

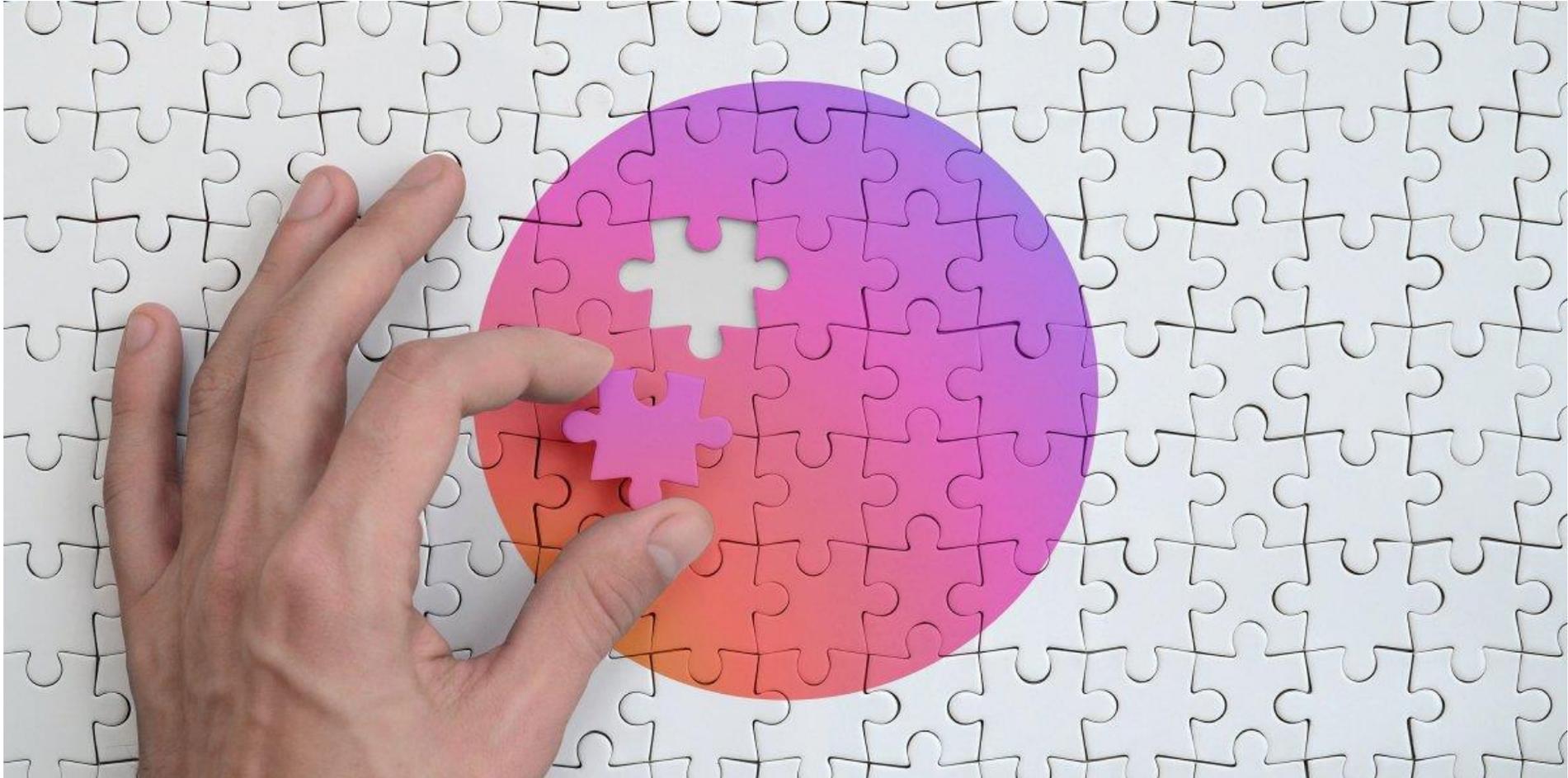
# Understand your emotions

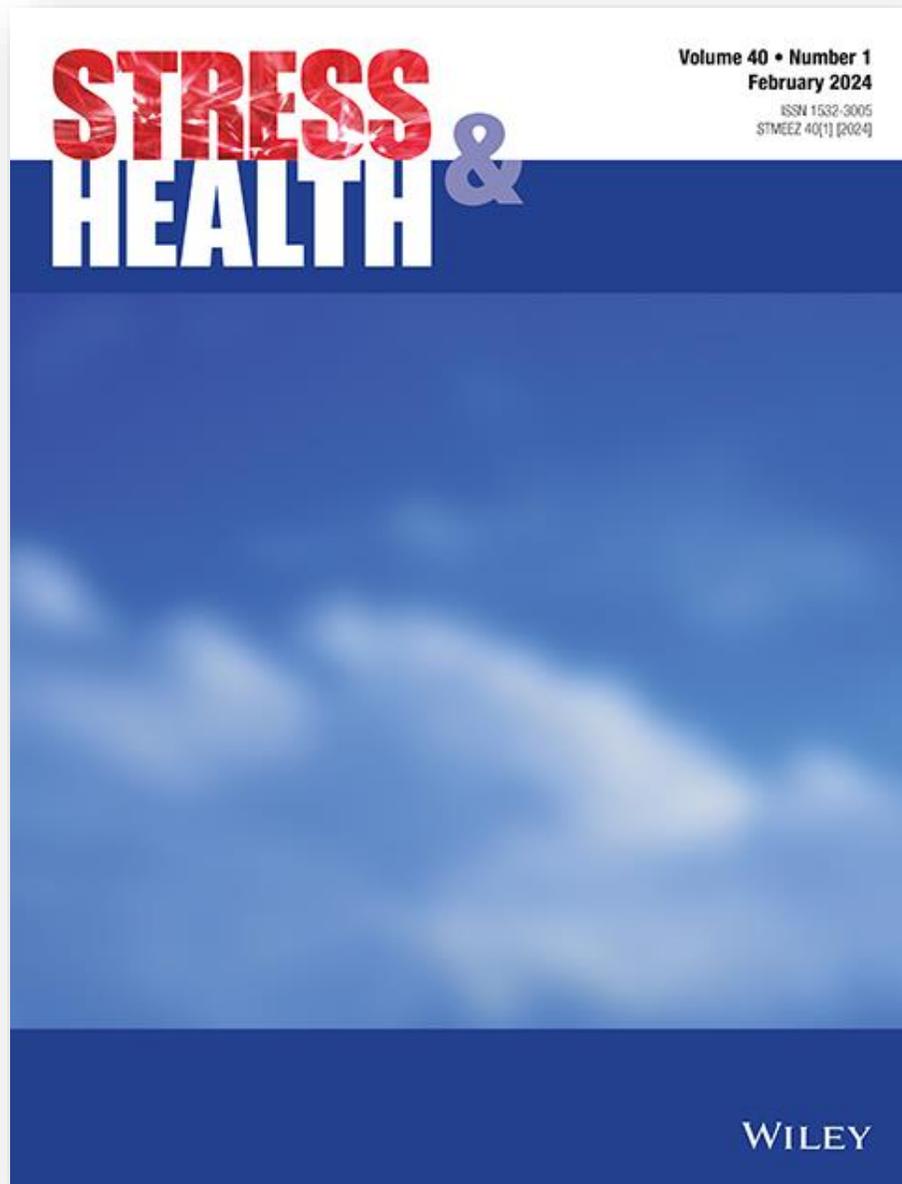
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By  
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NICU consultant – Asyut  
university  
Neurosematics Provider - USA



## Stress Management Tools





# STRESS & HEALTH

Review Article

## How Effective are Mindfulness-Based Interventions for Reducing Stress Among Healthcare Professionals? A Systematic Review and Meta-Analysis

Amy Burton , Catherine Burgess, Sarah Dean, Gina Z. Koutsopoulou, Siobhan Hugh-Jones

First published: 25 February 2016 | <https://doi.org/10.1002/smi.2673> | Citations: 231

### Abstract

Workplace stress is high among healthcare professionals (HCPs) and is associated with reduced psychological health, quality of care and patient satisfaction. This systematic review and meta-analysis reviews evidence on the effectiveness of mindfulness-based interventions (MBIs) for reducing stress in HCPs. A systematic literature search was conducted. Papers were screened for suitability using inclusion criteria and nine papers were subjected to review and quality assessment. Seven papers, for which full statistical findings could be obtained, were also subjected to meta-analysis. Results of the meta-analysis suggest that MBIs have the potential to significantly improve stress among HCPs; however, there was evidence of a file drawer problem. The quality of the studies was high in relation to the clarity of aims, data collection and analysis, but weaker in terms of sample size and the use of theoretical frameworks. MBIs have the potential to reduce stress among HCPs; however, more high-quality research is needed before this finding can be confirmed. Future studies would benefit from long-term follow-up measures to determine any continuing effects of mindfulness training on stress outcomes. Copyright © 2016 John Wiley & Sons, Ltd.



