

Gesund bleiben im Berufsleben – wie wir mit Stress umgehen und Resilienz stärken können

Jahresauftakt FondsKonzept AG

Prof. Dr. Petra Beschoner

Ärztliche Direktorin Akutklinik Bad Saulgau

The logo for FondsKonzept is enclosed in a dark blue square frame. It features the text "FondsKonzept" in a dark blue, sans-serif font. Below the text are three horizontal dark blue lines of varying lengths, creating a stylized base for the logo.

FondsKonzept



Akutklinik Bad Saulgau

Fachklinik und Poliklinik für Psychosomatische
Medizin und Psychotherapie

„Keinen Stress hat nur wer tot ist“

Hans Seyle *1907, Arzt und Stressforscher

„Stress ist die Würze des Lebens“

Hans Seyle *1907, Arzt und Stressforscher

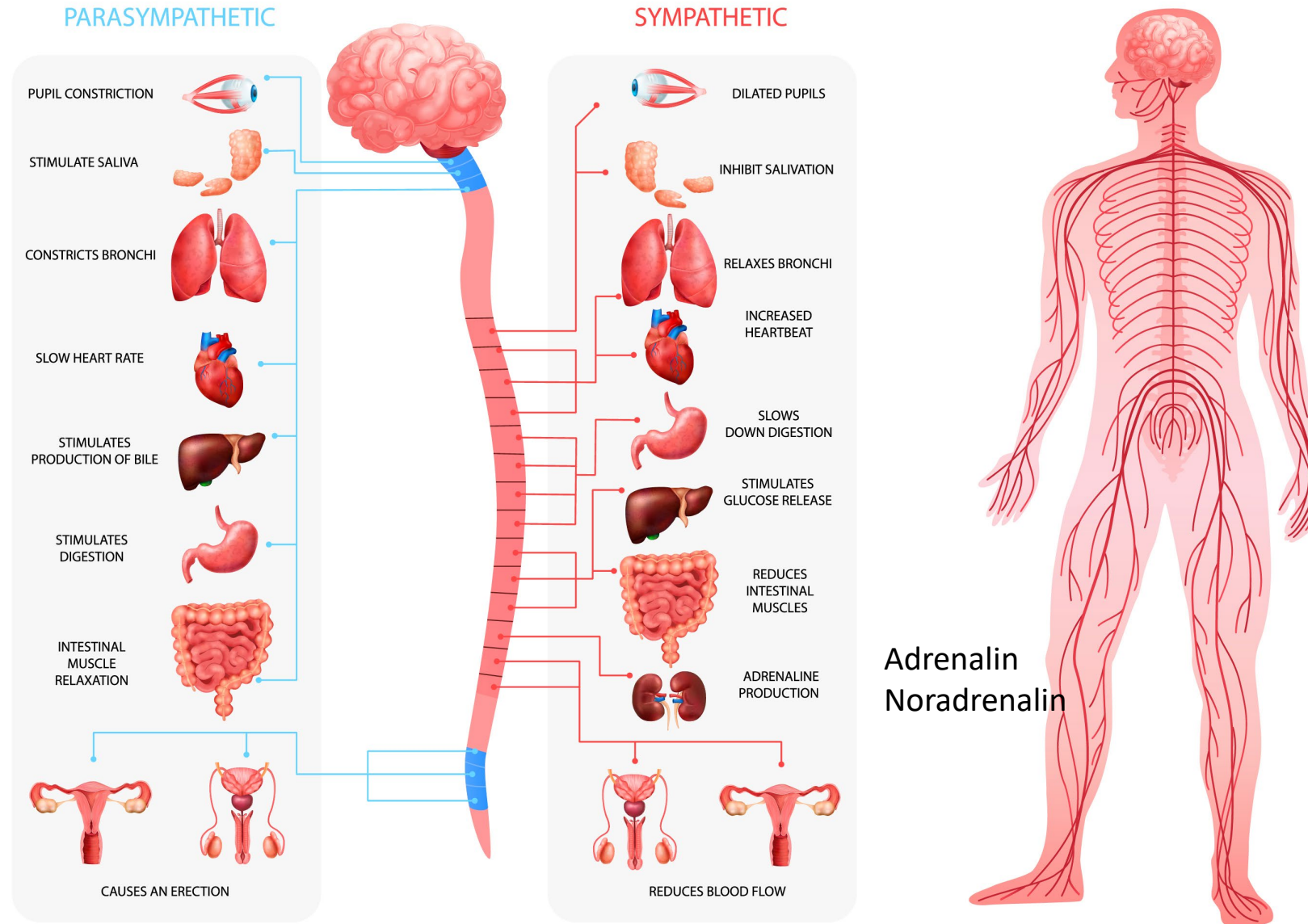
„Nicht der Stress selbst bringt uns um,
sondern unsere Reaktion darauf.“

