

3a. Mental Health: Dealing With Stress Post-Transplant

Allison Deitz, LCSW-C, Social Worker

University of Maryland – Baltimore

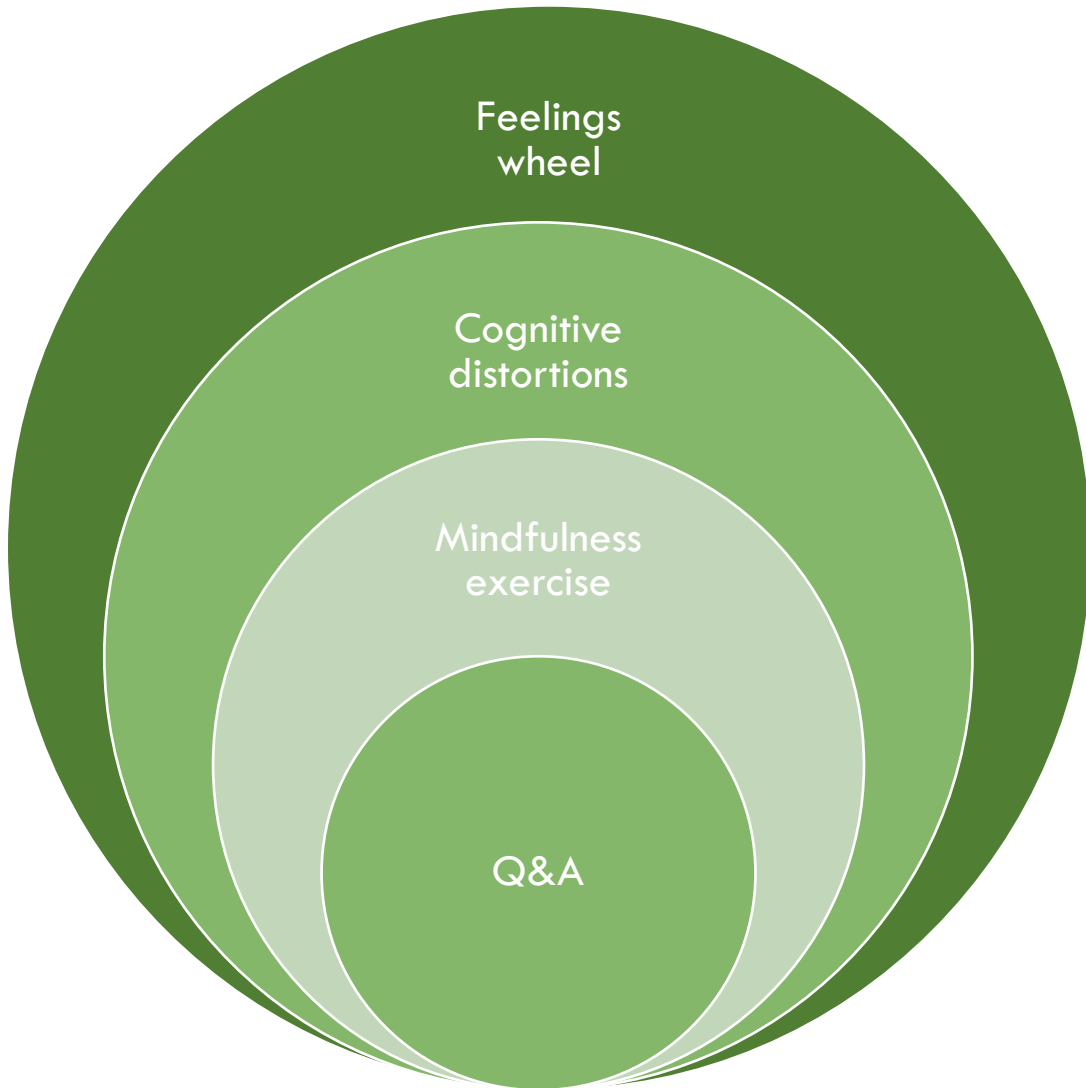
School of Medicine, Division of Psychiatric Services Research



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Agenda



Handouts for Presentation 3a “Mental Health: Dealing with Stress Post-Transplant”

