# MENTAL HEALTH

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Presented by Marina Chávez, OAA Member



IDENTIFY EXPLORE LEARN FINANCIAL

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MENTAL

HEALTH

8/11/2023

# What Does the Literature Show About Ostomates' Mental Health?

- 48% of people with ostomies experienced anxiety
- 41.6% experienced depression
- Both patients and caregivers had higher depression and anxiety than non-stoma patients and caregivers
- Lower adjustment scores, more negative emotions, lower acceptance and lower social engagement
- Negatively influences quality of life



# Variables that Can Influence Ostomates' Mental Health

- Some chose timing, others did not
- Some ostomies came with medical trauma (complications/revisions)

- Varying degrees of social support
- Financial support
- Age when you got your stoma
- Your self-esteem

Your emotional awareness/self-talk

#### 2019 UOAA National Survey of Ostomates 412 ostomates

Prior to ostomy surgery:

- 60% didn't receive resources to connect to organizations like UOAA for support
- 68% didn't receive info about support groups
- 70% weren't provided info to connect to another patient who has an ostomy
- 78% weren't asked to talk about potential emotional impact of surgery with a provider

- DOPAMINE
- OXYTOCIN
- SEROTONIN
- ENDORPHINS

#### DOPAMINE

- 50% of dopamine is made in the gut
- Helps us temporarily feel pleasure/reward as well as helping with motivation and concentration
- Try adding foods with tyrosin, exercising, starting a meditation practice, completing a task on your to-do list

OXYTOCIN

- The love/bonding hormone
- Can try touch (20 second hug, 6 second kiss), playing with a pet, spending time with friends, holding a baby, massage

SEROTONIN

- 95% of serotonin is made in the gut, helps prevent depression
- The mood stabilizer chemical
- Can also get from exercise, exposure to sun/SAD lamp, trying something new, doing something creative, being in nature, practicing gratitude

ENDORPHINS

The body's natural pain reliever, enhances immune system

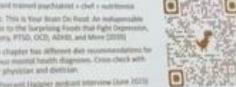
 Sources of endorphin release include exercise, sex, watching something funny, music, meditation, taking a bath, yoga, creative practices

#### Another Tool: Nutritional Psychiatry

Book: THIS IS YOUR BRAIN ON FOOD

- Guide to surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more
- Each chapter has different diet recommendations for various mental health diagnoses. Cross check with your physician or dietitian

Ten Percent Happier podcast interview (June 2023)



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#### **Healthy Habits**

2021 Ostomy literature review

The following things increase the \_\_\_\_\_ for ostomates: exercise, preoperative stoma site identification, family support, maintenance of social network, education, spirituality, and financial stability are all potentially modifiable factors.

Other ideas: Any physical movements that bring you joy, meditation, cooking foods you can tolerate, get outside in nature, find a creative outlet, figure out and engage with your purpose, rest (from \_\_\_\_\_\_ book)

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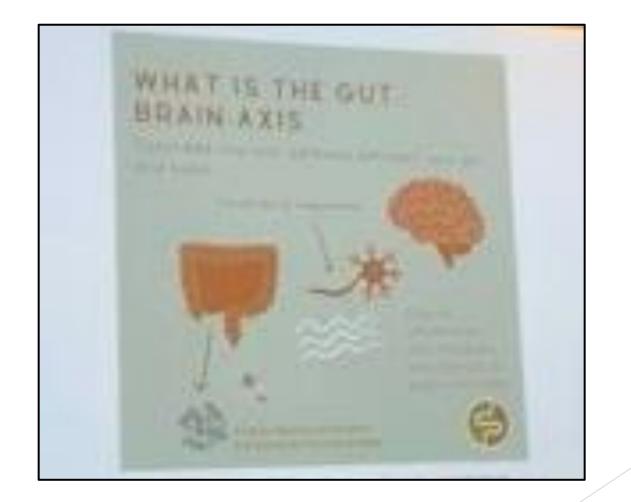
# **Fatigue Strategies**

Check in with your physician to rule out dehydration, nutritional deficiencies, sleep disorders, IBD flares, etc. Mitter pacing as an edit

· Converses with a list of activities you enjoy the h

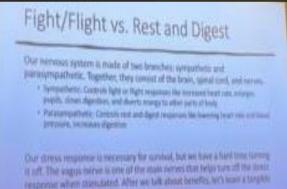
- Engage in light physical movement whenever possible.
- Online(?) pacing as an activity management strategy.
- Evaluate your schedule and prune as necessary; it's ok to say no!
- Reach out to your support system and delegate.
- Integrate rest breaks into your daily life
- Capitalize on the time of day you have the most energy.
- Come up with list of activities you enjoy for the times you have to rest.