Hans Seyle *1907, Arzt und Stressforscher

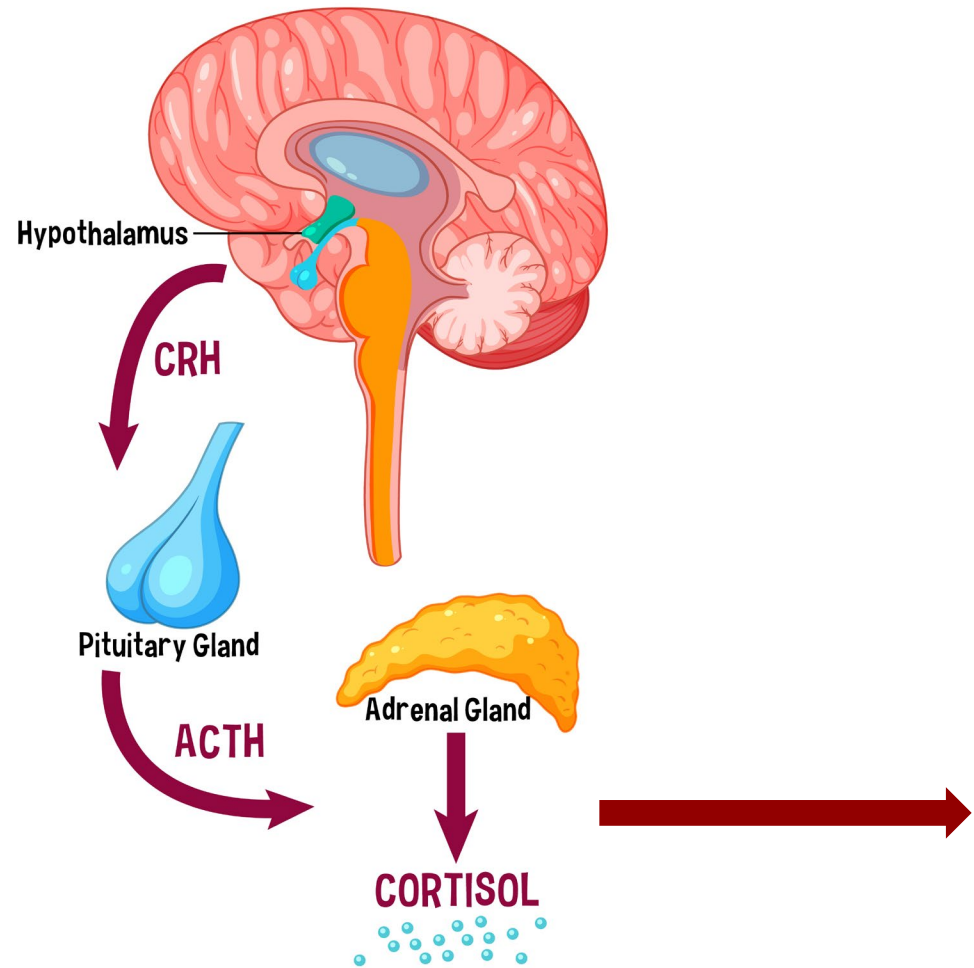
„Stress ist die unspezifische Reaktion des Körpers auf jede Form von Anforderung“