Allison Deitz, LCSW-C
adeitz@som.umaryland.edu

Contents

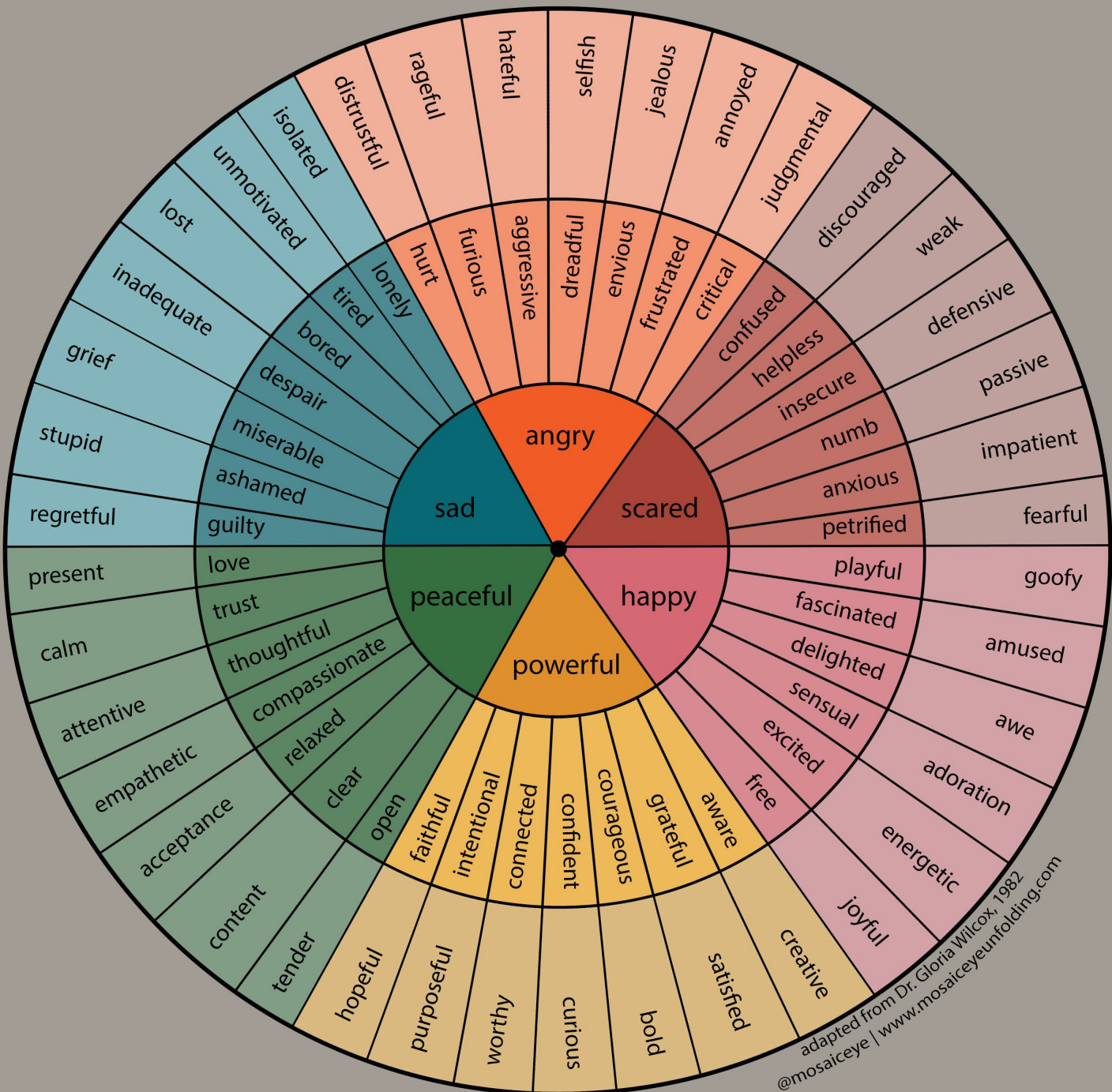
- “After Your Transplant” Checklist (1 page)
 - List of some transplant-specific stressors that may help clarify/summarize your experiences for yourself, your loved ones, and/or your medical care team.
 - This checklist may also be useful in implementing strategies for countering cognitive distortions (see “Untwist Your Thinking”).
- Checklist of Negative and Positive Distortions (2 pages)
 - Definitions and examples of the 10 cognitive distortions discussed in the presentation.
- “Untwist Your Thinking: Cognitive Behavioral Tools” (3 pages)
 - Definitions and examples of the strategies identified in the presentation to counter cognitive distortions.
- “Calm Your Mind: Mind-Body Practices” (3 pages)
 - Three mindfulness exercises, one of which is highlighted in the presentation.



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adapted from Dr. Gloria Wilcox, 1982
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**The Feelings
Wheel**

Feeling Good

Based on work by
DAVID BURNS

WORLD



understand
interpret
perceive

Series of positive,
negative, neutral events

YOU

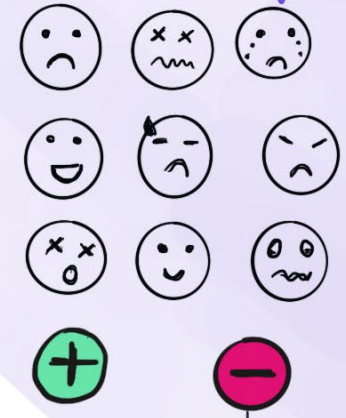


Thoughts

generate

lead to

Moods & Feelings



BREATH
HEART RATE
SWEAT

Physical Responses

Corrective techniques



tune

RADIO



Sound

Music +

Static -

Retune

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Nandita Bhesky



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**What is a
Cognitive
Distortion?**

Feeling Good

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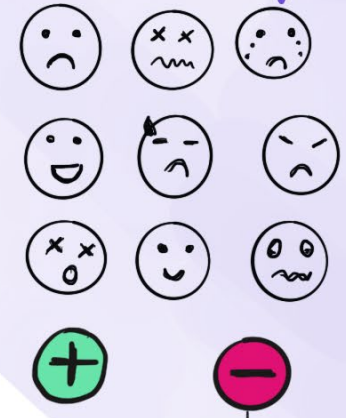


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Empathy

Agenda-Setting

Identify the Distortions

What is a Cognitive Distortion?

