

## Overcoming the Stress-Disease Connection – A Practical Approach

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1

## To Understand any Situation ...

- Identify the problem?
- Identify the cause of the problem?
- Find all possible solutions?
- Apply the best solution?



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## The Question?

- Does Stress have an impact on diseases?
- Does Stress have an impact on cancer?
- Are these diseases related to Emotional causes?

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3

## The Answer

- **Yes** Stress causes plenty of diseases..



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4

## How...

- Mainly by affecting the immune system



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## Physiology of Stress

- **Nervous System**
  - Central
  - Peripheral
    - Autonomic
      - Sympathetic
      - Parasympathetic
- **Endocrine System**
  - Hypothalamic-pituitary-adrenal (HPA) axis
  - Sympathetic Adrenal Medulla (SAM) response

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6

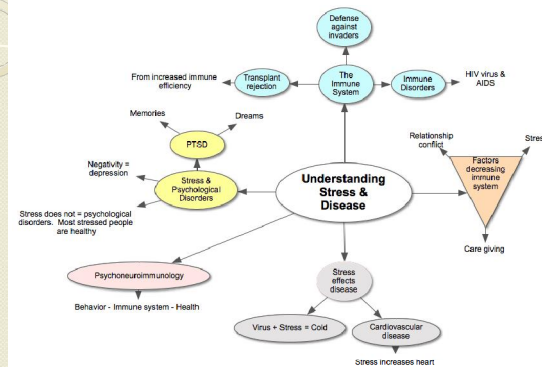
## Stress and Immunology

- Stress can decrease your white blood cell count which will lead to poor health.
- Immunological system includes the following white blood cell groups which identify and destroy foreign substances:
  - Phagocytes-destroyers
  - Lymphocytes
    - T cells
    - B cells



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## Stress and Disease



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8

## How Stress Can Causes Cancer

- Stress switches on a gene that speeds up the spread of the disease
  - Several studies have indicated that stress triggers a 'master switch' gene called **ATF3**
  - This corrupts the immune system, giving cancer a fast-track around body.



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## How Stress Can Causes Cancer

### At Cellular Level steps involved are

1. Emotional Trauma
2. Stress Suppresses the Immune System
3. Stress Causes Cell Glucose Levels to Rise
4. Fungus Enter Cells to Feed on Glucose
5. Fungus and Cancer form Symbiotic Relationship
6. Stress Stimulates Cancer Cell Growth and Metastases

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10

## So, what is Stress?



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## What is Stress?

- A combination of thoughts and worries that have negative affect on the body's responses
- It is the body's automatic response to any physical or mental demand placed on it.
  - Wear and tear on the body
- The human reaction to events in our environment

How To Handle Stress Like A Dog  
If You Can't Eat It Or Play With It, Then Pee On It And Walk Away

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## How Stress Begins....

Situations That you Cannot Manage become  
**Problems**

↓

This Creates Negative Feelings in Your Mind Leading to  
**Fear**

↓

This Mild Fear in Subconscious Mind Becomes  
**Worry**

↓

Worry Builds Up Pressure In your Mind & Body That Is  
**Stress**

↓

Effect of stress on Body is called  
**Strain**

↓

And on your Mind is called  
**Tension**

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13

## Major Work and Life Stressors

WORK  
HEART BREAKS  
OTHER  
HEALTH  
JOB  
TARGETS  
FINANCIAL  
EXAMS  
FAMILY



!STRESS ABOUT STRESS  
BEFORE THERE'S EVEN  
STRESS TO STRESS  
ABOUT!



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## Causes of STRESS

**ANXIETY**

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15

## What is Worry?

Worry is...

- To feel uneasy or concerned about something
  - Be troubled.

Worry is interest paid on trouble before it is due.  
- William Ralph Inge

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## What are we worried about?

### • Criticism

- What would people say...
- People are saying all sorts of things about me....
  - Unjust criticism is often a disguised compliment.
  - It often means that you have aroused jealousy and envy.
    - Remember that no one ever kicks a dead dog.
  - Do the very best you can; and then put up your old umbrella and keep the rain of criticism from running down the back of your neck.

Whatever you do,  
good or bad,  
people will  
always have  
something  
negative to say !!

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## What are we worried about?

### • Humiliation

- Let's never try to get even with our enemies, because if we do we will hurt ourselves far more than we hurt them.
  - Being Humiliated
  - Feeling Humiliated

YOUR WORST  
HUMILIATION IS  
ONLY SOMEONE  
ELSE'S MOMENTARY  
ENTERTAINMENT.

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## What are we worried about?