Hans Selye *1907, Arzt und Stressforscher

HUMAN NERVOUS SYSTEM



• STRESS CORTISOL •

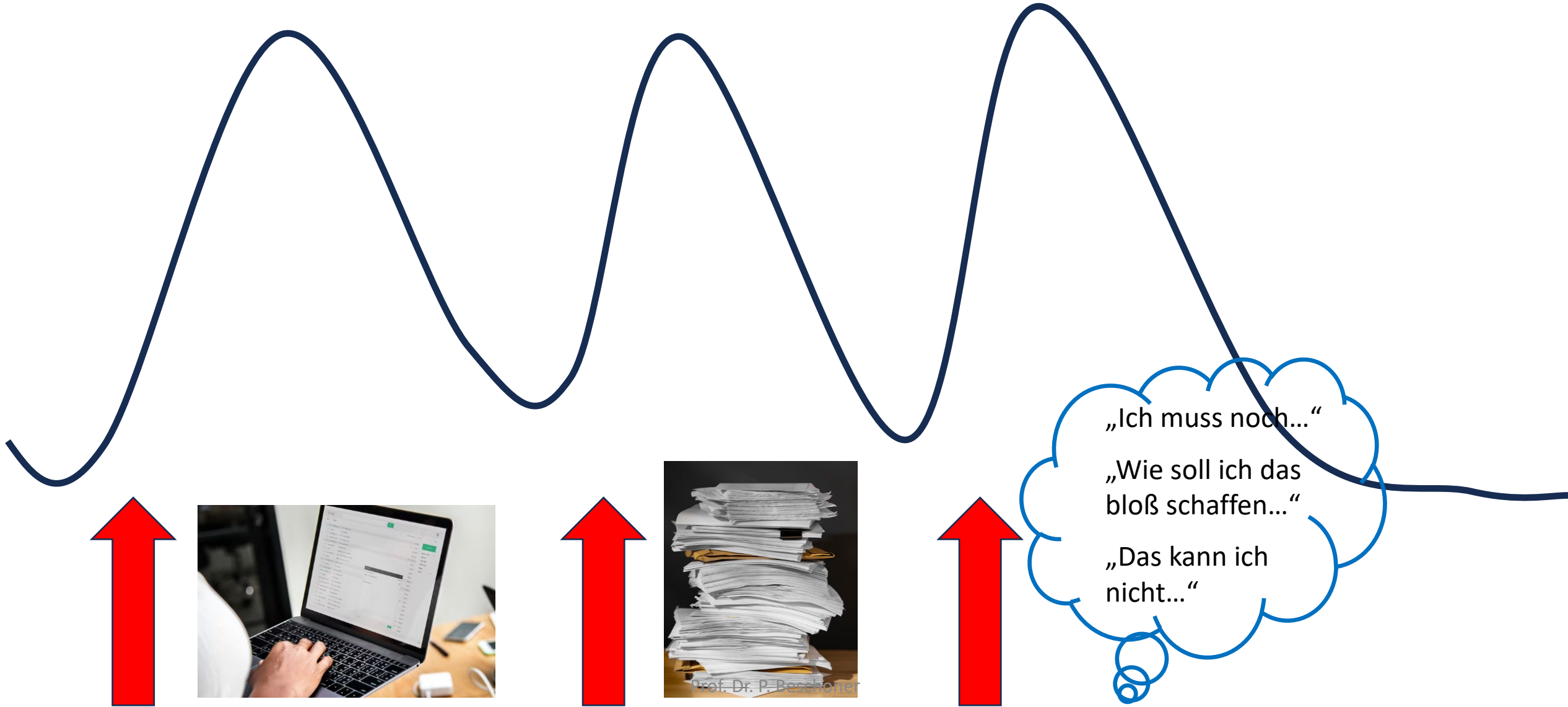


Stellt Energiereserven zur Verfügung
Unterdrückt Schmerz
Unterdrückt Immunsystem

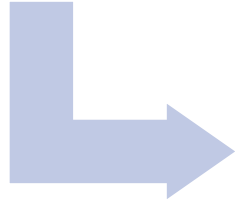
Stresskurve



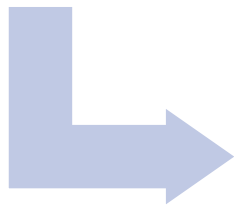
Stresskurve



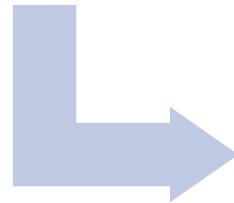
Chronischer Stress



Dauerhafte Ausschüttung von
Cortisol,
Katecholaminen



Dauerhafte
Zytokinausschüttung



STRESS AND ITS SEQUELAE:
DEPRESSION, SUICIDE,
INFLAMMATION, AND PHYSICAL
ILLNESS

George M. Slavich and Randy P. Auerbach

Körperliche und psychische
Erkrankungen

Chronische
Entzündungsprozesse



Effekte durch Stresshormone

Stress: A Risk Factor for Serious Illness

Theodore B. VanItallie

The body's principal adaptive responses to stress stimuli are mediated by an intricate stress system, which includes the hypothalamic-pituitary-adrenocortical (HPA) axis and the sympathoadrenal system (SAS). Dysregulation of the system, caused by the cumulative burden of repetitive or chronic environmental stress challenges (allostatic load) contributes to the development of a variety of illnesses, as well as certain disorders. The amygdala, which is also intimately involved in stress, may adversely affect hippocampal function. A predictable constellation of distressing symptoms is observed in victims of trauma—a recent, severely traumatic event characterized in many adult victims by a blunted stress response system, and lower than normal levels of catecholamines. In maltreated children with PTSD, continued disclosure of the causative abuse. Copyright 2002, Elsevier Science (USA)

STRESS AND ILLNESS

43

Table 1. Mechanisms by Which Activation of the Stress System May Increase Risk of Myocardial Infarction, Stroke, High Blood Pressure, Cardiac Arrhythmia, Visceral Obesity, and Exacerbate Diabetes

Stress Response	Clinical Effect
Epinephrine ↑	↑ Platelet aggregation → thrombosis of coronary/cerebral arteries → myocardial infarction/stroke
SNS tone ↑ Norepinephrine secretion ↑ Cortisol secretion ↑	↑ Peripheral vasoconstriction → ↑ peripheral vascular resistance → hypertension
Epinephrine ↑ SNS activity ↑	↑ Heart rate → ↑ myocardial irritability → ↑ risk of cardiac arrhythmia
SNS activity ↑ Epinephrine secretion ↑ Cortisol secretion ↑	↑ Insulin resistance + ↑ gluconeogenesis → impaired diabetes control
Cortisol secretion ↑ GH/IGF-1 ↓ LH/testosterone ↓ TSH/T ₃ ↓	↑ Visceral obesity → insulin resistance syndrome → ↑ dyslipidemia → atherosclerosis

Abbreviations. SNS, sympathetic nervous system; GH, growth hormone; IGF-1, insulin-like growth factor-1; LH, luteinizing hormone; TSH, thyrotropin; T₃, triiodothyronine.