Cognitive Distortions

I feel guilty. I must have done something bad!!

Not in the mood for work. Might as well lie down in bed!

I feel inadequate. I must be a worthless person...



EMOTIONAL REASONING

You take your emotions as evidence for the truth. If things **feel** negative, you assume they are. You don't challenge the validity of these feelings.

I feel overwhelmed and hopeless. My problems must be impossible to solve!

I'm mad at you. This proves you've been acting rotten and taking advantage of me!!

- **Procrastination**

Based on work by
DAVID BURNS

Sketch note by
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Cognitive Distortions

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Examine the
Evidence

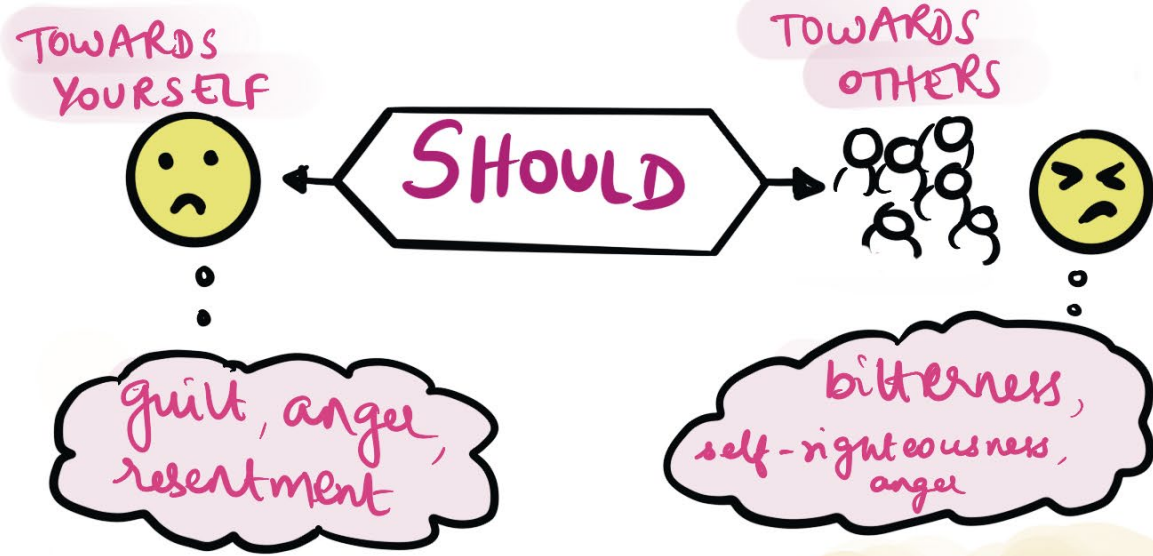
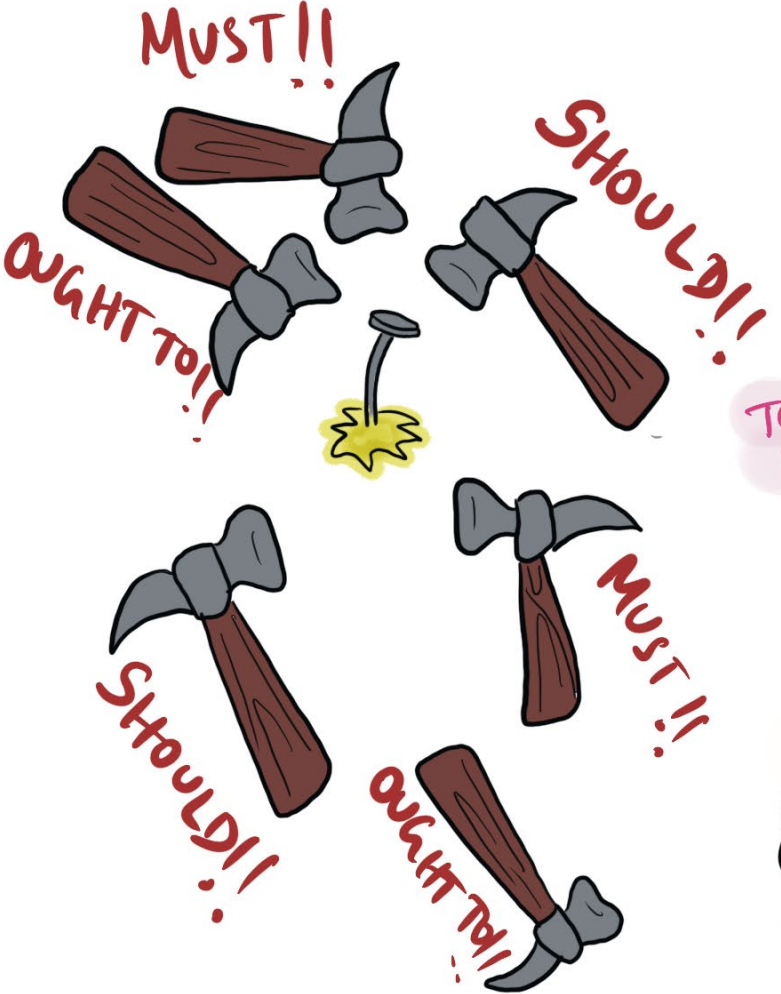
Experimental
Technique

Self-Monitoring

Cognitive Distortions

SHOULD STATEMENTS

Should statements generate a lot of emotional turmoil. They arise from extreme expectations and unhealthy societal norms. They put you under so much PRESSURE.



