



Strategies to successfully identify and manage stress

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HNECC PHN ACKNOWLEDGES THE TRADITIONAL OWNERS & CUSTODIANS OF THE
LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.



LEARNING OUTCOMES

1. Learn how to manage prolonged, acute stress and related effects
2. Learn practical strategies to lessen the impact of stress
3. How to avoid work overload
4. Problem solve and plan management of own wellbeing



Trauma Reactions



FIGHT

- Irritable
- Angry
- Aggressive

FLIGHT

- "Stuckness"
- Immobilisation
- Spacing out
- Depression
- Shame
- Dissociation

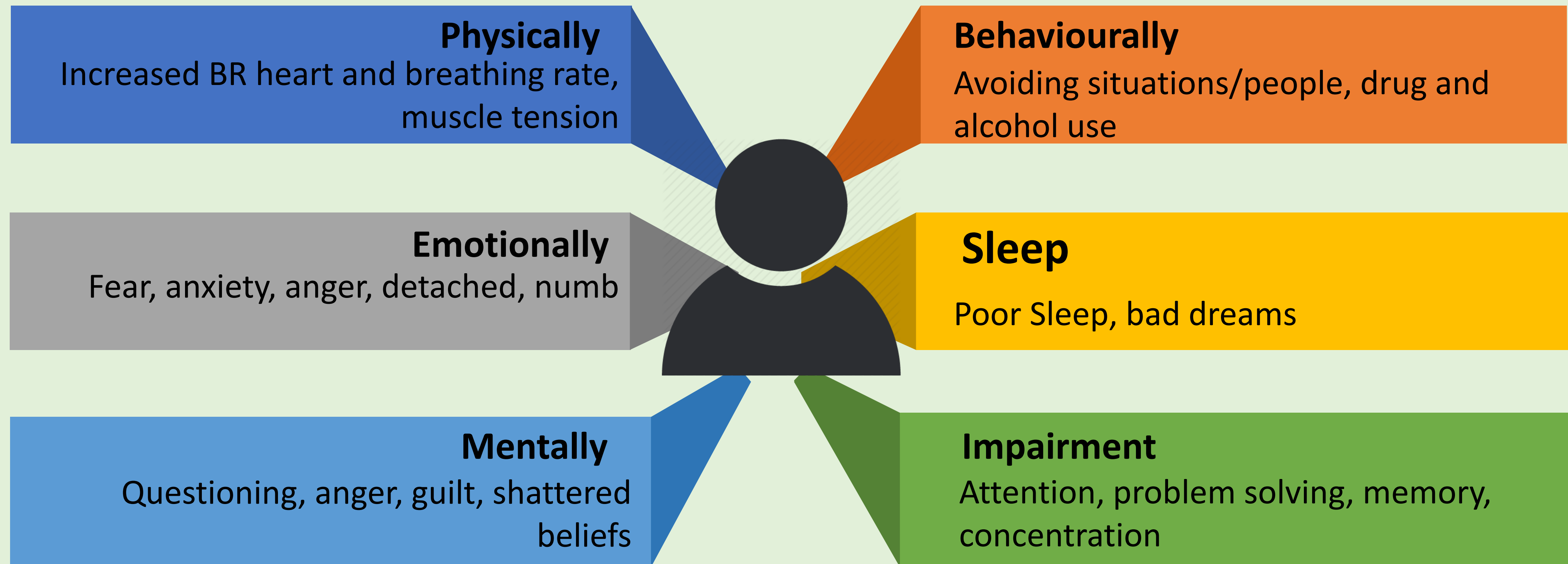
FREEZE

- Anxiety and Fear
- Avoiding
- Chronic worrying
- Perfectionism

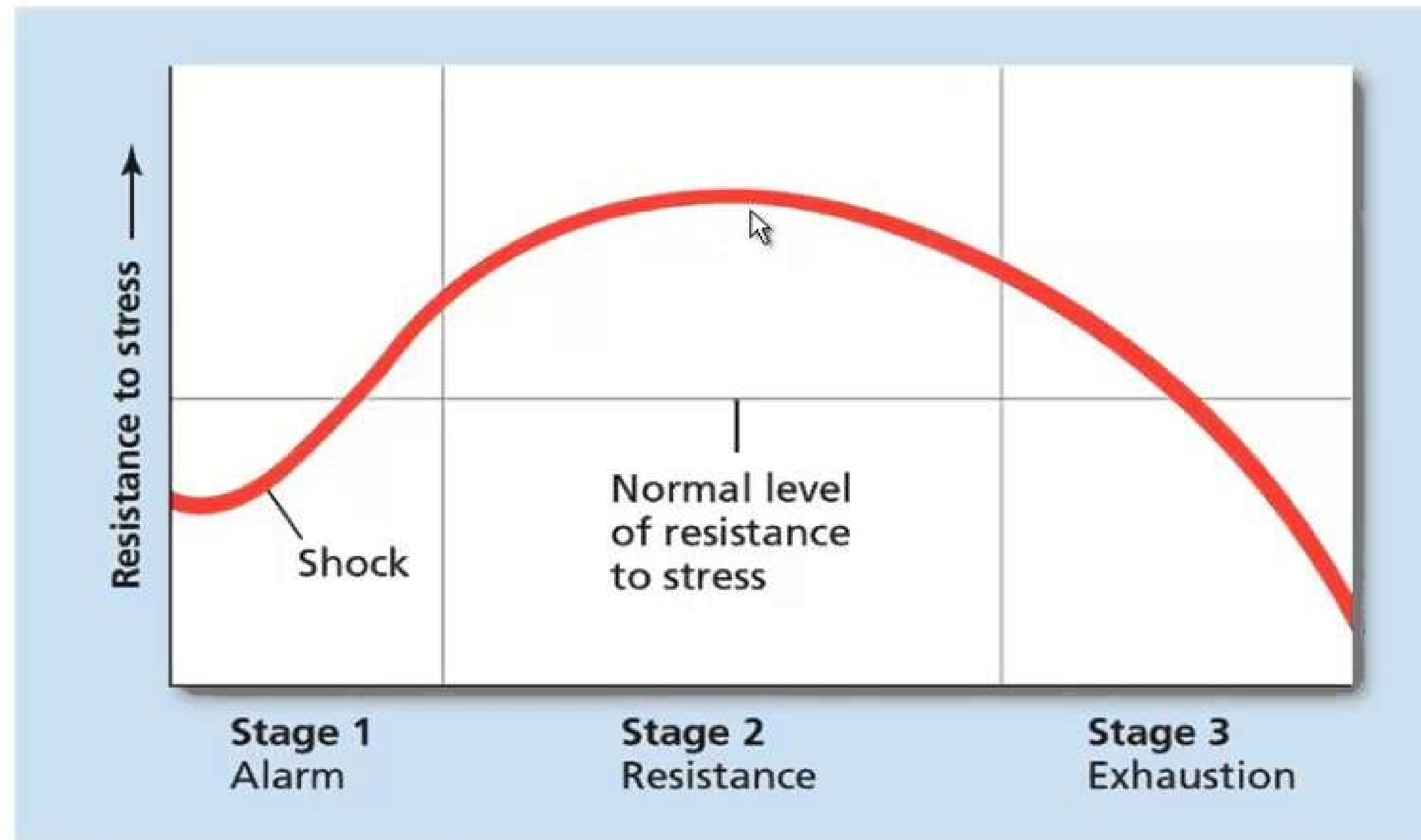
FAWN

- People-pleasing
- Avoid conflict
- Prioritise others needs
- Setting boundaries is hard
- Difficulty saying no