Effekte durch Zytokinausschüttung

Zytokin	ZNS-Synthese	ZNS-Wirkungen	Neuroendokrine Effekte
IL-1	Astrozyten Mikroglia Neurone, Endothelzellen	Mikroglia proliferation, Neuroprotektion; hohes → Neurotoxizität, Apoptose, Neurogenesehemmung, Neurodegeneration	Stimulation der HPA-Achse, HGH, Prolaktin; hemmt TSH, LH, Noradrenalin-, Dopamin-, GABA-, Serotoninstimulation; Ach-Hemmung; NO-Induktion; Fatigue, Fieberinduktion, Myalgien, Schlafdysregulation, „Sickness Behavior“, Stressmodulation, Libidoverlust
IL-2	Astrozyten Mikroglia, Oligodendrozyten	Neurogenese, antiapoptotisch Neuroprotektion	Stimulation der HPA-Achse Analgesie, Dopaminstimulation, kognitive Dysfunktion, Depression, Myalgien
IL-6	Astrozyten Mikroglia	Neuroprotektion, Neurogenese; hohes IL-6 → ICAM-1, IL-1β; Neurotoxizität, BHS-Störung	Stimulation der HPA-Achse, Noradrenalin-, Dopamin-, GABA-, Serotoninstimulation, Fieber, Schlaffaktor, Stressmodulation
TNFα	Astrozyten Mikroglia Neurone	NO-Produktion, Chemokine ICAM-1, NGF-Produktion	Fieber, Schlaf, Myelinschädigung; Katecholaminstimulation, Kognition
TGFβ	Astrozyten, Mikroglia	TNFα/IL-1/IL-6/IL-1/ICAM-1/ VCAM-1 Hemmung	Survival dopaminerger Neurone, Anti-inflammation, Neuroprotektion, Apoptosehemmung, Prolaktinhemmung
IFNα,γ	Astrozyten Mikroglia Multiple Neurone	Neurotoxizität, ICAM-1, VCAM-1, IL-12, MHCII- Expression	Fatigue, Fieber, Inappetenz, Übelkeit, Libidoverlust, Noradrenalin-, Serotonin-depletion, Dopaminstimulation, Ängste, Myalgien, Kognitive Einbußen, Apathie, Psychotischer Effekt, Suizidalität

Häufige Stressfolgeerkrankungen

- Schlafstörungen/ Grübeln
- Konzentrationsstörungen/ Merkfähigkeitsstörungen
- Burnout/ Depression/ Panikattacken/ Angststörungen
- Magen-Darmbeschwerden/ Diabetes mellitus
- Herzrhythmusstörungen/ KHK/ Herzinfarkt
- Bluthochdruck/ Schlaganfall
- Kopfschmerz/ Rückenschmerz
- Infektanfälligkeit

Wird jeder krank? – Eigenes Risiko kennen!

Vulnerabilität

Genetik
Vorgeburtliche
Faktoren
Persönlichkeits-
merkmale

Soziales Umfeld
Adverse Child-
hood Exp.
Prägung
Persönlichkeits-
entwicklung

Traumatische
Erlebnisse
Alltagsstress
Beruflicher
Stress

Soziale
Einbindung
Teamkohärenz
Wertschätzung
Kontrolle

Optimismus
Körperliche
Fitness
Entspannung

Gesundheit / Krankheit im Laufe des Lebens

Vgl: u.a. Dietze und Heinrichs 2007, Neubert 2016, Sarason et al. 1990, Cohen et al. 1983, Bolger et al. 2000, Shrout et al. 2006, Klaperski et al. 2013, Rimmele et al. 2009, Klaperski et al. 2014, Heinrichs et al. 2005, Kobasa et al. 1985, Waysman et al. 2001, Carver et al. 1993, Roth et al. 2014

Kenn dein Risiko – Persönlichkeit - Schemata

Clinical Psychology & Psychotherapy



Research Article

Danger—early maladaptive schemas at work!: the role of early maladaptive schemas in occupational stress in health professionals

Martin Bamber ✉, Rachel McMahon

First published: 09 April 2008 | <https://doi.org/10.1111/j.1469-7610.2008.01981.x>

Clinical Psychology

RESEARCH ARTICLE

Burnout amongst clinical and counselling psychologist: The role of early maladaptive schemas and coping modes as vulnerability factors

Prof. Dr. P. Beschner

JOURNAL OF

Clinical Psychology

Research Article

Professional Burnout, Early Maladaptive Schemas, and Physical Health in Clinical and Counselling Psychology Trainees

April Kaeding, Christina Sougleris, Corinne Reid, Michiel F. van Vreeswijk, Christopher Hayes, Jill Dorrian, Susan Simpson ✉

Kenn dein Risiko – Adverse Childhood Experiences

ORIGINAL ARTICLES

A Meta-Analytic Review of the Effects of Childhood Abuse on Medical Outcomes in Adulthood

Wegman, Holly L. MA; Stetler, Cinnamon PhD

[Author Information](#) 

Psychosomatic Medicine: October 2009 - Volume 71, Number 10, October 2009

REVIEW

Health consequences of adverse childhood experiences: A systematic review

Karen A. Kalmakis PhD, FNP-BC  Genevieve E. Chandler PhD, RN

The mediating role of adverse childhood experiences and emotional exhaustion: results of the egePan – VOICE study

Vera Clemens^{a*}, Petra Beschoner^{b*}, Marc N. Jarczok ^b, Katja Weimer^b, Maximilian Kempf^b, Eva Morawa^c, Franziska Geiser^d, Christian Albus^e, Susan Steudte-Schmiedgen^f, Harald Gündel^b, J.M. Fegert^a and Lucia Jerg-Bretzke^b