[Journal List](#) > [Glob Qual Nurs Res](#) > [v.10; Jan-Dec 2023](#) > PMC10068501

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## Global Qualitative Nursing Research

[Glob Qual Nurs Res](#). 2023 Jan-Dec; 10: 23333936231161127.

PMCID: PMC10068501

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PMID: [37020708](https://pubmed.ncbi.nlm.nih.gov/37020708/)

### Stressors Among Healthcare Workers: A Summative Content Analysis

[Lesley C. Rink](#),<sup>1</sup> [Tolu O. Oyesanya](#),<sup>1</sup> [Kathryn C. Adair](#),<sup>1,2</sup> [Janice C. Humphreys](#),<sup>1</sup> [Susan G. Silva](#),<sup>1</sup> and [John Bryan Sexton](#)<sup>1,2</sup>

▸ [Author information](#) ▸ [Article notes](#) ▸ [Copyright and License information](#) [PMC Disclaimer](#)

#### Abstract

[Go to: ▸](#)

Healthcare workers are experiencing high stress and burnout, at rates up to 70%, hindering patient care. Studies often focus on stressors in a particular setting or within the context of the pandemic which limits understanding of a more comprehensive view of stressors experienced by healthcare workers. The purpose of this study was to assess healthcare workers' self-reported major stressors. Between June 2018 and April 2019, U.S. healthcare workers ( $N = 2,310$ ) wrote answers to an open-



mental stress meta analysis

Google البحث العلمي

### Meta-analysis of mental stress–induced myocardial ischemia and subsequent cardiac events in patients with coronary artery disease

Elsevier - [J Wei](#), C Rooks, R Ramadan, [AJ Shah](#)... - The American journal of ..., 2014

... A previous **meta-analysis** by Chida and ... **mental stress** and poor recovery from **stress** were prospectively associated with broadly defined cardiovascular risk status. This **meta-analysis**, ...

☆ حفظ اقتباس تم اقتباسها في عدد: 164 مقالات ذات صلة الإصدارات الـ 8 كلها

### Greater cardiovascular responses to laboratory mental stress are associated with poor subsequent cardiovascular risk status: a meta-analysis of prospective evidence

Am Heart Assoc - [Y Chida](#), [A Steptoe](#) - Hypertension, 2010

... , the current **meta-analysis** suggests that greater responsivity to acute **mental stress** has an ... of managing **stress** responsivity in the prevention and treatment of cardiovascular disease. ...

☆ حفظ اقتباس تم اقتباسها في عدد: 997 مقالات ذات صلة الإصدارات الـ 7 كلها

### Investigating the role of acute mental stress on endothelial dysfunction: a systematic review and meta-analysis

Springer - [YT Xue](#), [Q Tan](#), [P Li](#), [S Mou](#), [S Liu](#), [Y Bao](#), [H Jiao](#)... - Clinical Research in ..., 2015

... A total of 8 studies enrolling 164 subjects were included in this review to analyze the effects of **mental stress** on FMD both during and after a **stress**-inducing task. The characteristics of ...

☆ حفظ اقتباس تم اقتباسها في عدد: 36 مقالات ذات صلة الإصدارات الـ 5 كلها

### A meta-analysis on the prevalence, associated factors and diagnostic [HTML] methods of mental stress induced myocardial ischemia

Springer - [L Zhang](#), [Y Bao](#), [X Wang](#), [Y Zhou](#), [S Tao](#), [W Xu](#)... - Journal of Translational ..., 2020

... found in different types of **mental stress** (Public Speaking: 22%; **Mental** arithmetic: 26%; ... , univariate **meta**-regression demonstrated that MSIMI was linked with **mental stress** (exp(b): ...

☆ حفظ اقتباس تم اقتباسها في عدد: 13 مقالات ذات صلة الإصدارات الـ 12 كلها

### The effects of mindfulness-based stress reduction therapy on mental health of adults with a chronic medical disease: a meta-analysis

Elsevier - [E Bohlmeijer](#), R Prenger, [E Taal](#), [P Cuijpers](#) - Journal of psychosomatic ..., 2010

OBJECTIVES: The objective of this study was to examine the effectiveness of mindfulness-based **stress** reduction (MBSR) on depression, anxiety and psychological distress across ...

☆ حفظ اقتباس تم اقتباسها في عدد: 1176 مقالات ذات صلة الإصدارات الـ 16 كلها

### Association between mental stress and gestational hypertension/preeclampsia: a meta-analysis

journals.lww.com - [S Zhang](#), [Z Ding](#), [H Liu](#), [Z Chen](#), [J Wu](#)... - Obstetrical & ..., 2013

... Only case-control or cohort studies evaluating an association of preeclampsia or gestational hypertension with **mental stress** were included in the present **meta-analysis**. Essential ...