Reactions post trauma

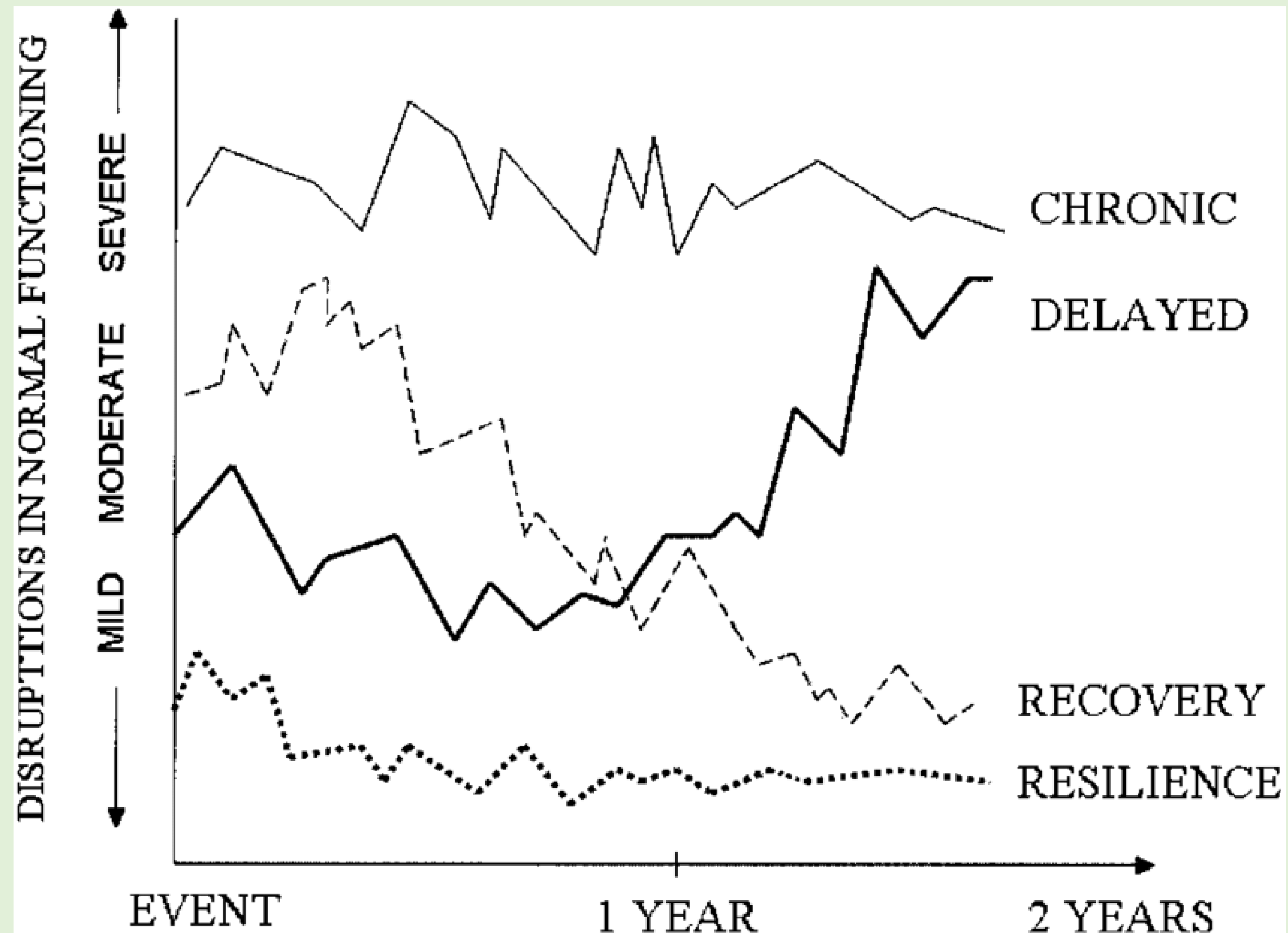


Physiological response to stress



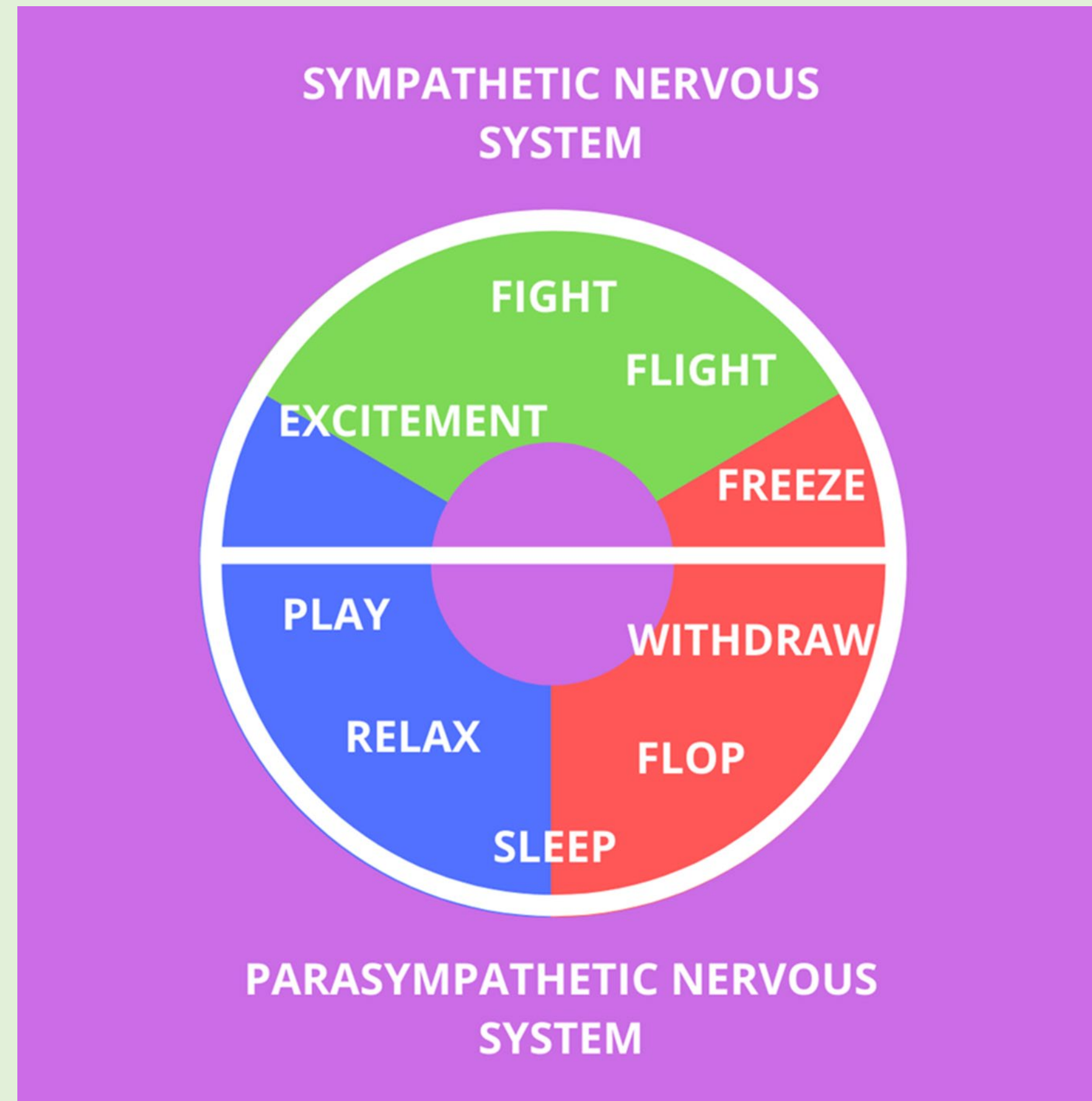
From "Psychology: An Exploration" by Ciccarelli and White (2013)

Response to Abnormal Events



Bonanno, George. (2004). Loss, Trauma, and Human Resilience: Have We Underestimated the Human Capacity to Thrive After Extremely Aversive Events?. The American psychologist. 59. 20-8. 10.1037/0003-066X.59.1.20.

Response to Abnormal Events



Stress expected in these times

- Trauma and stress are part of the human experience
- Responses are normal for survival – we're programmed by evolution
- Stress is difficult to define: It's 'not a thing' and depends on thoughts, perceptions and internal resources of the individual
- It occurs when the demands of your internal and external environment exceed your perceived ability to cope

Resilience & self-care

- Helping the helper
- When compassion hurts
- Self-care
- Wellbeing



“KEEP GOING YOU’RE DOING GREAT”



Ongoing Stress- health effects

Physical

- Generally unwell
- Low energy
- Headaches
- Muscle pain,
- GIT problems,
- High BP Insomnia