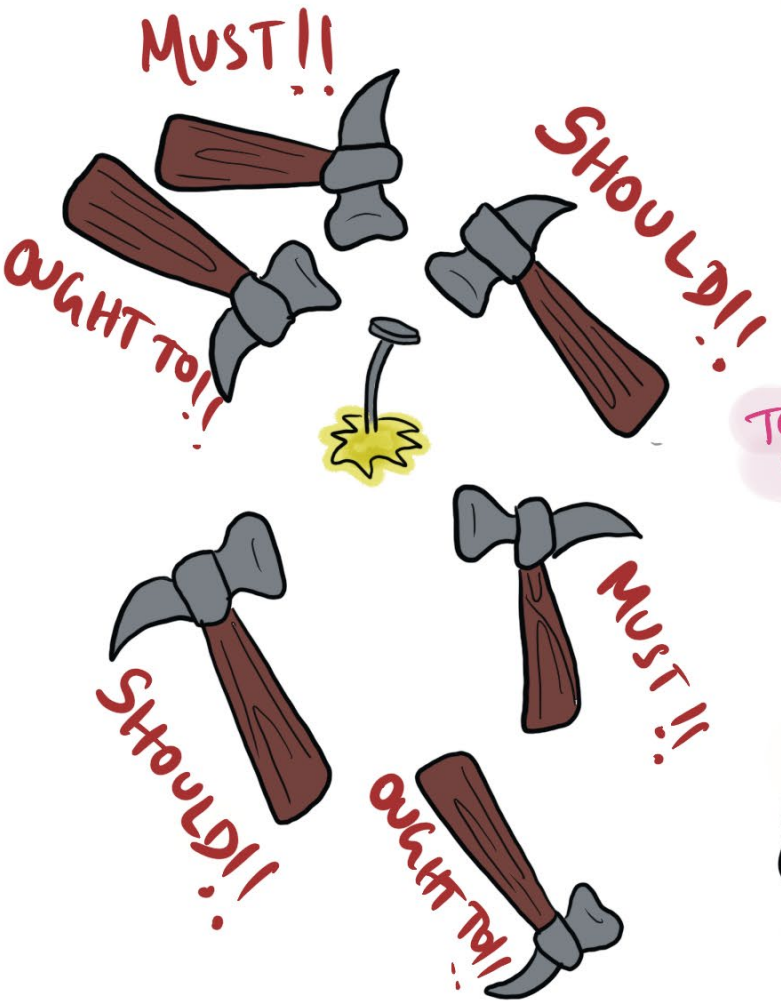
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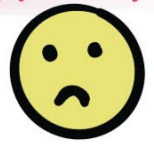
Cognitive Distortions

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TOWARDS YOURSELF



TOWARDS OTHERS



guilt, anger, resentment

bitterness, self-righteousness, anger

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Semantic Method

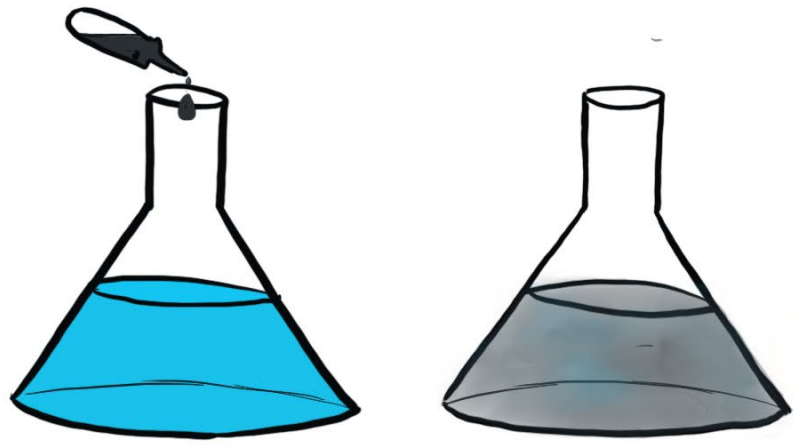
Negative Practice/Worry Breaks

Shame-Attacking Exercises

Cognitive Distortions

MENTAL FILTER

You pick out a single **negative** detail and dwell on it exclusively till the whole situation becomes black



The whole picnic was a disaster. A bee stung my finger in the end. Everything was going as planned till then but ...

