

Self Care Stress Management Preventing Burnout

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Session Objectives



REVIEW STRESS
RESPONSE



DESCRIBE SIGNS AND
SYMPTOMS OF
BURNOUT



IDENTIFY PRACTICAL
WAYS TO MANAGE
STRESS





Stress Response vs Response to Stress

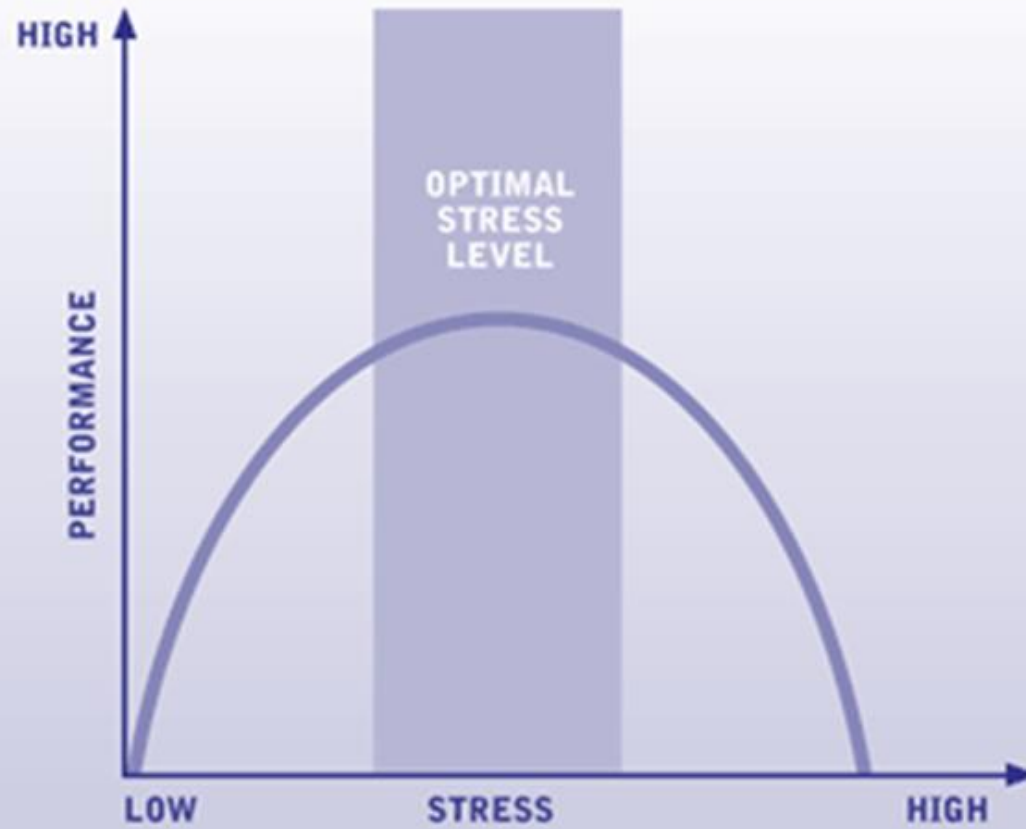
It's not all bad!

Epinephrine & Cortisol

- Increased blood flow/oxygen to muscles and brain
- Increased lung and heart activity
- Improved immune function
- More awake/aware
- Burst of energy
- Improved memory
- Increased strength and endurance



STRESS MANAGEMENT



Sweet Spot →
System Overload

Epinephrine & Cortisol

- Increased blood flow
- Increased breathing and heart rate
- Rapid changes in blood pressure, breathing, heartrate
- Hypervigilance
- Reduced memory
- “Crash” - exhaustion

Holmes-Rahe Life Stress Inventory
<https://www.stress.org/holmes-rahe-stress-inventory>



Cop Stew

(Clark Parrish)

Ingredients

- Broth
- Veggies
- Meat

Types of Stress

- Day to day
- Cumulative
- Critical Incident



Difference in
productivity

Absences/
leaving early

Tired
Irritable

Uncommon
mistakes

Indecisiveness

Loss of sense
of humor

Somatic
complaints

Poor time
management

Complaining

Subtle signs

Unkempt space

Change in appearance

Out-of-the-ordinary arguments

Change in language

Cynicism

Withdrawn

More
Concerning

Start at the beginning

Maintain a Balanced Lifestyle

Eat nutritious food, stay hydrated, and exercise regularly

Avoid excessive caffeine, alcohol, tobacco

Get adequate sleep

Maintain connection with friends and family



Time Off

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graph TD; A[Time Off] --> B[Debrief]; B --> C[4square Breathing];
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Debrief

4square Breathing

Stress
reduction
Strategies

Recognize

- Heed early warning signs of stress

Accept

- You may not be able to adequately self-assess

Examine

- Personal prejudices and stereotypes

Practice Self Awareness

Need some
inspiration?

SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies



How to Contact the CISM Team

When contacting the team be prepared to provide:

- Name and Phone number of contact person
- Location of incident
- Agencies involved

There are no fees involved for team services.

The CISM Team can be activated through the Bucks County Dispatch Center 24 hours a day, 7 days a week at 888-245-7210.

During Business Hours Only

The CISM Team can also be reached Monday through Friday from 8 am to 5 pm by calling 215-340-8735.

Active Listening

- Be curious
 - *I've noticed _____, that's not like you and I'm concerned. What's going on.*
- Listen to understand, not to respond
 - Listen for the feelings – *"That sounds overwhelming. Have you talked with anyone about this?"*
- If not you, then who?





We are a Peer support hotline for First Responders and their families, staffed by current and former Police, Fire, EMS & Dispatchers.

Peer Support for:

- job stress
- family issues
- financial concerns
- drug/alcohol issues



Call 267-893-5400

100% Confidential, Available 24/7/365

Now expanded to offer support to
any frontline healthcare worker.

The COVID pandemic has led to overwhelmingly stressful conditions (both at work and at home) for those in the healthcare field. But no one has to go through it alone! Our volunteers are here to listen and provide caring support if you are struggling to manage difficult thoughts and feelings.

No issue is too big or too small.

If you have a concern about yourself, a co-worker, a friend, or a family member then please CALL, Don't Hesitate!

Calls will be routed through Lehigh Valley Foundation Crisis center. Once you identify yourself as a First Responder, you will be transferred to a volunteer Peer First Responder who will speak with you.

Recap

- You cannot control how your body will respond to stress.
- You can control how you mitigate the impact of stress on your mind, body and spirit.
- Self-care (aka stress management) requires planning, action, and repetition.

What will you do today?

Thank You and Be Safe

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