REVIEW

Stress and neuroinflammation: a systematic review of the effects of stress on microglia and the implications for mental illness

Marilia A. Calcia¹ • David R. Bonsall² • Peter S. Bloomfield² •
Sudhakar Selvaraj³ • Tatiana Barichello³ • Oliver D. Howes^{1,2}

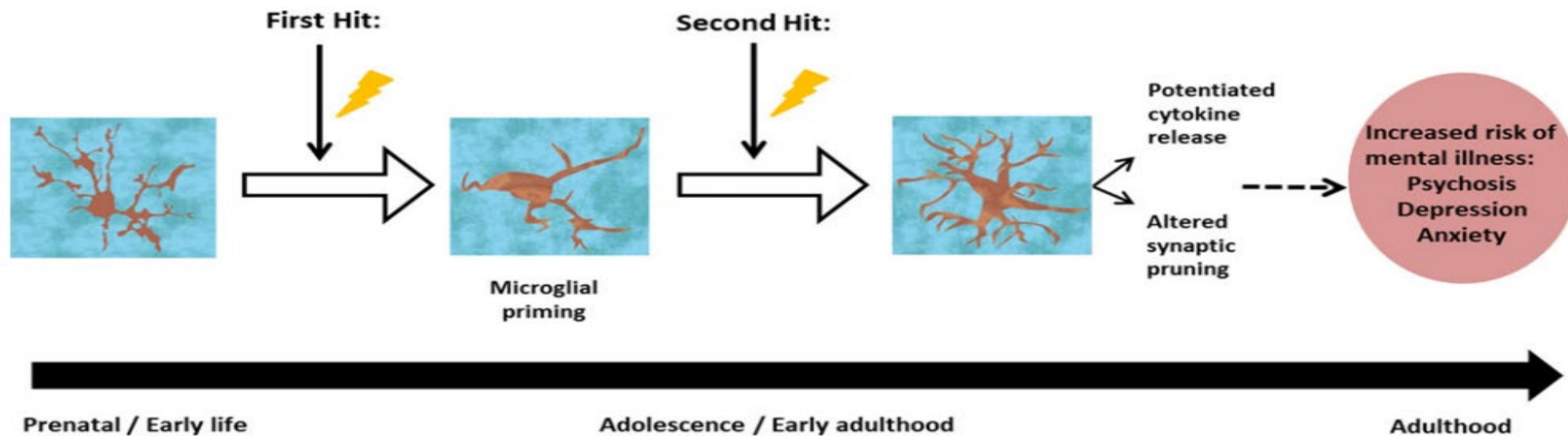
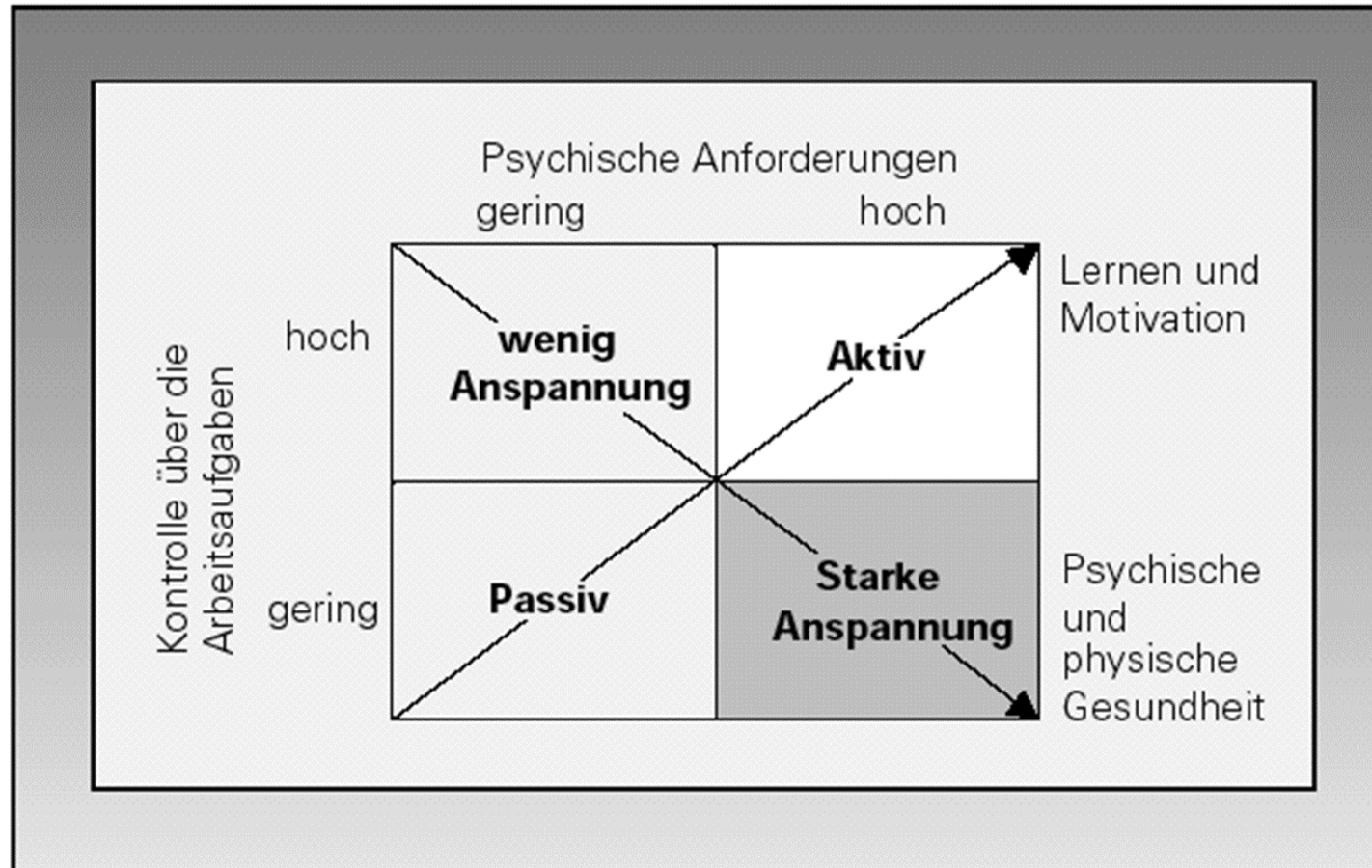