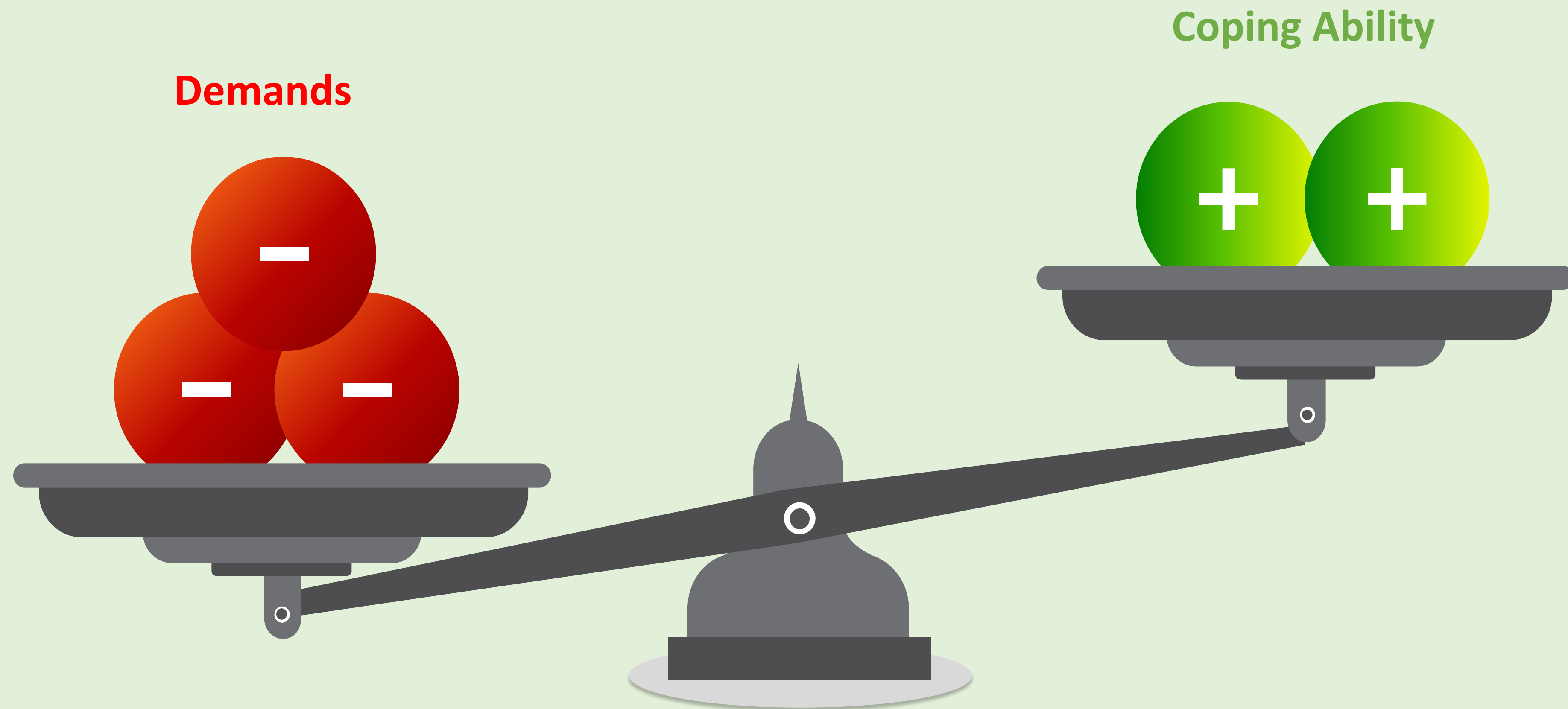
Psychologically

- Irritable, Angry
- Feel helpless
- Loss of control
- Numb, Anxious
- Loss of interest or
ability to feel pleasure

Cognitively

- Difficulty
 - > Concentrating
 - > Remembering
 - > Problem solving
 - > Making decisions

Stress balance



Stress Management

In prolonged stress, the 'cortisol state' becomes normal

Excessive stress involves a mismatch between life demands and coping skills

While engaged in helping others, self monitoring and self care is necessary in managing its risks and demands

Leisure and pleasure works to breaks the cycle allowing rest, recovery and re-establishing homeostatic bodily mechanisms

Wellbeing is about how we manage

- More than happiness
- Meaning of life
- Self esteem
- Quality relationships
- Social connectedness
- Optimism
- Hope
- Pleasure



Limits

You might be coping but could you still use some help?

