Dealing with Disappointment
Zoom Workshop Etiquette

- Video on
- Mic on mute
- Use ‘raise hand’ function to speak
- Protect your privacy
- Respect is key

- Ask questions
- Amplify salient comments
- Provide feedback
  - https://forms.office.com/Pages/ResponsePage.aspx?id=MJiqJfngK0iJfho7PIVeXOypLEAyvPBKtFjTQdolJxzUNzA3VlxRk02RVSElk2WVdWNVRGMDNQi4u
  - Presenter: Karen Lucero, LPCC
Icebreaker: Would you rather???

Poll 1
Would you rather be chronically content (a) or excited (b)?

Poll 2
Would you rather disappoint yourself 33.3% (a) of the time or others 66.6% (b) of the time?

Poll 3
Would you rather advise your great grandchildren/mentees to follow where the path leads (a) or travel the road not taken (b)?
Learning objectives:

“Dealing”/coping

- Learn how stress appraisal is crucial in determining wellness outcomes
- Acknowledge how one’s personal resiliency helps one cope with adversity
- Learn how locus of control positions one to manage stressors and increase performance

“Disappointment”/Anxiety

- Increase knowledge about cognitive, physiological, and behavioral anxiety
- Learn the function thought biases associated with anxiety
- Learn how to broaden perspective with values-based behaviors
It is a highly subjective phenomenon, but it is broadly known as:

A non-specific response of the body to any demand for change

*See Hans Selye’s definition for stress*
Disappointment as a belief/Anxiety as a state

- Subjective experiences, and broadly defined as:
  - Cognitive: Thoughts that something is wrong, a sense of dread, worry about many things, and difficulty concentrating.
  - Physiological: Increased activation of the sympathetic nervous system.
  - Behavioral: Fidgeting, pacing, irritability, flight from or active avoidance of a harmless but feared situation.

What do we know about subjective stressors?

Large print giveth (eustress)

- Motivates people to accomplish more
  - College education
  - Career
- Interpersonal advancements

Small print taketh away (episodic/chronic stress)

- Generally associated with “distress”
  - Perfectionism
  - Performance anxiety
- Interpersonal inhabitation
Your perception of stress & anxiety matters!

**Perception**
- appraise is to “rethink”
  - Arousal states as functional
    - Increase perceptions of available resources
- Threat-related attentional bias
  - Defensiveness
  - Physical tension
  - Others????

**Mindfulness from ACT**
- Sunset mode of mind
  - Observe
  - Explore
  - Appreciate
  - Describe

*Hayes, Steven. Acceptance Commitment Therapy (ACT)*
Does the Perception That Stress Affects Health Matter?  
The Association With Health and Mortality

Abiola Keller, Kristin Litzelman, Lauren E. Wisk, Torsheika Maddox, Erika Rose Cheng, 
Paul D. Creswell, and Whitney P. Witt 
University of Wisconsin - Madison

Objective: This study sought to examine the relationship among the amount of stress, the perception that stress affects health, and health and mortality outcomes in a nationally representative sample of U.S. adults. Methods: Data from the 1998 National Health Interview Survey were linked to prospective National Death Index mortality data through 2006. Separate logistic regression models were used to examine the factors associated with current health status and psychological distress. Cox proportional hazard models were used to determine the impact of perceiving that stress affects health on all-cause mortality. Each model specifically examined the interaction between the amount of stress and the perception that stress affects health, controlling for sociodemographic, health behavior, and access to health care factors. Results: 33.7% of nearly 186 million (unweighted n = 28,733) U.S. adults perceived that stress affected their health a lot or to some extent. Both higher levels of reported stress and the perception that stress affects health were independently associated with an increased likelihood of worse health and mental health outcomes. The amount of stress and the perception that stress affects health interacted such that those who reported a lot of stress and that stress impacted their health a lot had a 43% increased risk of premature death (HR = 1.43, 95% CI [1.2, 1.7]). Conclusions: High amounts of stress and the perception that stress impacts health are each associated with poor health and mental health. Individuals who perceived that stress affects their health and reported a large amount of stress had an increased risk of premature death.

Keywords: United States, stress, perception, National Health Interview Survey (NHIS), mortality

Supplemental materials: http://dx.doi.org/10.1037/a0026743.supp
“Resilience is our ability to bounce back from the stress of life. It’s not about avoiding the stress, but learning to thrive within the stress”

--https://www.bouncebackproject.org/resilience/
Locus of Control

- **Internal Locus of Control**
  - Controlling environment around us
  - What’s your reaction?
    - I should have been working in the field while in school.
  - Better at coping with life stressors
    - Independence

- **External Locus of Control**
  - Being controlled by the environment around us
  - What is your reaction?
    - This discipline is unfair!
  - Better at team work
    - Interdependence

Reassess to prevent learned helplessness
Personal Values

“A CHOSEN QUALITY OF BEHAVIOR IN WHICH THE QUALITY YOU’RE SEEKING IS INTRINSIC TO THE BEHAVIOR ITSELF”

- ACT FOUNDER STEVEN HAYES
<table>
<thead>
<tr>
<th>PERSONAL VALUES Card Sort</th>
<th>IMPORTANT TO ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>W.R. Miller, J. C’de Baca, D.B. Matthews, P.L. Wilbourne</td>
<td></td>
</tr>
<tr>
<td>University of New Mexico, 2001</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VERY IMPORTANT TO ME</th>
<th>NOT IMPORTANT TO ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCEPTANCE</td>
<td>ACCURACY</td>
</tr>
<tr>
<td>to be accepted as I am</td>
<td>to be accurate in my opinions and beliefs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/01</td>
<td>9/01</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACHIEVEMENT</th>
<th>ADVENTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>to have important accomplishments</td>
<td>to have new and exciting experiences</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/01</td>
<td>9/01</td>
</tr>
</tbody>
</table>
A practice in mindfulness

How did you experience this practice?
What hooked your attention?

Retraining attention can broaden responsiveness to threat-related stimuli and may reduce anxiety symptoms
Sources

- https://www.stress.org/what-is-stress
- https://socialsci.libretexts.org/Bookshelves/Communication/Book%3A_Human_Relations_-(Dias)/03%3A_Manage_Your_Stress/3.02%3A_Types_of_Stress

Resources

- Get Out of Your Mind and Into Your Life workbook at Zimmerman!
Thank you for attending this workshop!

We appreciate your feedback! We use it to continually improve our program.

Please fill out the Workshop Evaluation Survey here:

https://forms.office.com/Pages/ResponsePage.aspx?id=MJiqJfngK0iJfho7PIVeXOypLEAyvPBKtFjTQdojJzxUNzA3VlkxRk02RVBESIk2WVdWNVRGMDNkQi4u