

Stress Management Summit

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Retirement: A transition that affects mental health

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The number of retired people has been increasing in most developed societies. This increase raises a large number of problems, namely a greater than before demand for health care. As retirement announces the final of the active life, it brings many losses that can upraise the risk of mental illness among this group. It is longed for many, as it constitutes the chance to release pressure and responsibility, the lack of time and many other constraints that are usually attributed to labor, but it is also dreaded by others who have made their work activity a source of pleasure, personal investment and social recognition. The methodological approach of this study was qualitative method. Focus group and interviews were carried out with newly retirees from Portugal. The objective was to evaluate the impact that retirement had on their mental health, especially in what concerns stress. It was possible to perceive that depending on the surrounding characteristics this event may result in different perceptions of “gains” and “losses”. This transition leads to a process of change and adaptation that influences mental health. Different perceptions of this transition and the different roles that emerge cause stress in the individual and also in his/her family. During the retirement transition, health professionals should look up for mental health problems, giving special attention to stress resulting of the many changes that occur at the same time.

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The 3 keys to managing PTSD

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Participants will learn The 3 Keys to Managing PTSD and will experience the Stress Is Gone Method to help integrate each key into everyday life. Participants will experience;

1. Music & movement to release physical tension in the body
2. Assessment to see how routine stress links to repressed memories
3. Expressive exercises to balance accumulated emotions
4. Guided meditation to attain mental clarity

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