

# From Stress to Resilience: Resources & Inspiration

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Co-sponsors



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# Outline

- Understanding mental health risks
- Being with powerful emotions
- Cultivating a protective mindset
- Seeking and creating support
- Leaving work behind at end of shift
- Resilience & post-traumatic growth
- Dialogue



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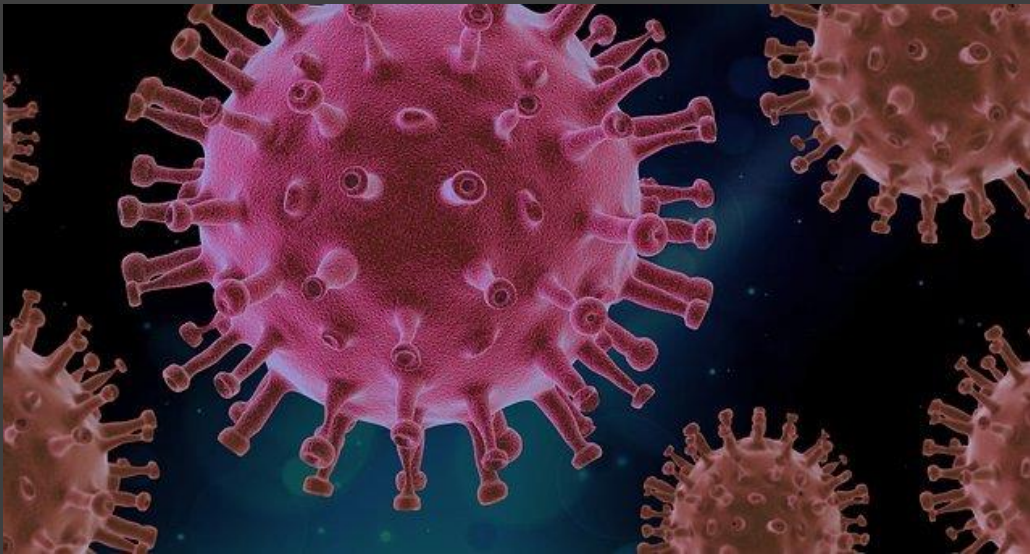


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# Understanding Mental Health Risks



- Fear of illness or death
- Fear of what you'll witness
- Fear of moral injury
- Fear of failing to protect
- Anger at lack of protection
- Grief of anticipated losses
- Fear of fear: PTSD

# Categories of Mental Health Risk

- Burnout
- Compassion Fatigue (Figley)
- Moral Injury (Greenberg, BJM article)
- Acute Stress Reaction
- Post-Traumatic Stress Disorder (PTSD)
- Vicarious Trauma (Pearlman & Saakvitne)



# Risk Factors for Secondary Traumatic Stress

(Cieslak, et. al; Office for Victims of Crime)

- Volume, frequency, **ratio** of caseload
- Newer to field
- Personal or intergenerational history of trauma
- Social isolation
- Lack of training, protection & support



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Stress is  
inevitable

**“The expectation that we  
can be immersed in  
suffering and loss daily and  
not be touched by it is as  
unrealistic as expecting to  
be able to walk through  
water without getting wet.”**

-- Naomi Rachel Remen

# Mitigating Risk for PTSD

Trauma =

Event(s) overwhelm our coping capacities

Resilience =

Our coping capacities can respond well enough to the stress we face



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# From Stress to Resilience

Being with Powerful Emotions



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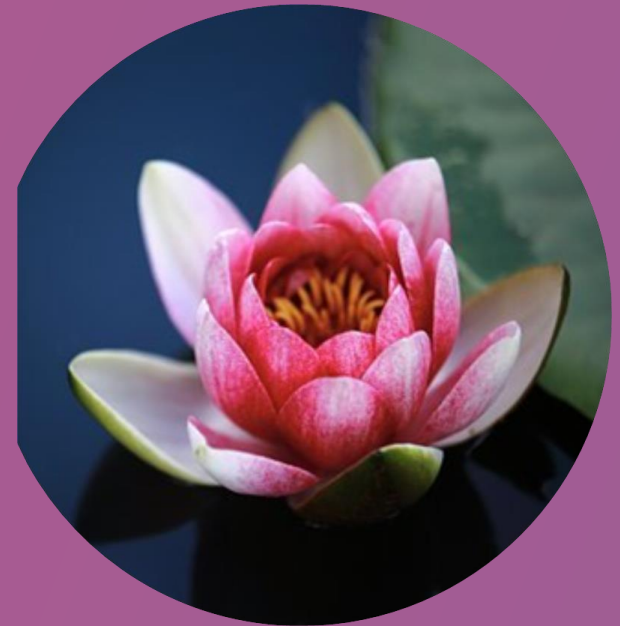


## ROAR with Emotions

- Recognize
- Observe
- Accept
- Release

# Tools to Regulate Your Nervous System

- Extend exhales; ground; use safe place imagery
- Orient to the moment with 5 senses
- Handwash mindfully
- Sing, cry, laugh, place hands on heart
- Use havening touch (stroke elbows to shoulders)



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# Return to Present Moment Safety

- How do you begin and end your shift?
- How can you re-center during breaks?
- What soothes you at work?
- To whom can you turn?