☆ حفظ اقتباس تم اقتباسها في عدد: 118 مقالات ذات صلة الإصدارات الـ 3 كلها

### The effects of acute psychological stress on circulating inflammatory factors in humans: a review and meta-analysis

Elsevier - [A Steptoe](#), [M Hamer](#), [Y Chida](#) - Brain, behavior, and immunity, 2007

... Effects of acute **mental stress** on the tumor necrosis factor- $\alpha$  response. Health, healthy participants; Dep, depressed patients; MS, multiple sclerosis patients; CFS, chronic fatigue ...

☆ حفظ اقتباس تم اقتباسها في عدد: 1553 مقالات ذات صلة الإصدارات الـ 8 كلها

### Meditation programs for psychological stress and well-being: a systematic [HTML] review and meta-analysis

jamanetwork.com - [M Goyal](#), [S Singh](#), [EMS Sibinga](#), [NF Gould](#)... - JAMA internal ..., 2014

... We defined a clinical condition broadly to include **mental** health/psychiatric conditions (eg, anxiety or **stress**) and physical conditions (eg, lower back pain, heart disease, or advanced ...

☆ حفظ اقتباس تم اقتباسها في عدد: 2829 مقالات ذات صلة الإصدارات الـ 24 كلها



mental stress meta analysis

Google البحث العلمي

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Elsevier - J Wei, C Rooks, R Ramadan, AJ Shah... - The American journal of ..., 2014

... A previous meta-analysis by Chida and ... mental stress and poor recovery from stress were prospectively associated with broadly defined cardiovascular risk status. This meta-analysis, ...

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العقل الواعي والعقل اللاواعي

Conscious vs unconscious minds



العقل الواعي والعقل اللاواعي

Conscious vs unconscious minds



العقل الواعي والعقل اللاواعي

Conscious vs unconscious minds



- مشاعر
- أصوات
- حدس



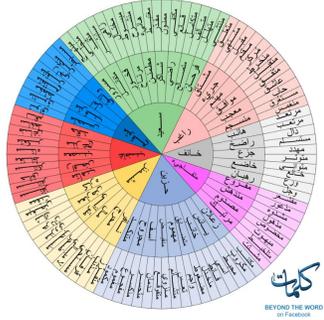


Emotion  
E-Motion  
E = Energy      M=move





Urge To move



# أنواع المشاعر

## • انواع المشاعر

1. ◀ شعور الخوف .. كورتيزون
2. ◀ شعور الغضب
3. ◀ شعور الاشمئزاز
4. ◀ شعور الحزن .. (قلة سيروتونين +/- قلة اوكتوسين)
5. ◀ شعور السعادة .. (سيروتونين + اوكتوسين + دوبامين)
6. ◀ شعور الدهشة ..
7. ◀ شعور السيئ - الاستياء





# الفرق بين المشكلة والضغط النفسي



# من اين تأتي المشاعر













# كبت وتحرير الخوف



# كبت وتحريم الخلافات الزوجية



كبت و تحريم الغضب





Your **Emotions** Tells you about your next **success step**

## الافراط في الحزن



التعامل مع  
المشاعر

الافراط

Over expressing

الكبت والتحرير  
والتثبيت  
prohibited

Anxiety  
,nervous,carrying  
work stress to  
home

مش بعرف اتصدي  
للأسف لضغط اليوم وده  
بيأثر ع انفعالاتي وع  
نومي

التعود... باعمل إللي  
عليا وبس... بالصوت  
العالي احيانا والخناق

Since and fall in  
depression or  
anger attacks  
then fall in  
depression

Time  
management  
and decrease  
work load ,  
teaching others  
and devide the  
tasks

Trying  
  
Still trying

أتقبل بعض النقص في  
بعض الجوانب على أن  
يعوض في جوانب  
أخرى

I acknowledge it  
as part of life , try  
to deal with it

الكوميديا السوداء  
والهروب السوشيال ميديا

High quality  
sleep, french  
espresso and 15  
min me time  
  
Praying and  
asking for relief

Emotional eating  
  
Praying

Smoking

Praying and  
cring

بكتم فى نفسى لغاية ما  
انفجر فى يوم ما عملش  
فيه اى مسئولية و ابدأ  
الحكاية من جديد