#### What is the Gut Brain Axis?



# Fight/Flight vs. Rest and Digest

- Our nervous system is made of two branches: sympathetic. Together they consist of the brain, spinal cord and nerves.
- Sympathetic—controls fight or flight responses like increased heart rate, pupils, slows digestion, and diverts energy to other parts of the body.
- Parasympathetic: Controls rest and digest responses like lowering heart rate and blood pressure, increases digestion.



practice to turn off the down requires togethe

#### Fight/Flight vs. Rest and Digest

- Other stress response is necessary for survival but we have a hard time turning it off.
- The vagus nerve is one of the main nerves that helps turn off the stress response when stimulated. After we talk about benefits, lets learn a tangible practice to turn off the stress response together.

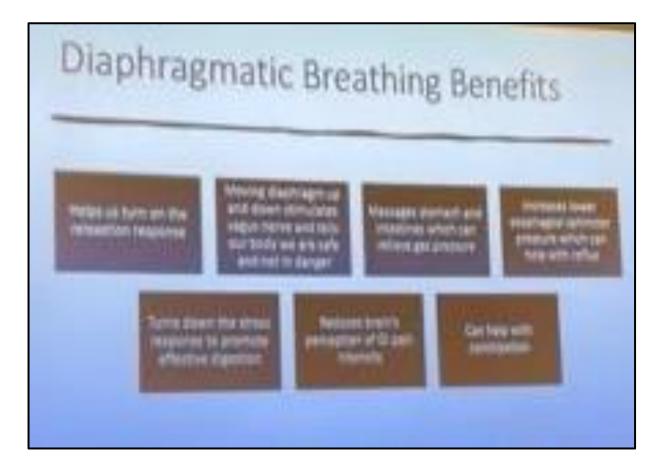
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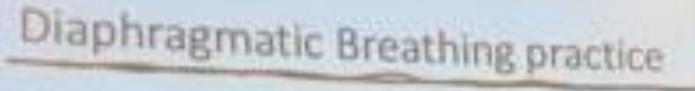
Fight/Flight vs. Rest and Digest

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#### **Diaphragmatic Breathing Benefits**





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- Shows, showing parcel. Care hereigt open common or those must: Fast here: alternativers, hereby relies.
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# Intimacy and Sex

What are the pieces I can control?

- The amount of value I put on my appearance
- The self talk in my head about my attractiveness
- Hygiene, the clothes/intimacy wraps I wear, what I eat beforehand, music, environment I am in
- Who I engage with sexually (myself, partner, etc.)
- How I chose to explore my sexuality
- Seeing a sexual medicine specialist or Pelvic Floor physical therapist
- What are the pieces I cant control

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- How my ostomy behaves during sex (noises, loaks)

#### Intimacy and Sex

What are the pieces I can't control?

That I have an ostomy/altered anatomy

How my ostomy behaves during sex (noises, leaks)

You deserve pleasure!

# **Body Image**

Explore your Body Story to let go of unhelpful messages

- What is my standard of what a body "should" look like?
- What messages have I gotten from my family and from society about bodies?
- What beliefs do I have about my current body?
- If your body wrote you a letter, what would it say?

Hilary Kinavey & Dana Startevant founded the Center for Body Trust. Check out their website: <u>www.centerforbodytrust.com</u> & their book, "Reclaiming Body Trust: A Path to Healing and Liberation"



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### The Ever Elusive Concept of Acceptance

- What does acceptance mean to you? How would you know when you have fully accepted your new body?
- Body positivity vs. body neutrality seeing my body as more than my appearance.
- What was my quality of life like before ostomy? What is it now? Is there anything I can do to improve it?

