

5th International Conference on

HIV/AIDS, STDs and STIs

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The impact of stress on people living with HIV/AIDS

Stress is a state of physical, mental and emotional tension resulting from challenging circumstances. Long term stress can contribute to many health problems, including digestive problems, heart problems, headaches, depression, anxiety and lack of sleep. It's particularly important for people living with HIV and AIDS because stress is known to have a huge effect on the immune system. And stress reduces the production of T-cells in the body. In my years of experience, working with people living with HIV/AIDS, this group lives with additional life stressors and elevated levels of stress. A few of these stressors include: Shame and stigma, managing medication and medical appointments, unwanted disclosure of status. In this session, you'll learn about: What stress is, how it effects on the body, what you can do if you are living with HIV/AIDS and simple, practical tools and strategies to deal with stress.

Biography

Loran J Thompson is a Corporate Trainer, National Speaker and Health Coach with a long history of working with the HIV/AIDS community since 1990. She worked with UCSD on a Research Project on the effects of drugs and alcohol and how it increases the risk for getting or transmitting HIV/AIDS. She also worked with the San Diego County of Health and Human Services HIV/AIDS branch and trained the facilitators of the GLI's (group level intervention) across San Diego County to insure quality groups for the participants. She also completed a final report of the findings for the county.

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