

ASSESS YOUR STRESS

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Assess Your Stress Defining Our Terms

What is Burnout?

Burnout is that feeling of extreme exhaustion and being overwhelmed by stress.

What is Stress?

Stress is both a physical and an emotional reaction to changes in life; may contribute to or worsen a range of health problems including digestive disorders, headaches, sleep disorders, asthma, and other symptoms; and has been linked to depression, anxiety, and other mental illnesses.

What is Secondary Traumatic Stress?

Secondary Traumatic Stress includes stress reactions and symptoms resulting from exposure to another individual's traumatic experiences, rather than from exposure directly to a traumatic event.

What Coping Strategies Help Relieve Stress?

Coping strategies are used to help us relieve our stress and can be both positive and negative.

ACTIVITY

Think of an example of each:

1. Stress:

2. Secondary Traumatic Stress:

3. Coping Strategies:

Assess Your Stress Checklists

Signs of Burnout Checklist

These are some of the common signs of burnout. Please check all that apply to you.

- Sadness
- Depression
- Apathy
- Easily frustrated
- Blaming others
- Irritability
- Lacking feelings or feeling indifferent
- Feeling isolated
- Disconnection from others
- Poor self-hygiene
- Exhaustion

Signs of Secondary Stress Checklist

These are some of the common signs of Secondary Traumatic Stress.

Please check all that apply to you.

- Excessively worrying
- Fearing something bad is about to happen
- Becoming easily startled
- Feeling like you're "on guard" all the time
- Experiencing physical signs of stress (racing heart, sweaty palms, butterflies in stomach, sleeplessness)
- Having nightmares or recurrent thoughts about the traumatic situation
- Feeling that the other person's trauma is yours



Assess Your Stress Self-Care Coping Strategies

1. Develop a buddy system with your team

- Get to know each other
- Keep an eye on each other
- Set up times to check in with each other
- Listen carefully and share experiences and feelings
- Acknowledge tough situations and recognize accomplishments (even small ones)
- Offer to help with basic needs such as sharing supplies or transportation
- Monitor each other's workloads
- Encourage each other to take breaks
- Share opportunities for stress relief (rest, routine sleep, exercise, deep breathing)
- Communicate your buddy's basic needs to them to allow your buddy feel safer speaking up

2. Create better self-care techniques

- Limit working hours to no longer than 12-hour shifts if possible
- Work in teams and limit amount of time working alone
- Write about what's going on
- Talk to family members, friends, supervisors, co-workers about your feelings and experiences
- Practice breathing and relaxation techniques
- Maintain a healthy diet and get adequate sleep and exercise
- Know that it is ok to say "no" and set boundaries
- Avoid or limit caffeine and use of alcohol or other drugs

3. Remember that self-care is not selfish

- It's not selfish to take breaks
- The needs of survivors are not more important than your own
- Working all the time does not mean you will make your best contribution
- There are other people who can help in the process