- Question honestly, am I more vulnerable?
- Reflect – what demands am I experiencing?
 - ☐ What can I learn from this event?
 - ☐ What went well?
 - ☐ What could I do better? (Be gentle on yourself)

Barriers to self care

- Stigma
- Exhaustion/work stress
- 'No time '
- 'Everyone else is doing it worse'

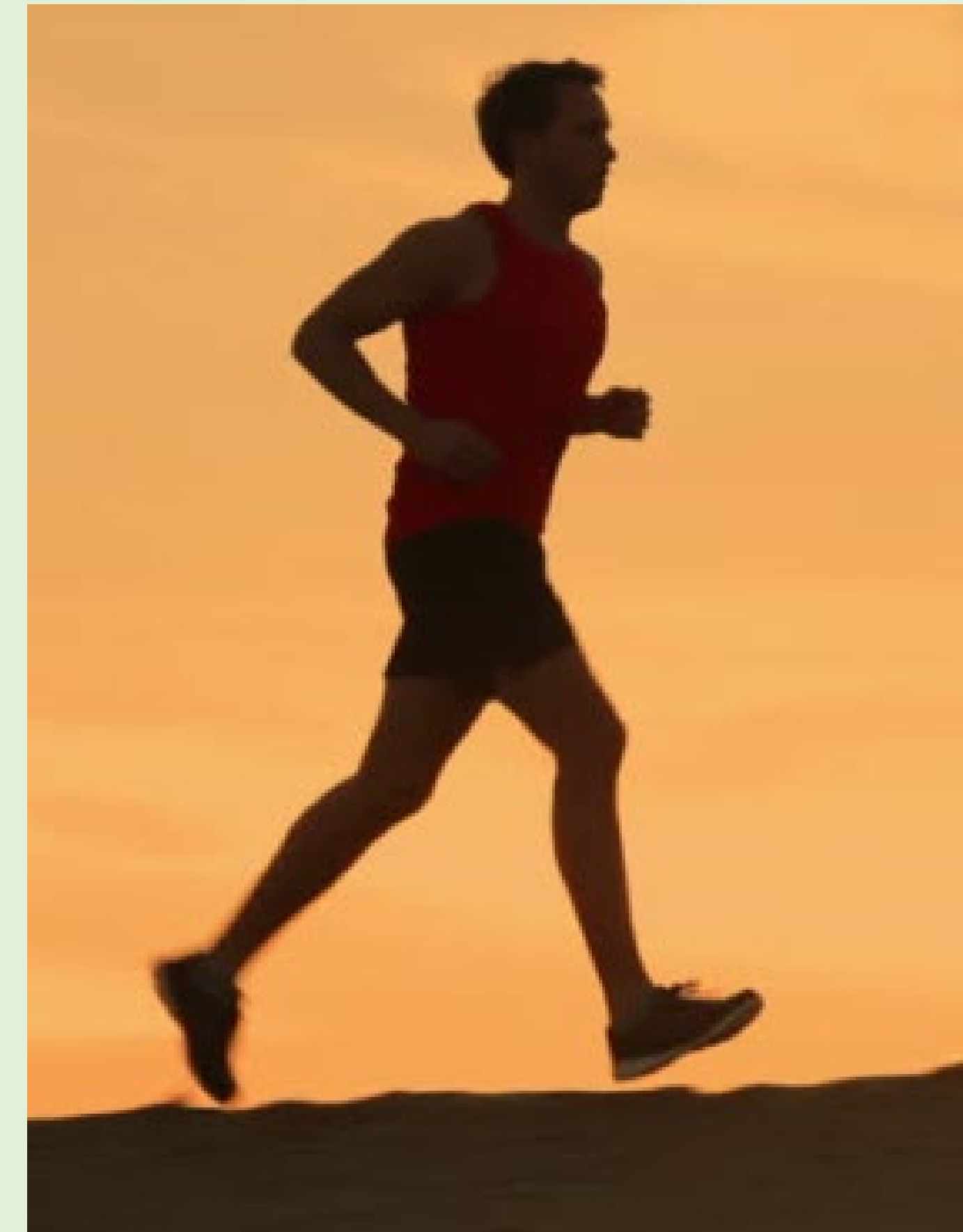


Problem solving the barriers to self care

- Do you feel overwhelmed?
 - Feeling overwhelmed is a major descriptor of 'being stressed'
- Can you break some problems into smaller bits
- What is within your control?
- Can you do anything to manage the stressor ?
- Can you change your response or coping style ?