- selective abstraction
- focusing only on the negative

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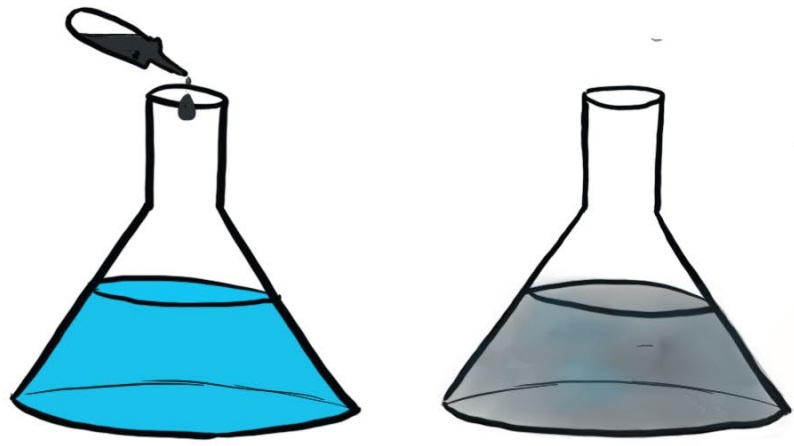
Sketchnote by Nandita Bhesky

Cognitive Distortions

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Self-Monitoring

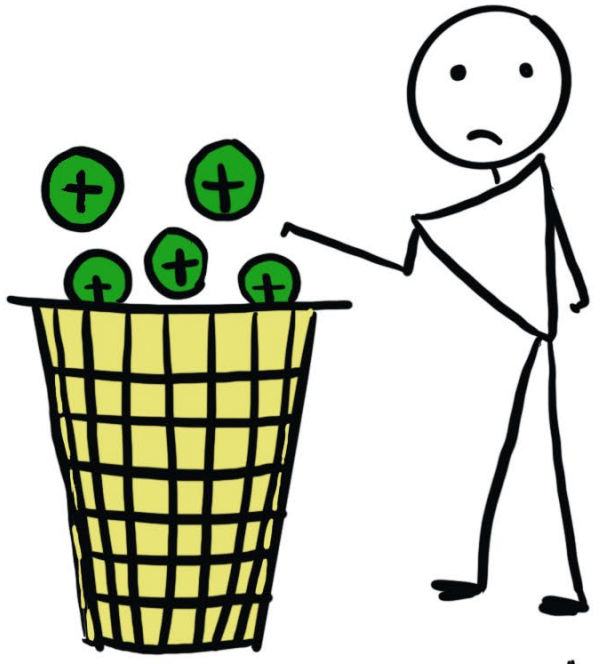
Thinking in Shades of Gray

Straightforward Technique

Cognitive Distortions

DISQUALIFYING THE ++ POSITIVE ++

You don't just ignore the positive/neutral experiences but actively transform them to negative ones



- I don't deserve it!
- That doesn't count.
- He didn't actually compliment me ...
- I was just lucky!

- selection bias
- overly humble
- low self-worth

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Cognitive Distortions

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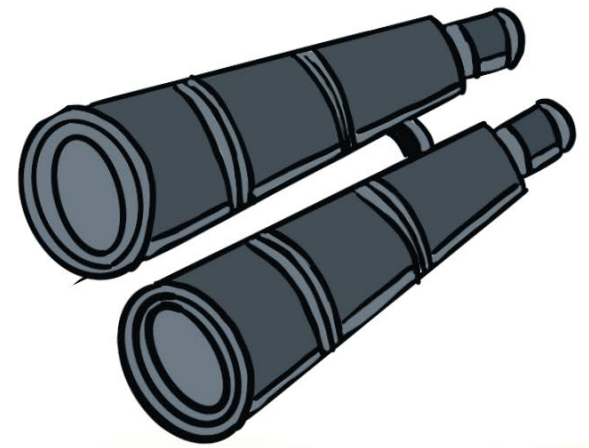


Self-Monitoring

Acceptance Paradox

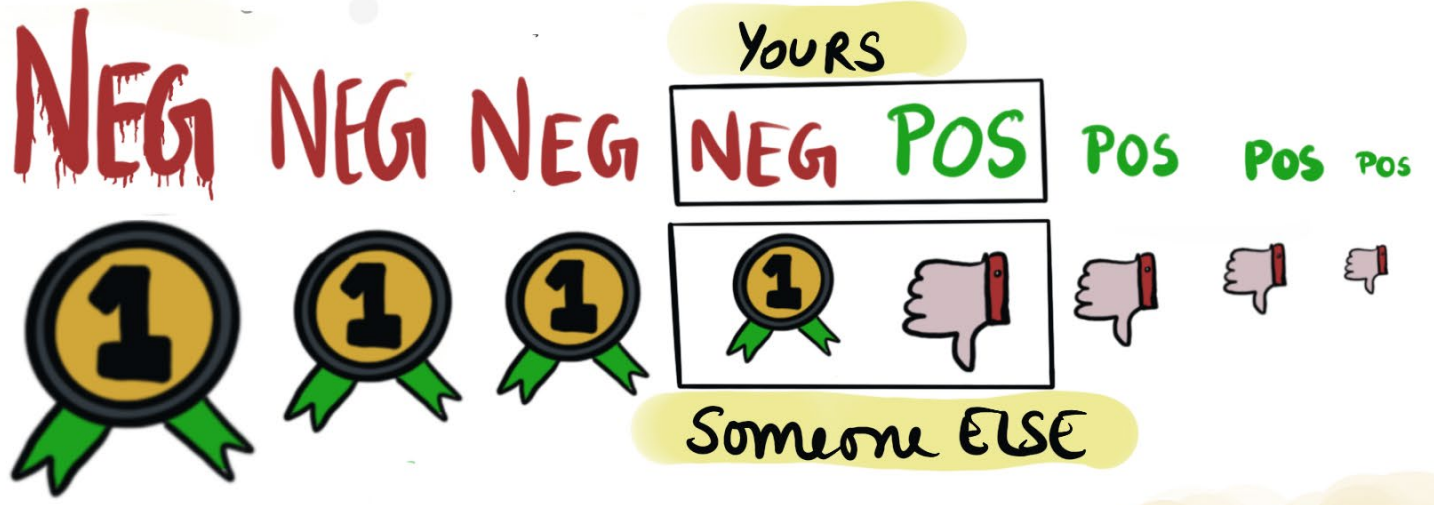
Paradoxical Magnification

Cognitive Distortions



MAGNIFICATION MINIMIZATION

You exaggerate the importance of things (your goof-ups or others' achievements) and inappropriately shrink things (your desirable qualities or others' imperfections)

