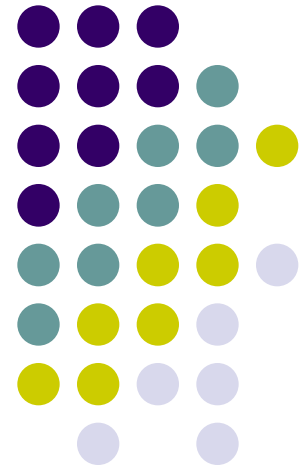


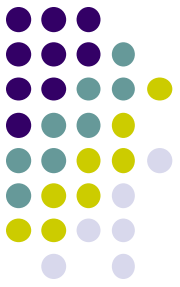
Managing psychological symptoms

Dr Sue Jackson & Michelle Griffiths

8 June 2019

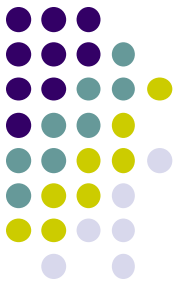


Symptoms of thyroid diseases



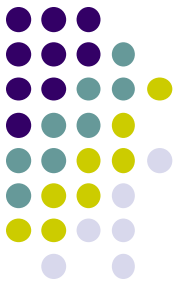
- **Physical** (e.g. pain, fatigue, appearance changes)
- **Psychological** (e.g. mood swings, depression, lethargy or 'emptiness' anxiety, feeling unable to 'rest', difficulty concentrating)
- **Social** (e.g. withdrawal from social situations, difficulty communicating, e.g. finding words)
- Usually associated with under or over medication (e.g. may be 'red flags' that a dose change is required)

Stresses and strains of living with a chronic illness



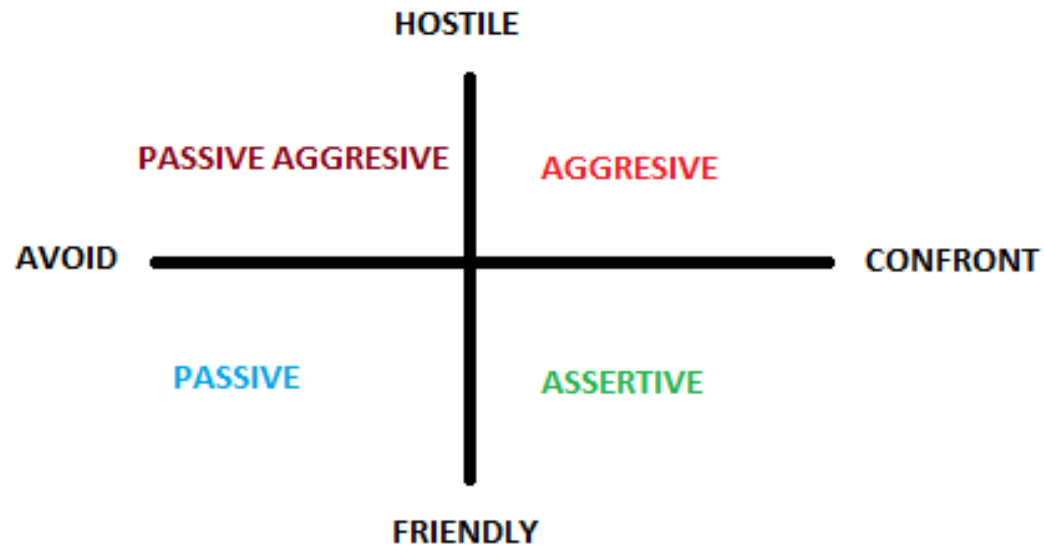
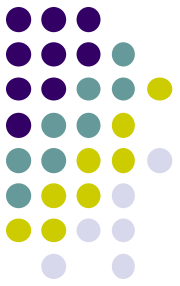
- **Managing Medical treatment** (e.g. fear of blood tests, difficulty arranging when to take medication e.g. take on empty stomach at night vs morning to aid absorption)
- **Managing Emotions** (e.g. worry about the future, frustration from fatigue or from feeling 'different' to peers)
- **Managing life changes** (e.g. finding new meaningful activities and experiences if condition 'limits' what you want to do)
- **Normal and expected reactions to living with a condition**