Self care – an everyday essential

- What is your strategy to start the day well?
- Do you check in with yourself each morning and after work?
- What strategies do you use to prioritise self care?
- Strategies for the moment – slow breathing
- Post stressor
 - listen, debrief, reflection, letting go
- Establish work life balance as a life goal



Resilience at work



- Breaks at work and from work
- Debriefing, maintaining professional connections
- Realistic goals and standards
- Saying 'No', politely but assertively
- Accepting, giving support & positive feedback
- Knowing who to contact when distressed, vulnerable, have a dilemma
- Have separate interests
- Social support outside work

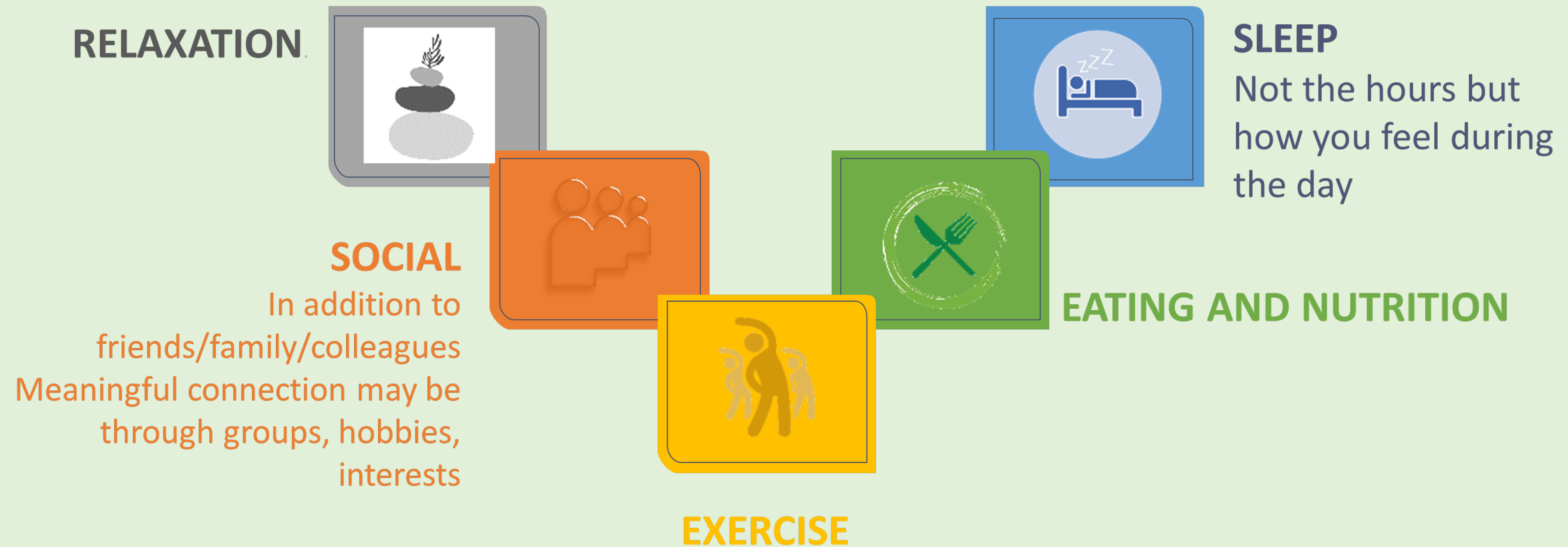
Self-care takes practise & planning

- Pleasure, enjoyable activities
- Good mood food
- Planning
- Goal setting
- Humor
- Remembering success
- Distraction techniques



GOOD
FOOD = GOOD
MOOD

Self-care for prevention and recovery



What doesn't help!

Overuse of alcohol and other drugs

Blocking out thoughts or bottling feelings

Excessive TV, computer games

Over or under eating

Extreme social withdrawal

Doing risky things

Not planning time for self and pleasurable activities

Over working

Resilience at work

One research study (Wasco & Campbell, 2002) found that counsellor advocates used five types of self-care resources in dealing with their work:

- changing how they think about things (cognitive);
- using body and senses (physical);
- relying on their religious beliefs or spirituality (spiritual);
- using friends, family or creative recreational activities as outlets (social/recreational); and
- putting into words the painful details and intense feelings that they experience (verbal).