Overeating...  
Anxiety

Taking anti  
depressant



Urge To move



الخوف

الشعور بالذنب /  
الخزي

الغضب

القلق

الحب

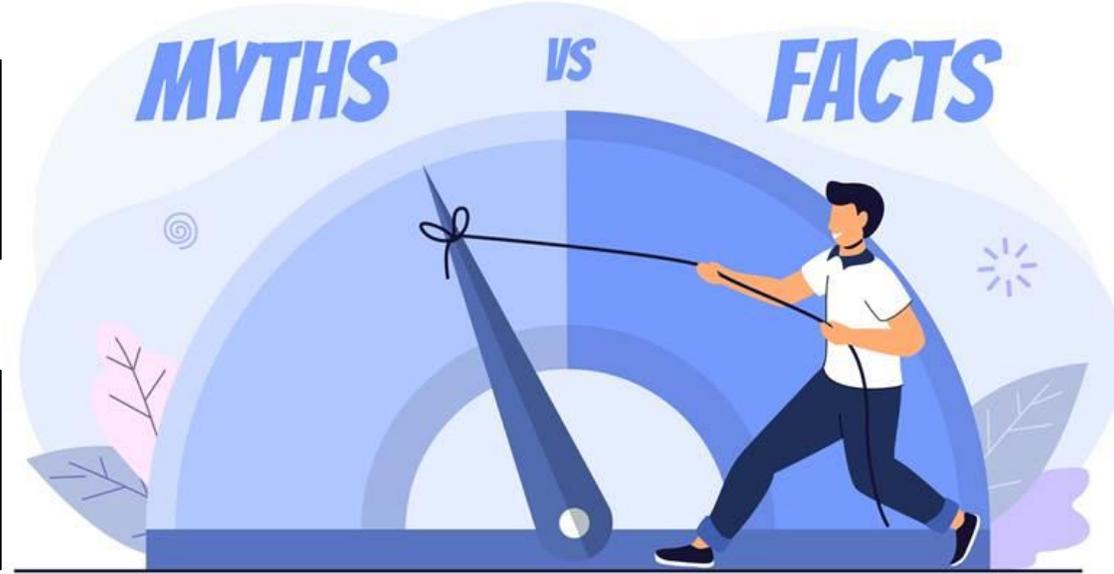
الحزن



## خرافات عن المشاعر

1- المشاعر دائما حقيقية  
وصادقة

2- طالما شعرت .. لازم  
أعبر



1- المشاعر تخطيء

2- طالما شعرت .. مش  
لازم تعبر أوتوماتيكيا ..  
فكر الاول

## أداة تتبع المشاعر والأفكار



## Thought Tracker

It can be helpful to understand thoughts we have when a negative event happens and see if those are thoughts we should change. After a negative event, write down what happened, how you felt, and the first thoughts you had.

What Happened	How I Feel	What I Think Right Away
The new math chapter is really hard.	Frustrated.	This is too hard. I'm never going to understand it.

الموقف	الشعور	الدرجة	الفكرة وراء الشعور
-1			
-2			
-3			
-4			
-5			

الموقف	الشعور	الدرجة	الفكرة وراء الشعور
1- صحيت الصبح مدايق	شعور بالخنقة	8/10	وراى حاجات كتيبير ومافيش وقت ليها
2- شعور بالقلق الشديد وانا داخل الشغل	قلق	8/10	مش معاي الطريقة الصح للمرور او الكشف / محتاج guide
3- اتدايقت في الشغل النهاردة	قلق	7/10	خايف لاحسن صورتي ما تبقاش كويسة
4- زعقت لما روحت البيت	غضب	9/10	مافيش حد حاسس بيا
5- فجأة حسيت بخنقة	ضغط نفسي	9/10	حياتي مش مرتبة خالص ومش عارف ارتبها

## أداة تتبع المشاعر والأفكار



## أداة تتبع المشاعر والأفكار

مراجعة الأحداث  
والأفكار على  
فترات

التسجيل في  
الجدول

تصميم الجدول



الموقف	الشعور	الدرجة	الفكرة وراء الشعور
1- صحبت الصباح مدابق	شعور بالخفة	8/10	وراي حاجات كتبيير و مافيش وقت ليها
2- شعور بالقلق الشديد وانا داخل الشغل	قلق	8/10	مش معاي الطريقة الصح للمرور او الكشف / محتاج guide
3- اتدايقت في الشغل النهاردة	قلق	7/10	خايف لاحسن صورتي ما تبقاش كويسة
4- زعقت لما روحت البيت	غضب	9/10	مافيش حد حاسس بيا
5- فجأة حسيت بخفة	ضغط نفسي	9/10	حياتي مش مرتبة خالص ومش عارف ارتبها



**Dr Ghada Sayed**  
IBFAN Arab World Regional Coordinator







*Thank  
you!*

Understand your Brain .. Leave an impact