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 Learn your triggers and turn towards with sell compassion

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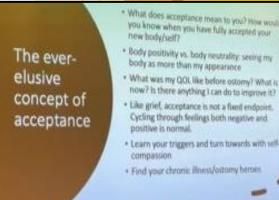
new body/self?

positive is normal

Find your chronic illness/ostumy before

### The Ever Elusive Concept of Acceptance

- Like grief, acceptance is not a fixed endpoint. Cycling through feelings, both negative and positive, is normal.
- Learn your triggers and turn toward with self compassion.
- Find your chronic illness/ostomy heroes.



#### Medical Post Traumatic Stress Disorder

MPTSD is defined as a set of psychological and physiologic responses to pain, injury, serious illness, medical procedures and threatening treatment experiences.

Some \_\_\_\_\_ come from a traumatic injury, some \_\_\_\_\_ causes a trauma (sepsis, sudden cancer diagnosis, surgery complication, multiple reasons)

PTSD Research study found that 1/3 of patients with IBD have post traumatic stress symptoms such as flashbacks, nightmares, disturbed sleep, and low mood.

#### Conference slide

#### Medical PTSD

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#### Medical Post Traumatic Stress Disorder

- Patients with PTS more likely to have had a hospitalization, surgery more severe symptoms, pain and fatigue.
- PTSD Coach—free app for screening, tracking and support.
- Seek help from a trauma informed therapist using a body head approach like EMDR (eye movement desensitization & reprocessing therapy)or by CCTP (certified clinical trauma professional).

Check out more resources from International Society for Trauma Studies. (QR code not legible on slide)

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# I Think I Would Benefit from More Support -What are My Options?

Try to manage it on my own with healthy habits.

Increase my social supports (find a UOSS support group)

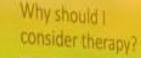
Talk to a mental health professional for psychotherapy.

See a psychiatrist for possible psychiatric medication



# Why Should I Consider Therapy?

- Can help your quality of life.
- For flares, empowering to get mental/\_\_\_\_\_ tool.
- Help shift the way you think about yourself and your illness.
- Give you permission to manage your life.
- Give you clarity about health and disease
- Learn how to better manage your physical condition and symptoms.
- Increase your support system.



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# What Can I Expect If I Go to Therapy?

The therapist should have experience in chronic illnesses.

Therapy can be short term or long term.

Some therapists take insurance, some do not.

It's ok to try out a few options before you find the right fit.

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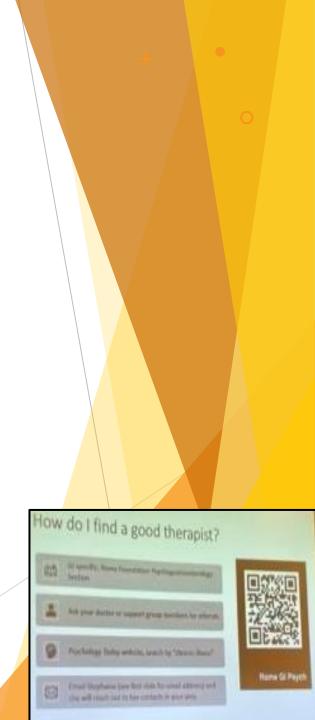
Therapists have to be licensed in the state the

Therapy can be in person or virtual, depender

Therapy can be in person or virtual, depending on accessibility and preference.

#### How Do I Find a Good Therapist?

- Rome Foundation, Psychogastroenterology section
- Ask your doctor or support group members for referrals
- Psychology Today website, search by chronic illness
- Reach out to Stephanie Brenner at:
  - chronicillnesspsychotherapy@gmail.com
- Stephanie will reach out to her contacts in your area



# **Psychiatry: Finding the Right Medication**

- Psychiatrists are doctors that prescribe medication for psychiatric disorders like depression, anxiety, PTSD, and more.
- Your physician is a great place to start for referrals. If you have a therapist, ask them as well. Also try searching on the Psychology Today website.
- Many antidepressants have been shown to help in the treatment of IBS and other functional GI disorders.

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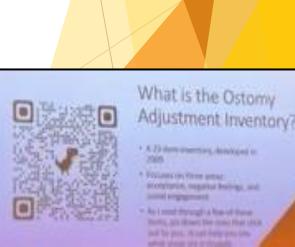


#### What is the Ostomy Adjustment Inventory

A 23 item inventory designed in 200

Focuses on 3 areas: acceptance, negative feelings and social engagement

As I read through a few of these, just focus on the ones that stick out to you. It might help you to identify areas of struggle.



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#### Thank you!

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