CRANApplus Bush Support Services

Our qualified psychologists are experienced in the remote & isolated sector and understand the challenges that face remote health workers in their day to day lives. Our toll free, 24/7 personalised care is available for all remote health workers and their families.

For confidential psychological support just call
1800 805 391.

Toll Free
24/7
1800 805 391



HELPFUL CONTACTS

ORGANISATION	DESCRIPTION	CONTACT
<u>CranaPlus</u>	Provide 24/7 personalised care for remote health workers and their families.	1800 805 391
<u>Phoenix Australia</u>	Provide trauma related training and programs to teach the skills required to provide practical, effective support and treatment.	03 9035 5599
<u>RDN</u>	Wellbeing Grants to support practitioners, their partners and family.	0249248000
<u>Members Assistance Program through AccessEAP</u>	Currently provide 3 free counselling sessions for practice staff in the HNECCPHN region	1800 818 728
<u>Safe Work Australia - Workplace Mental Health Resources</u>	Provides a range of information and resources to support business and employees prevent or minimise risks to psychological health.	13 10 50
<u>LIFELINE</u>	A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.	13 11 14 For bushfire affected areas; 1300 152 854

RESOURCES

[Stress Management Plan Template](#)

Source: Beyond success

[Better Health Channel – Stress](#)

[Better Health Chennel –
Work Related Stress](#)



HEALTH PATHWAYS

- Psychology
- Depression
- Anxiety
- Stress
- Drought and bushfire support services
- Post natural disaster health

www.hne.healthpathways.org.au

Username:hnehealth

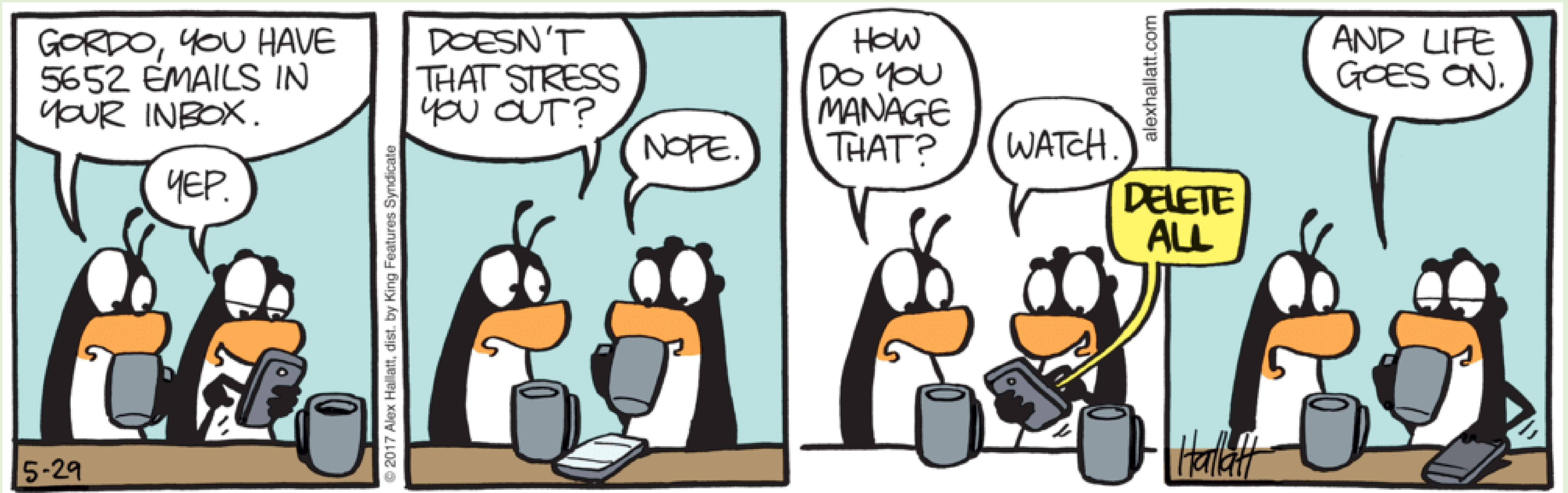
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Hunter New England

COMMUNITY

HEALTHPATHWAYS





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