Fig. 3 The ‘two-hit’ hypothesis: exposure to prenatal/early-life stress (*lightning bolt*) may act to prime microglia within the CNS so that a subsequent challenge later in life, either in adolescence or adulthood

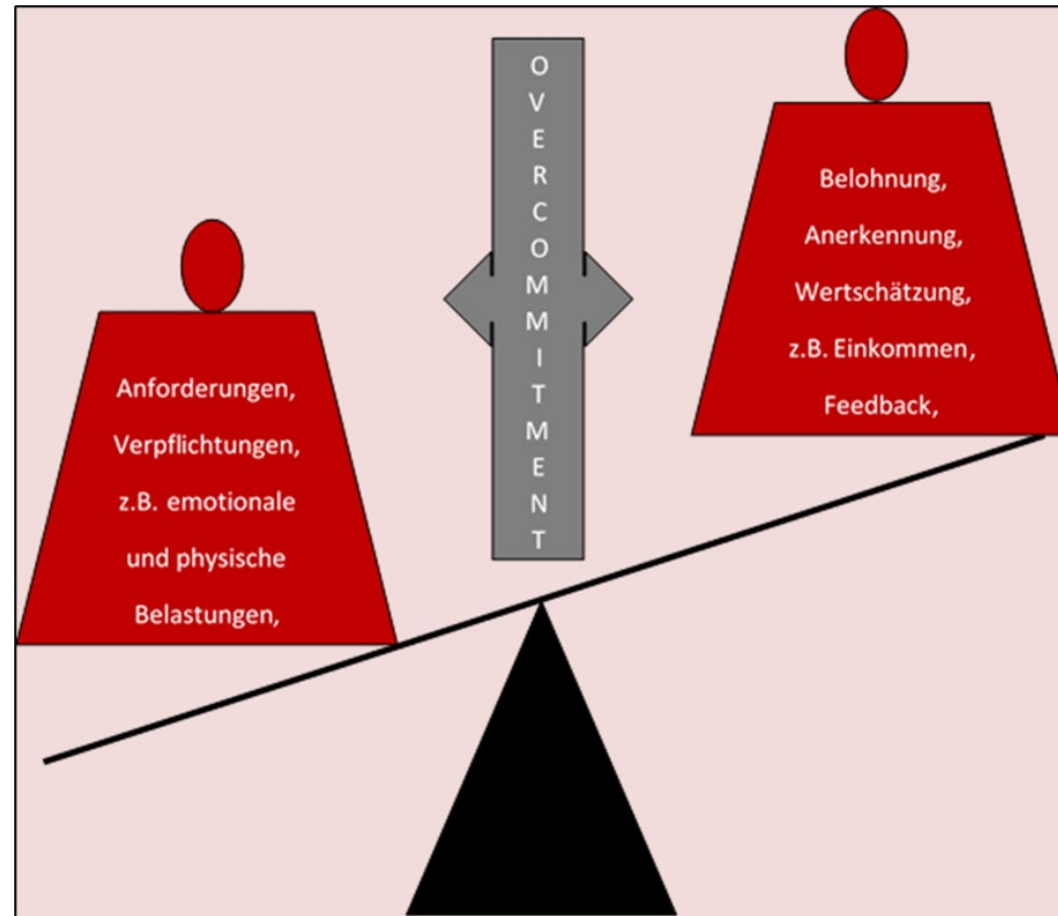
invokes a potentiated microglial response, leading to an increased risk of developing a mental illness

Kenn dein Risiko - Stress im Berufskontext



Anforderungs-Kontroll-Modell
Karasek, 1979

Kenn dein Risiko - Stress im Berufskontext



**Modell der
Gratifikationskrisen**
Siegrist et al., 2004

Sollbruchstellen



Symptomkontrolle

- Blutdrucksenker
- Schmerzmittel,
Physiotherapie
- Antidepressiva,
Psychotherapie
- Schlafmittel