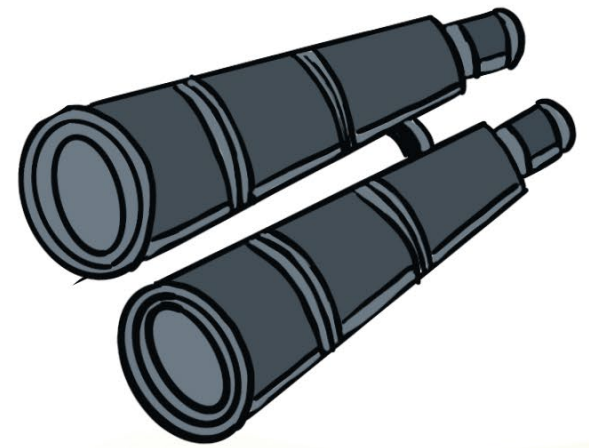


- binocular trick

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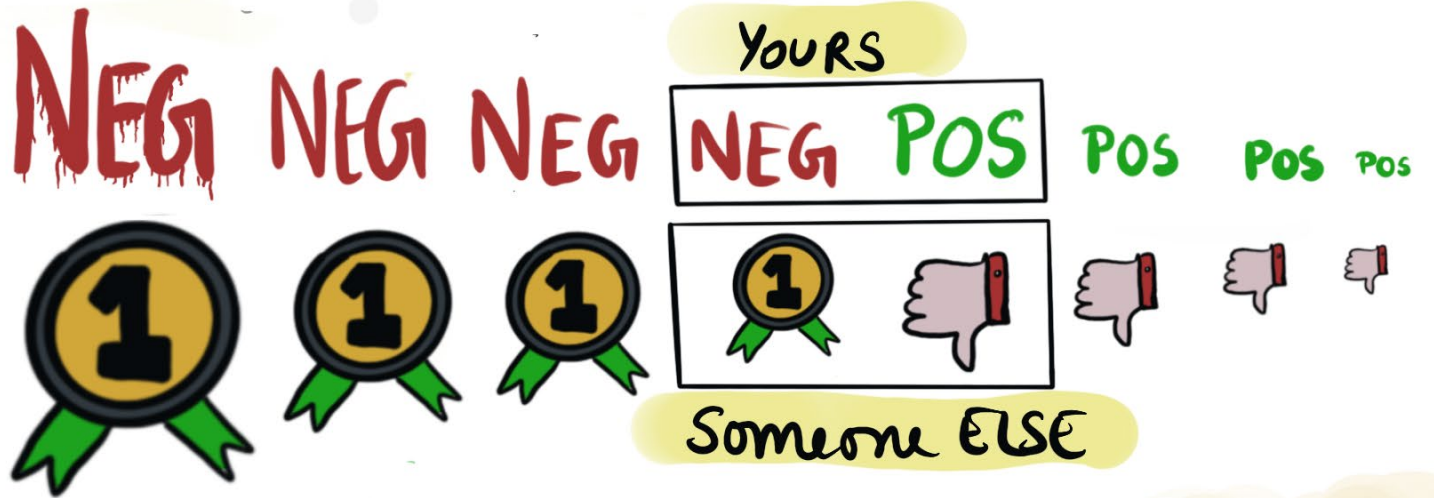
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Cognitive Distortions



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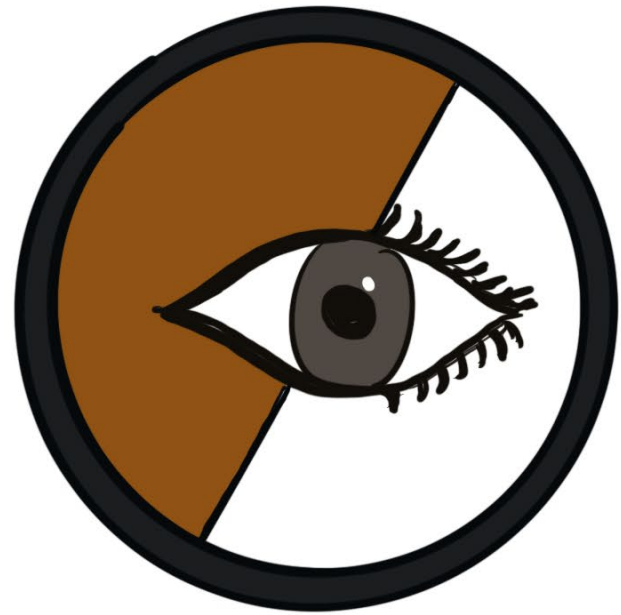


Paradoxical Magnification

Double Standard Technique

Be Specific

Cognitive Distortions



ALL - or - NOTHING

You tend to evaluate things in extremes and force your experiences into absolute categories. You can't measure up to your exaggerated expectations and set yourself up for disappointment .

