COPING WITH CHANGE

Reacting vs. Responding

External Stressors
(Perceived threat/Challenge)

PAUSE
Aware

Mindful
Appraisal
Body sensations, thoughts, emotions
↑ Parasympathetic
↑ Calm & Connect

Stress RESPONSE

Hypothalamus
Pituitary
Adrenals
↑ Oxytocin

Openness & Curiosity
Choice

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

Internal Stressors
thoughts, emotions, pain

Stress REACTION

Autopilot
Unaware

↑ Sympathetic
↑ Fight / Flight / Freeze

Acute hyperarousal
↑ BP, ↑ heart rate

Chronic Stress Reaction
Chronic Hyperarousal
Aches, Pain,
Asthma, Heart disease,
Immune system,
Irritable bowel, Insomnia,
Anxiety, Depression

Maladaptive Coping
Denial,
Overeating, Overworking,
Hyperactivity, Isolation

Substance Misuse
Drugs, Alcohol
Cigarettes
Caffeine

Breakdown
Physical/psychological
exhaustion, Burn-out

Cardiovascular
Digestive
Immune
Musculoskeletal
Nervous Systems

© 2015 Elizabeth Lin MD, MPH
ehblin@uw.edu
Adapted with permission from
Full Catastrophe Living
J. Kabat-Zinn 2013
Mindful Birthing
N. Bardacke 2012
Graphics by R. Ryan