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# From Stress to Resilience

Cultivating a Protective Mindset



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## Treat Yourself with Kindness

- Set an intention under your control
- Foster compassion over empathy
- Direct awareness to hope
- Practice gratitude
- Know you are not alone



# Challenge Fearful Thoughts

Stress/Fear	Resilience
"I have no control."	"There are steps I can take."
"I am doomed."	"I have strengths & survived other hard things."
"I am alone or isolated."	"There are people to whom I can reach out."
"I am trapped."	"I have choices."
"People I love are doomed."	"Today, we are okay. It's likely we'll get through it."

Remember to answer "what if" questions. Consider best case scenario too.



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# From Stress to Resilience

Seeking Support



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## **Advocate for a Culture of Compassion (UCSF)**

- Monitors, acknowledges, and treats risk
- Integrates self-care at work
- Honors efforts & triumphs
- Grieves together



# When to Seek Support (van dernoot Lipsky)

- Feeling helpless and hopeless
- A sense that one can never do enough
- Hypervigilance
- Diminished creativity
- Inability to embrace complexity
- Minimizing
- Chronic exhaustion/ physical ailments
- Inability to listen/deliberate avoidance
- Frequent dissociative moments
- Sense of persecution
- Guilt
- Fear
- Anger and cynicism
- Inability to empathize/numbing
- Addictions



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# From Stress to Resilience

Leaving it Behind



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## Strategies to Disengage

- Ritual to end workday
- Review with non-judgment
- Redirect awareness



# Debriefing Questions (Jackie Burke)

What  
disturbed  
you today?

How is it  
impacting  
you now?

What do  
you need to  
be okay?



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# Self-Care at Home: Comfort & Normalcy

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- Nutrition & Hydration
- Movement & Play
- Support & Comfort
- Limit News
- Nature
- Meditation & Sleep



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# Resourcing Urges (Ferentz)

Communicate

Alternatively

Release

Endorphins

Self-Soothe



# From Stress to Resilience

Appreciating Purpose & Growth



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# Opportunities for Growth

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- Positive impacts of stress (McGonigal)
- Vicarious resilience (Hernandez, Gangsei & Engstrom)
- Post-traumatic growth (Arnold, Calhoun...)
- Compassion satisfaction
- Meaning-making & purpose



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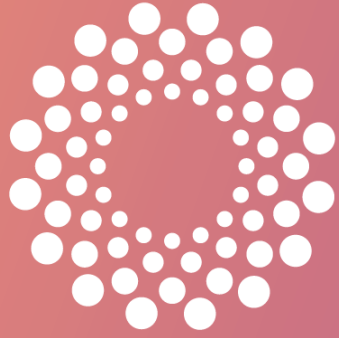


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We wish you good healing.



# Resources: Websites & Videos

- <https://www.rtwmatters.org/article/articleG.php?id=637> (Jackie Burke on debriefing)
- <https://vtt.ovc.ojp.gov/> (vicarious trauma toolkit)
- [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en) (Kelly McGonigal TED talk on stress/resilience)
- [https://thehealingcompany.wistia.com/medias/wrv40xvuka?mc\\_cid=2bb3db9886&mc\\_eid=e34900b31f](https://thehealingcompany.wistia.com/medias/wrv40xvuka?mc_cid=2bb3db9886&mc_eid=e34900b31f) (self-havening for calm)
- <https://www.proqol.org/> (tips & self-assessment measure)



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## Websites & Videos, continued

- <https://www.tenpercent.com/care> (meditation app free for healthcare workers)
- [https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-us.pdf) (coping tools for COVID-19 anxiety)
- <https://www.youtube.com/watch?v=khjPsVG-6QA> (Ricard Matieu on empathy vs. compassion)
- <https://www.bmj.com/content/368/bmj.m1211.full?ijkey=1118pprCDUiMW3R&keytype=ref> (moral injury)



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# Resources: Books & Articles

- Arnold, D., Calhoun, L. G., Tedeschi, R., & Cann, A. (2005). Vicarious posttraumatic growth in psychotherapy. Journal of Humanistic Psychology, 45(2), 239–263.
- Butler, L. D., Carello, J., & Maguin, E. (2017). Trauma, stress, and self-care in clinical training. Psychological Trauma: Theory, Research, Practice, and Policy, 9(4).
- Cieslak, R., Anderson, V. et. al. (2013). Secondary traumatic stress among mental health providers working with the military. J Nerv Ment Dis., 201(11).
- Cohen, K., & Collens, P. (2013). The impact of trauma work on trauma workers. Psychological Trauma: Theory, Research, Practice, and Policy, 5(6).
- Ferentz, L. (2015). Letting go of self-destructive behaviors: a workbook of hope and healing. New York: Rutledge.
- Hernandez, Engstrom & Gangsei (2010). Exploring the impact of trauma on therapists: vicarious resilience and related topics in training. Journal of systemic therapies, 29(1).



## Books & Articles, continued

- Lipsky, L.D., Burk, C. (2009) Trauma stewardship: an everyday guide to caring for self while caring for others. San Francisco, CA: Berrett-Koehler Publishers.
- McGonigal, K. (2016). The Upside of Stress: Why Stress is Good for Your, and How to Get Good at It. Avery.
- Pearlman LA, McCann PS. (1995) Vicarious traumatization: An empirical study of the effects of trauma work on trauma therapists. Prof Psychol Res Pr. 26.
- Tedeschi, Richard G., Calhoun, L.G., & Groleau, J.M. (2015). Clinical Applications of Posttraumatic Growth. (2nd Edition).
- Wiggall, S. & Boccellari, A. (2017). The UCSF trauma recovery manual.



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**MI Frontline  
Support**

Mental health support for those fighting  
on the front lines of the COVID19 crisis