any complaints at home
- Group therapy – lectures, discussion, relaxation sessions, journal keeping



Positive Affirmations

- I deeply relax my muscles
- I can do this
- I will succeed
- I am confident in every social situation
- I am calm in my body, in my mind and in my emotions; or simply: I am calm
- I am in touch with my peaceful inner centre
- I surrender to my inner healer



Feel good: Serotonin, Dopamine

- Healthy eating
- Probiotics
- Mint & ginger tea
- Nuts, bananas, berries
- Listening to body: sensible food choices
- Relax before eating



Relaxation to Build Resilience

- *Innercise* and exercise
- Learn to keep mind, emotions, body quiet or silent - optimise efficiency, energy resources
- *Access inner peace* any time needed
- *Increase range of responses* to familiar stressors
- *Diversified range to choose* - respond to stressors more effectively, productively, creatively



Relaxation to Build Resilience

- Rather than worry, fear, anger response to triggers: become *quiet, focused, aware* of feelings, consciously relaxed, able to react pro-actively, *responding*, rather than reacting to stress triggers.
- Imaginary activity created in mind's eye, experienced as real
- E.g: meditation, progressive muscle relaxation, visualisation and guided imagery, breath awareness, journal writing, mindfulness based stress reduction etc.



Regular Physical Activity

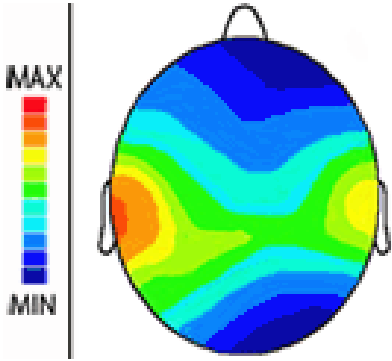


Do something you enjoy:

- Nia technique, yoga, swimming, tai chi, walk, dance in your lounge
- Music & mood

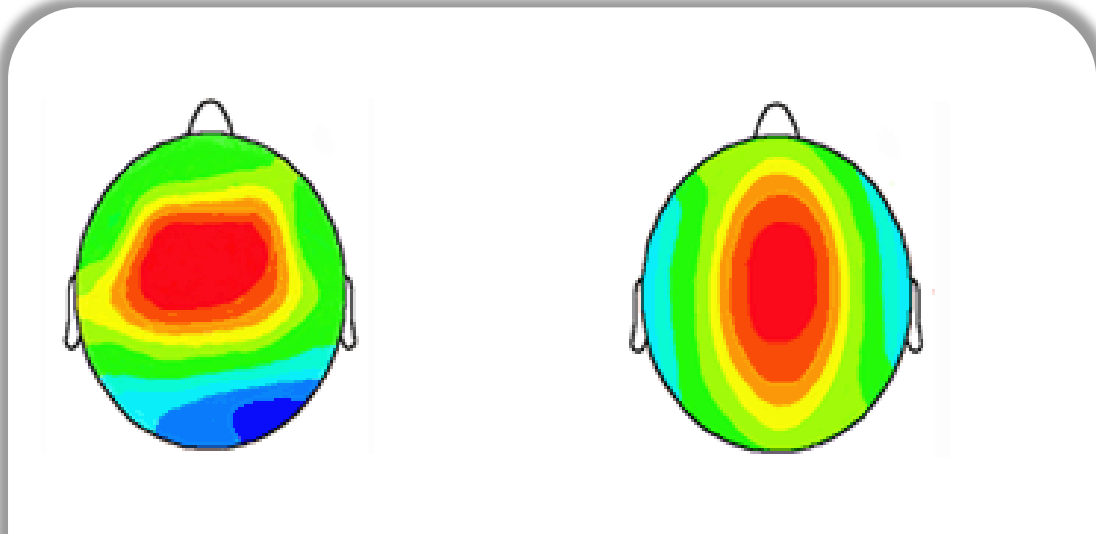


Alpha brainwaves – before and after synchronisation



Normal Person

Unintelligible, unbalanced brainwave pattern with restricted thought processes. Prone to anxiety, depression, and weakened mental & emotional health



After 15 Minutes **After 25 Minutes**

Harmonising and balancing both hemispheres allows the brain to work in sync, making communication of thoughts, information, and responses more effortless, efficient, and coherent. A more integrated system produces optimal performance, functioning, and mental & emotional health.

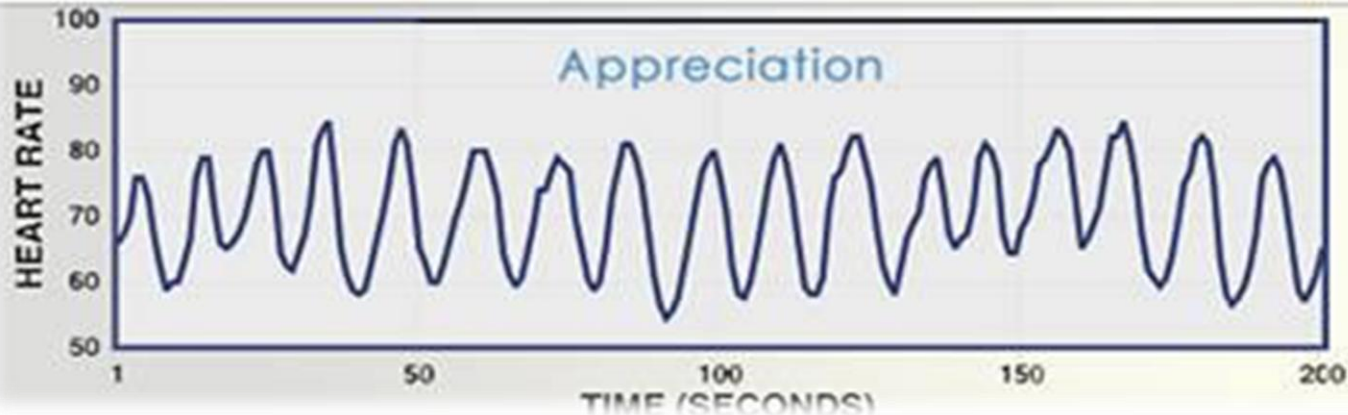
Mind Solutions, Stress Solutions Courses



Heart rhythm patterns & emotions



Cortical
Inhibition
(chaos)



Cortical
Facilitation
(coherence)

Deep relaxation: Every day 10-20min am & pm. Start with 5!

Right brain mode into right mind

To connect to the silence of a quiet mind

Health, happiness, wholeness lie at the core of our being: it is our natural state!



Continuous Support & Further Reading

- **Mind Solutions, Stress Solutions Courses, Workshops, Talks**

- Books

- Manuals

- Relaxation CD

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02 2-Simple Breathing.mp3