Stress vermeiden/ Situation verändern

- Priorisieren
- Zeitmanagement
- Aufgaben verändern/ reduzieren
- Pausen einhalten

- Bereich wechseln
- Job wechseln



Resilienz stärken – Körperliche Fitness

„Orandum est, ut sit mens sana in corpore sano“

Juvenal

Home > Sport and Exercise Psychology > Chapter

Sports, Stress, and Health

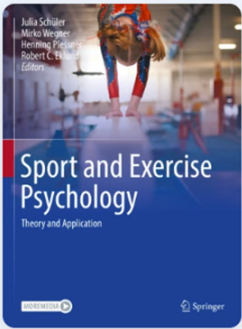
Chapter | First published 2021
pp 679–706

RESEARCH ARTICLE Open Access

The spatiotemporal movement of patients in and out of a psychiatric hospital: an observational GPS study

Andrew T. Gloster^{1*}, Andrea H. Meyer², Jens Klotsche³, Jeanette Villanueva¹, Victoria ...

Check for updates



frontiers
in Behavioral Neuroscience

REVIEW
published: 20 January 2021
doi: 10.3389/fnbeh.2020.626769

Check for updates

The Contribution of Physical Exercise to Brain Resilience

Ricardo Mario Arida^{1*} and Lavinia Teixeira-Machado²

¹ Department of Physiology, Federal University of São Paulo, São Paulo, Brazil, ² Department of Education in Health, Federal University of Sergipe, Sergipe, Brazil

International Journal of
Molecular Sciences

MDPI

Review

Running from Stress: Neurobiological Mechanisms of Exercise-Induced Stress Resilience

Marta Nowacka-Chmielewska^{1,*}, Konstancja Grabowska², Mateusz Grabowski², Patrick Meybohm³,
Małgorzata Burek³ and Andrzej Malecki¹

Resilienzstärkung - Optimismus

危机



International Journal of
*Environmental Research
and Public Health*

Cognitive, Affective, & Behavioral Neuroscience (2021) 21:895–916
<https://doi.org/10.3758/s13415-021-00931-8>

THEORETICAL REVIEW

Check for updates

Unveiling the neural underpinnings of optimism: a systematic review

Fatima Erthal¹ · Aline Bastos¹ · Liliane Vilete² · Leticia Oliveira³ · Mirtes Pereira³ · Mauro Mendlowicz² · Eliane Volchan¹ · Ivan Figueira²

Article

Social Support and Optimism as Protective Factors for Mental Health among 7765 Healthcare Workers in Germany during the COVID-19 Pandemic: Results of the VOICE Study

Caterina Schug^{1,*,†}, Eva Morawa¹, Franziska Geiser² , Nina Hiebel² , Petra Beschoner³, Lucia Jerg-Bretzke³, Christian Albus⁴, Kerstin Weidner⁵, Susann Steudte-Schmiedgen⁵ , Andrea Borho¹ , Marietta Lieb¹ and Yesim Erim¹



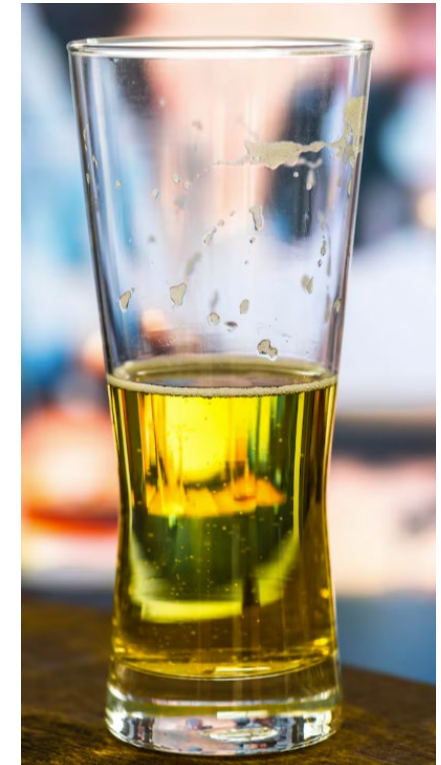
psychiatry
international



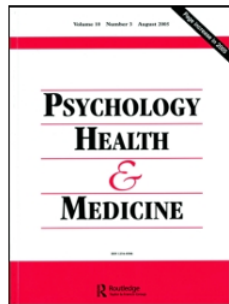
Article

How Important Are Optimism and Coping Strategies for Mental Health? Effect in Reducing Depression in Young People

Jorge Palacios-Delgado¹ , Delia Brenda Acosta-Beltrán² , and Jessica Noemí Acevedo-Ibarra^{3,*} 



Resilienzstärkung – Soziale Einbindung



Psychology, Health & Medicine

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com>

The relationship between job stress and job burnout: the mediating effects of perceived social support and job satisfaction

Fangyuan Wu , Zheng Ren , Qi Wang , Minfu Ma , Xinwen Fan , Xia Guo , Hongjian Liu & Xi



International Journal of
*Environmental Research
and Public Health*



Article

Social Support and Optimism as Protective Factors for Mental Health among 7765 Healthcare Workers in Germany during the COVID-19 Pandemic: Results of the VOICE Study