Communication



- **How do we communicate?** (e.g. communicating 'red flag' changes you have noticed to child or medical team, or encouraging children to communicate their experienced stresses and strains)
- **What's the impact of this?** (encouraging communication of invisible , vague symptoms avoids 'internalisation' of experience and negative self talk (e.g. "I must be lazy, not as good as my peers". Communication allows us to feel heard, validated and reassured)

Communication Styles





Summary: tips and tools

- **Recognising** (red flag changes)
- **Normalising** (addressing and validating everyday stresses and strains)
- **Listening and validating** (open and assertive communication)
- **Lifestyle** (good quality sleep, diets without sugars and processed foods)

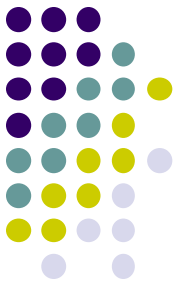
- **Communicating: not always easy! You are doing well!**



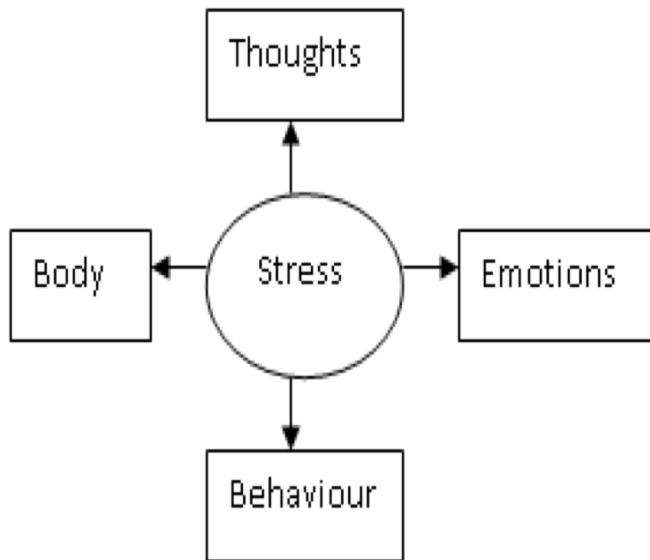
Good mental health

- Mental health refers to our emotional and psychological wellbeing - it is about how we think, feel and behave.
- **Good mental health** is an important part of our overall health and well-being and is just as important as physical health.
- Being able to handle normal levels of stress, leading an independent and full life, and being able to "bounce back" from difficult situations or life events, are all signs of good mental health.

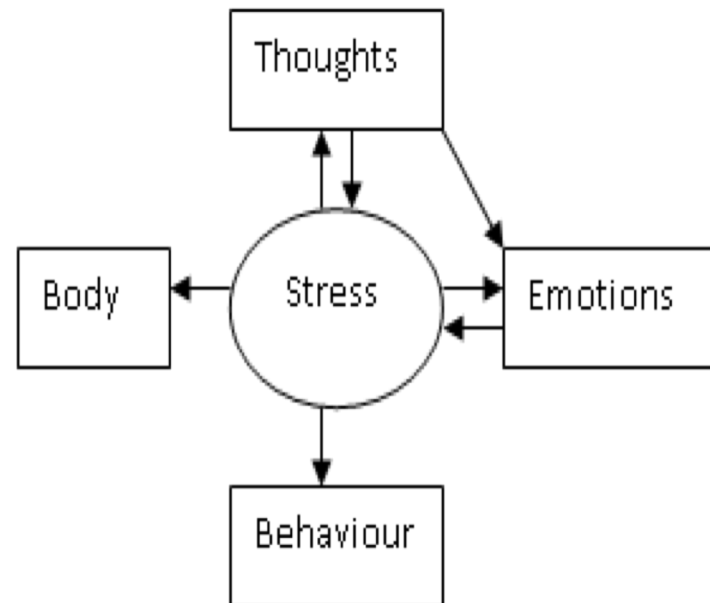
Stress vs worry



How we experience stress:

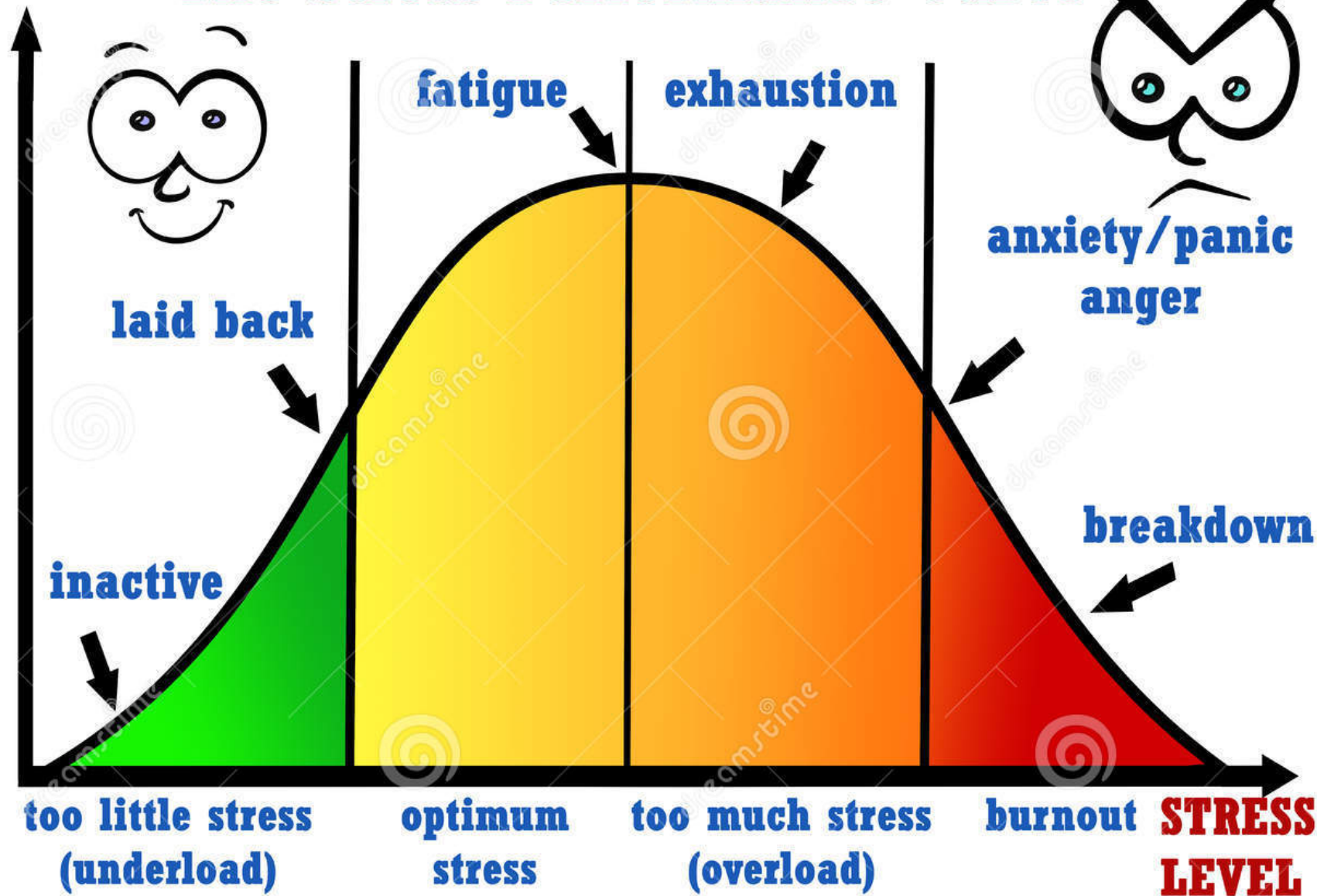


How we experience worry:

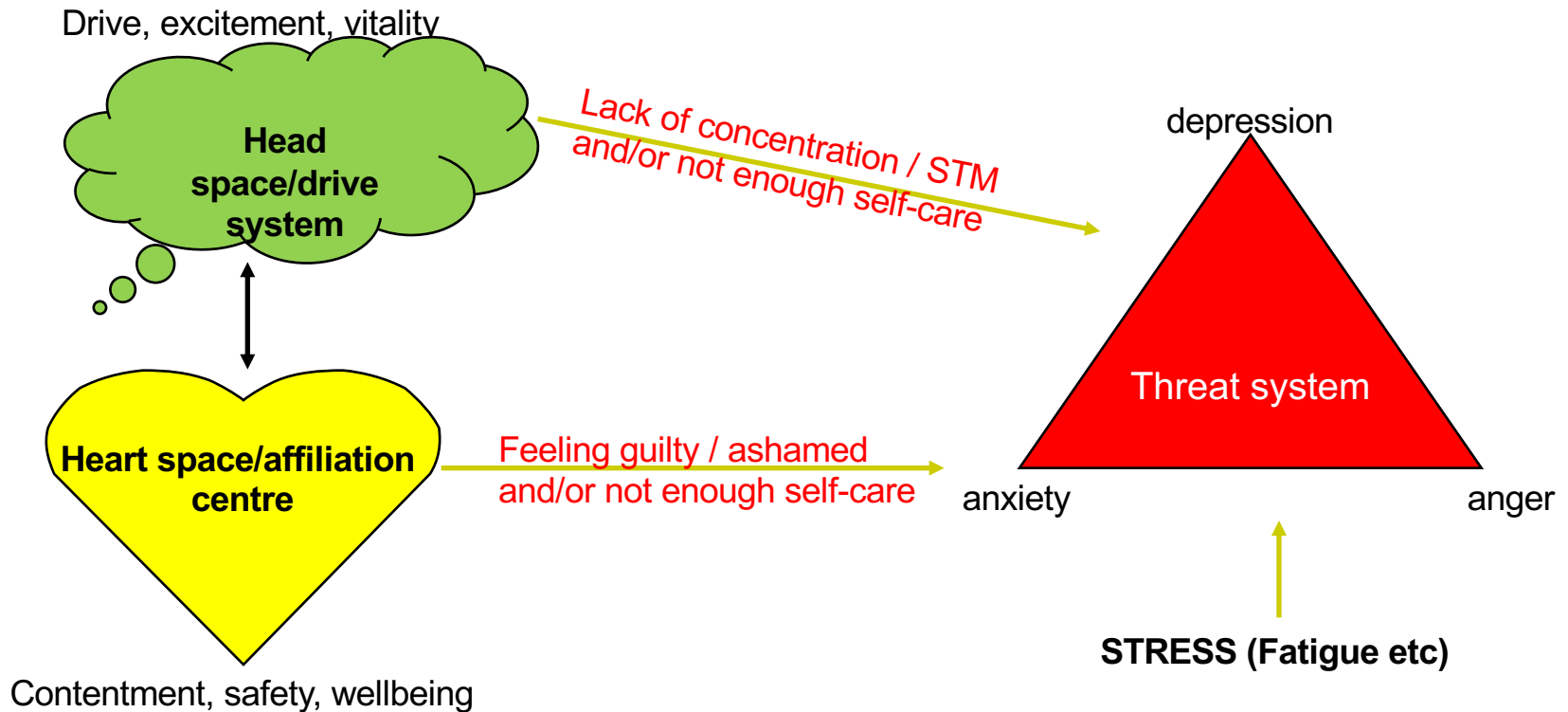
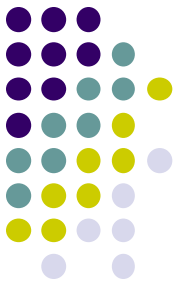




The Stress Performance Curve



Importance of kindness to the psychology of being human (Gilbert, 2009a)



Promoting a gentle shift from threat system to heart space



1. Kindness (self-coaching/best friend)
2. Gratitude (three things)
3. Mindfulness (friendly curiosity)

Thank you
for
your time and attention.