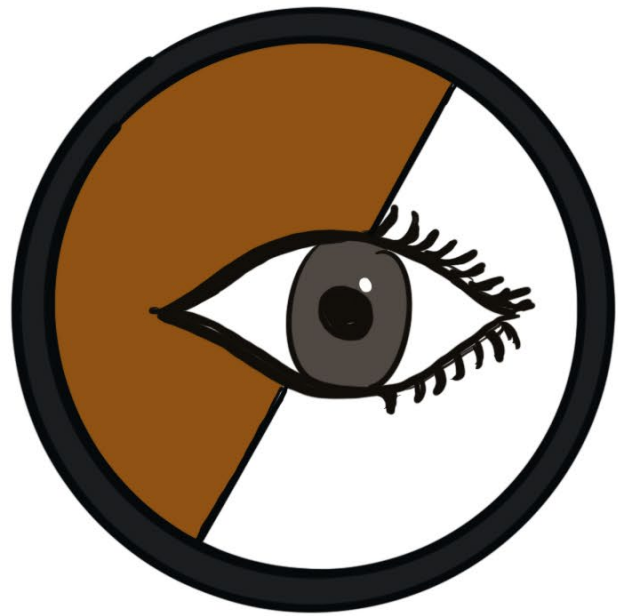
- fear of mistakes
- imperfection = complete loser

Based on work by DAVID BURNS

Sketchnote by Nandita Bhesky



Cognitive Distortions



- fear of mistakes
- imperfection \equiv complete loser

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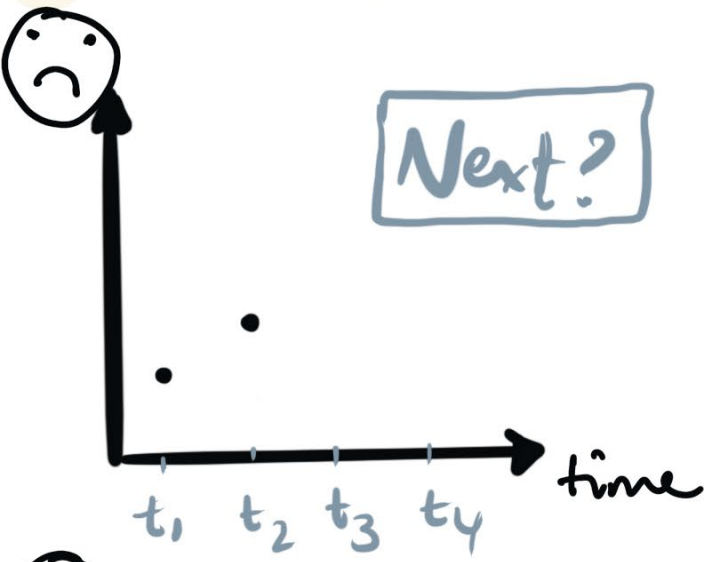
Reattribution

Individual
Downward Arrow

Thinking in
Shades of Gray

Cognitive Distortions

OVER GENERALIZATION



You draw conclusions from **ONE/FEW** data points. One **negative** experience sets the expectation it will occur again and again.



ALWAYS!!!!

NEVER!!!!

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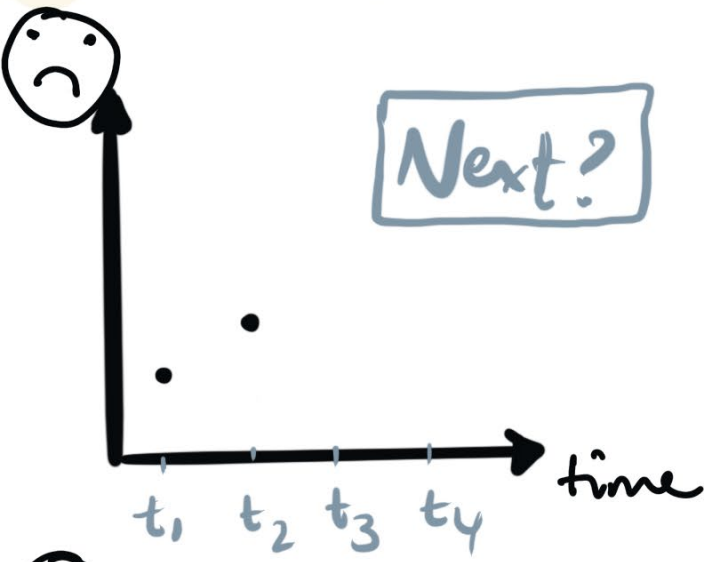
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Cognitive Distortions

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Examine the Evidence

Experimental Technique

Socratic Method

Cognitive Distortions

JUMPING TO CONCLUSIONS

You make a **negative** interpretation even though there are **no facts** supporting your conclusion.

Mind Reading

You randomly conclude someone is **reacting negatively** to you and you don't bother verifying it.

One person in the audience was yawning! I must have given a terrible presentation...