Caterina Schug ^{1,*}, Eva Morawa ¹, Franziska Geiser ², Nina Hiebel ², Petra Beschoner ³, Lucia Jerg-Bretzke ³, Christian Albus ⁴, Kerstin Weidner ⁵, Susann Steudte-Schmiedgen ⁵, Andrea Borho ¹, Marietta Lieb ¹ and Yesim Erim ¹



International Journal of
*Environmental Research
and Public Health*



Article

Job Stress and Mental Well-Being among Working Men and Women in Europe: The Mediating Role of Social Support

Aziz Mensah ^{1,2} Prof. Dr. P. Beschoner

Resilienzstärkung - Parasympathikusaktivierung

scientific reports

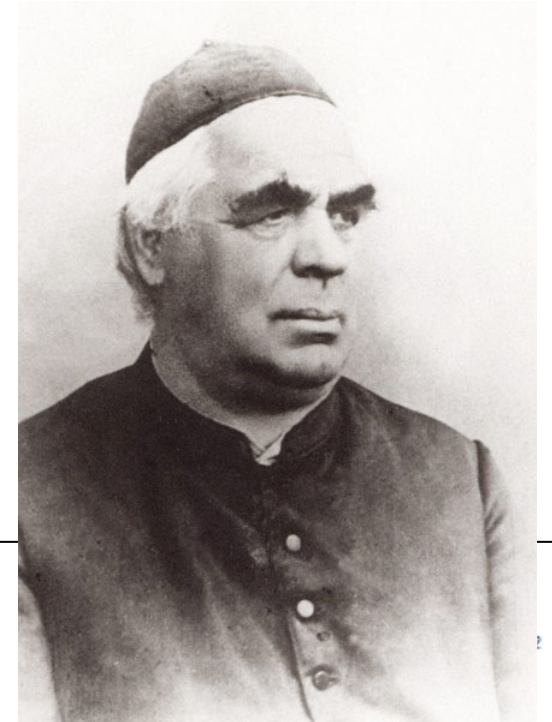
OPEN

Determining the direction of prediction of the association between parasympathetic dysregulation and exhaustion symptoms

Magdalena K. Wekenborg^{1,2}, Andreas Schwerdtfeger³, Nicole Rothe¹, Marlene Penz⁴,

Check for updates

Frontiers in Neuroscience

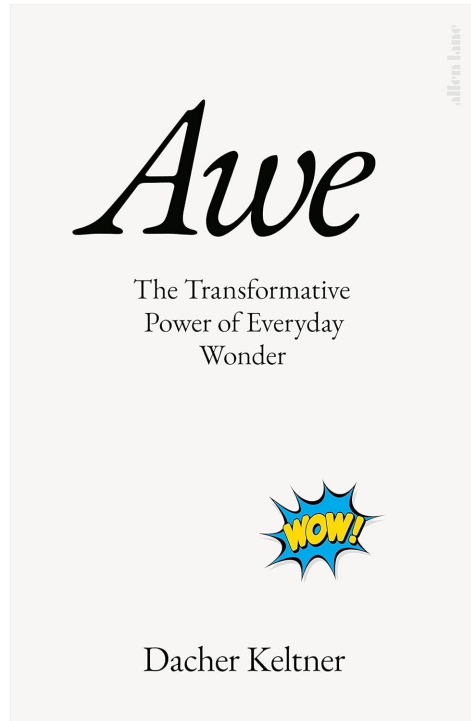


Emotion Regulation, Parasympathetic Function, and Psychological Well-Being

Ryan L. Brown¹, Michelle A. Chen¹, Jensine Paoletti¹, Eva E. Dicker¹,
E. Lydia Wu-Chung¹, Angie S. LeRoy¹, Marzieh Majd¹, Robert Suchting²,
Julian F. Thayer³ and Christopher P. Fagundes^{1,4,5*}

Editorial: Understanding the role of the autonomic nervous system in health and disease

Vitor E. Valenti^{1*}, Luiz Carlos M. Vanderlei² and Moacir F. Godoy³



Awe as a Pathway to Mental and Physical Health

Maria Monroy  and **Dacher Keltner** 

Department of Psychology, University of California, Berkeley

 Staunen

Woaaah!

Wann medizinische Unterstützung suchen?

Warnsymptome:

- Über einige Wochen anhaltende Symptome wie Schlafstörungen, Herzrasen

Erste Anlaufstelle:

- Hausarzt, ggf. psychotherapeutische Sprechstunde

Bei ernster Erkrankung:

- Ambulante Behandlung
- Stationäre psychosomatische Behandlung



Übungen zur Stressreduktion und Resilienzstärkung

Prof. Dr. med. Petra Beschoner

- ✓ 5-Minuten-Atemübung zur Aktivierung des Parasympathikus
- ✓ 5-Minuten-Achtsamkeitsübung für innere Ruhe
- ✓ 5-Minuten -Imaginationsübung zur Stabilisierung
- ✓ 5-Minuten-Bewegungsübung zur Entspannung



Vielen Dank für Ihre Aufmerksamkeit!

Alle Bilder: freepiks

Prof. Dr. P. Beschoner