- **Anxiousness**

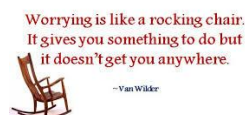
- What if.....
- What would happen if.....



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## WORRY!!!!!!!!!!

- This is one of the biggest cause of stress
  - Break the worry habit before it breaks you
- Worry is a total waste of time. It doesn't change anything but ..... Surely keeps us very very busy doing nothing



## So....

- Worrying does not take away Tomorrow's troubles
- It definitely takes away Today's peace

**Today**  
*is the tomorrow  
we worried  
about yesterday.*

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## Send a note to yourself

- Worry will never change the outcome.



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## And the Solution is.....

**ACCEPTANCE**

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23

## The Most Important Word

When things are not happening the way we want

**Anger**



**Acceptance**

Accept the way things are happening



**Tolerance**

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24

## Managing Worry

- Worry about the future and regrets about the past keep you stressed and away from enjoying the moment!
- Manage distress by focusing on the present!

DON'T GRY OVER THE PAST, IT'S GONE. DON'T STRESS ABOUT THE FUTURE, IT HASN'T ARRIVED. LIVE IN THE PRESENT AND MAKE IT BEAUTIFUL

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## How Can We deal with situations?

- Live with an Attitude of Gratitude
  - Be Grateful for what you have.
  - Only gratitude can deal with negativity.
  - Start counting your blessings.
  - If you are able to see and understand this message you are one of the luckiest person on earth. Be grateful ! Be happy !!

IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL. IT IS THANKFUL PEOPLE WHO ARE HAPPY.

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## Spirituality

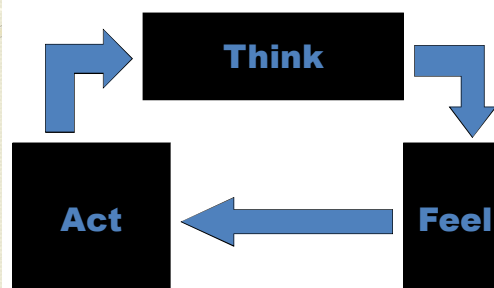
- Temple, Church, Mosque etc
- Help others
- Spend quiet time every day
- Be thankful
- Think positively
- Put your faith to work!
  - "I am at peace in the midst of chaos or madness. No person, place or thing has the power to upset me."



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27

## How thoughts works for you



28

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## Learn to RELAX

- **Rest before you get tired.**
- Learn to relax at your work.
- Learn to relax at home.
- Remember, no one was ever killed by lack of sleep. It is worrying about insomnia that does the damage--not the insomnia.

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29

## Meditation

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>▪ Patanjali Dhyana</li> <li>▪ Anapan Sati</li> <li>▪ Smriti Upasthan</li> <li>▪ Vipashyana</li> <li>▪ Preksha Dhyana</li> <li>▪ Jain Dhyana</li> <li>▪ Spand Dhyana</li> <li>▪ Mantra Dhyana</li> <li>▪ Nabhi Dhyana</li> <li>▪ Swapna Dhyana</li> <li>▪ Nidra Dhyana</li> <li>▪ Yoga nidra, Nyas</li> <li>▪ Kriya Yoga</li> <li>▪ Mrutyu Dhyana</li> <li>▪ T.S Meditation</li> <li>▪ Kundalini</li> </ul> | <ul style="list-style-type: none"> <li>▪ Kayotsarga</li> <li>▪ Tratak</li> <li>▪ Suryasamyam</li> <li>▪ Adarshdhyana (mirror)</li> <li>▪ Swaminarayan Dhyana</li> <li>▪ Arup Dhyana</li> <li>▪ Purnayoga Dhyana</li> <li>▪ Atit Dhyana (past)</li> <li>▪ Bhavidhyana (future)</li> <li>▪ Sarpalanchan Dhyana</li> <li>▪ Samarpana Dhyana</li> <li>▪ Tathata</li> <li>▪ Hoo-Dhyana (Dynamic Meditation)</li> <li>▪ Sahaj Dhyana</li> <li>▪ Your own system</li> </ul> |
|---|--|

30

## Breathing

- Breathing helps to slow down or to even stop the stress response!
- Takes time to practice, learn well and use daily.
- Often, people do not learn how to breathe correctly, and do not use it consistently...

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31

## Coping Strategies

- Changing your attitude
  - External things will not change. You can change your attitude
- Whatever you resist will persist
- Forgive and Forget

If you are depressed,  
You are living in the  
Past

If you are anxious,  
You are living in the  
Future

If you are at peace,  
You are living in the  
Present

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The Key Word Isō .

## Balance



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## Smile!

- Smiling is the main way to tell if someone's happy... but only if they are real smiles
- Smile solves many problems



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34