

FDRS 2019 Conference
Renaissance Baltimore
Harborplace Hotel
April 12-14, 2019



FAT DISORDERS
RESOURCE SOCIETY

Stress Reduction for Lipedema and Dercum's Disease Patients



DISCLOSURES

- Author - Lipedema Treatment Guide



Learning Objectives

Upon completion, participant will be able to...

- describe several techniques to reduce stress.
- describe actions that feel relaxing but may increase stress
- describe the findings of the Harvard Study of Adult Development
- demonstrate how to cultivate sympathetic joy for others
- demonstrate how to interact with their inner critical voice



Who am I?

- Klose Certified Lymphedema Therapist
- MMI Certified Meditation Teacher
- Board Certified Massage Therapist
- Author of 'Lipedema Treatment Guide'



Kathleen Lisson



This conference is an amazing resource, bringing together experts from across the country to share information and treatments for lipedema. More ideas, more to research, more to read.

In this presentation, I'm going to make the case for having a little fun.



BARRIERS

Lack of time

Fatigue

Money

Overwhelm

Exhaustion

Depression

Self-conscious

Balance

Pain

Skeptical



How do real people with lipedema reduce stress?

People in the Lipedema Sisters USA Facebook group shared their stress reducing habits:

- Physical activity like exercise, swimming or yoga
- Relaxation techniques like meditation
- Laughing
- Socializing with others
- Participating in hobbies like gardening, singing, creating art and doing Sudoku puzzles



Also mentioned were:

- Spending time with pets
- Gratitude journaling
- Taking baths with essential oils or epsom salts



Several people mentioned prayer, and Lis Ann reduces stress by being active in her church. She says that “It keeps my mind busy and active and keeps me connected to people instead of sitting in my house alone and no interaction with people”.



Cindy shares, “I have found my bird Taz to be a big help to me, He is a Goffin and is lightweight enough for me to have on me. Unlike a dog or cat that would be too heavy, he is very light. Because of the limitations of Dercum’s Disease in my arms especially, my husband has to do most of the care of Taz. But what I can do is therapeutic for me.

Emotionally he gets me through the pain. He has been certified by my doctor as being my emotional support/pain support animal.



What Happens When We Try to Do It All - and All At Once!





Sometimes a story helps to illustrate a point.

Have you ever struggled to bring all the groceries in from the car in one trip? Have you seen someone else do this? Feeling the handles dig into your arms, the edge of a tin can jabs into your thigh as you swing your arms to move forward, juggling to free a thumb and finger to pull open the door?



**It seems so obvious when we see someone else struggling,
but it's hard sometimes to take our own advice.**

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You Have To Put Things Down Before You Open The Door

What doors do you want to open and what can you put down in order to go through them?



How is Stress Harmful to Our Bodies?





The next few slides could be an overview of what scientists have found, but let's look in our own bodies instead.





Close your eyes and imagine a situation where you felt embarrassed. Find where in your body you felt that - your shoulders? Back?





How else does stress affect your body?

How does stress affect your mood?





According to the Mayo Clinic, stress management techniques include:

- Regular physical activity
- Relaxation techniques, such as deep breathing, meditation, yoga, tai chi or getting a massage
- Keeping a sense of humor
- Socializing with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music



The Mayo Clinic staff caution that “Inactive ways you may use to manage stress – such as watching television, surfing the Internet or playing video games – may seem relaxing, but they may increase your stress over the long term.”

Stress Symptoms: Effect on Your Body and Behavior (n.d.).
Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>



The people in the Lipedema Sisters USA group were right!

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According to the Harvard Study of Adult Development - “Good relationships keep us happier and healthier”

Study Director Robert Waldinger has an excellent TED Talk titled ‘What Makes A Good Life’



Bottom line: We need social connections - Loneliness Kills

Key for relationships -

Do you feel satisfied with relationship?

Do you feel like you can count on the other person?

Waldinger, R (n.d.) What Makes a Good Life. Retrieved from:

<http://www.dailygood.org/pdf/dg.php?sid=1196>



Can Sympathetic Joy be an antidote to jealousy?

Sympathetic joy is the practice of rejoicing at others' happiness and prosperity. It is the opposite of jealousy or envy.



When we see all those stunning before and after photos on Facebook or see other women in person or on social media, we can say to ourselves:

I wish that your happiness continues

I wish that your happiness stays with you

I wish that your happiness grows



Pediatrician and author Mark Bertin shares some tips to handle our inner critics.

Ask yourself, if someone were actually standing next to me and supplying the same commentary, how would I handle it? Without getting sucked into debate, each time you notice the Inner Critic, take a pause.



Breathing in, recognize the voice of criticism, and whatever it's implying about you or doing to your emotional state. Acknowledge that experience without needing to either banish it or rationalize it. This is how I feel right now: tired and insecure and angry.

Breathing out, let go. Instead of wrestling with self-judgment, see it for what it is, and turn your attention somewhere more useful. Focus only on the sensation of breathing as best as you're able, without striving or forcing anything.



Wish yourself well, like you would a close friend in distress.

Bertin, M (2016 May 19). A Basic Meditation to Tame Your Inner Critic. Retrieved from <https://www.mindful.org/basic-meditation-tame-inner-critic/>

CONTACT INFORMATION



<http://www.LipedemaTreatmentGuide.com>



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