My professor hasn't replied to my email yet. He must think I'm a bad student! Oh no! ...



They both attended a meeting without me. They must think I'm a bad collaborator...

He didn't even wave back in the meeting today. He must not want to be friends anymore...

Fortune Teller Error

You anticipate things will turn out **badly** and you feel convinced that your prediction is an established fact.



This doctor's visit is going to be totally useless and a waste of my time.

No one is going to talk to me in that conference. Shouldn't go ...

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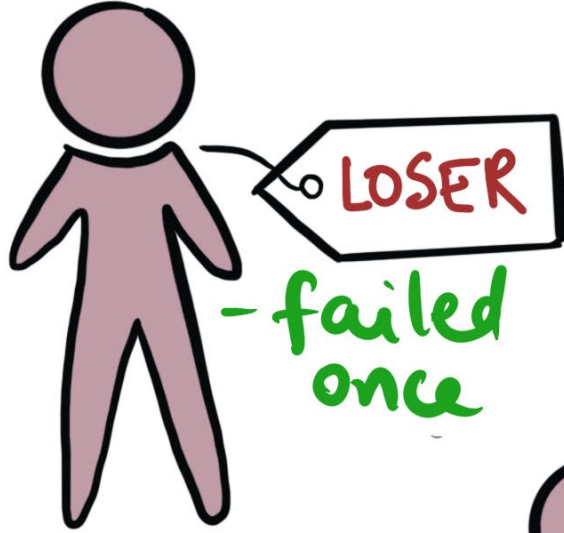
What-If
Technique

Self-Disclosure

Examine the
Evidence

Cognitive Distortions

LABELING & MISLABELING



Instead of acknowledging something as a one-time incident, you prefer to assign a **label** to it. You take one characteristic and measure the whole person by it. **JUDGEMENTAL.**



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Semantic Method

Let's Define Terms

Be Specific

Cognitive Distortions



My fault!
All of it!

I'm hopeless!

Can't even do this!

- mother of all guilt
- paralyzing sense of responsibility
- crippling guilt

PERSONALIZATION

You arbitrarily conclude that any negative that happened was **your fault** or **reflects your inadequacy** even when you were not responsible for it. You confuse **influence** with **control** over others.

If only I had been a better friend, he would be doing well.

If I had been a better student, then we would have received that grant which 16 of us wrote. It's all my fault.

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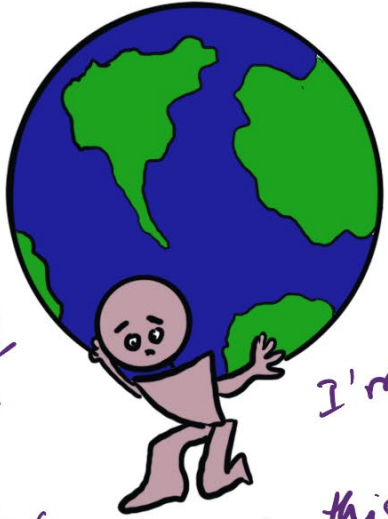
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Self-Disclosure

Double Standard
Technique

Shame-Attacking
Exercises

EXERCISE 3: H.A.L.T.

When your mind is so full that you cannot concentrate or focus, try this exercise to ensure your basic needs are met in order to get back on track.

Hungry

Focus on your body, and see if you are hungry. Being hungry affects your mind by:

1. Lowering your blood sugar which depresses your mood and motivation.
2. Preventing your prefrontal cortex (where thinking, impulse, clear thought, focus and executive functions take place) from running at full capacity.

In a Nutshell: When you are hungry, you do not think straight!

Angry or Anxious

Notice your body signals, and see if you are either angry or anxious. Being angry or anxious affects your mind by:

1. Releasing cortisol which puts your body in Fight-or-Flight mode, shutting down what it sees as unessential survival systems.
2. Shutting down the rational parts of your brain so you are unable to think and reason through things.

In a Nutshell: When you are angry or anxious, you will get an inaccurate perception of what is going on, and your decision making isn't at its best.

Lonely

Think about your friends, family and other social connections you have. Do you feel lonely? Being lonely affects your mind by:

1. Making you feel unhappy, moody and unsupported.
2. Making you feel physically unhealthy.

In a Nutshell: When you are lonely, you don't feel well mentally or physically.

Tired

Are you physically or mentally tired? Being tired affects your mind by:

1. Decreasing self-control and willpower, opening up the potential to make poor choices.
2. Slowing your mind so it is working at the equivalent of a lower IQ.

In a Nutshell: When you are tired, you are not your best.

**SHAKE
IT OFF!**

"Shake" off that extra cortisol in your body by literally shaking your body. Start with your hands and move to your head and legs. Shake for a few minutes and then relax. This simple exercise will help your body settle down!



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**Mindfulness
Exercise**

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(Also see [this post](#) about H.A.L.T. on the Insight Timer website!)

Free Mindfulness/Positive Mental Health Resources

Apps

-Virtual Hope Box ([iOS](#),
[Android](#))

-[Insight Timer](#)

-[UCLA Mindful](#)

Websites

-[UC Berkeley Greater
Good Science Center](#)

-Action for Happiness
[monthly calendars](#)



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**Mindfulness
Exercise**

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