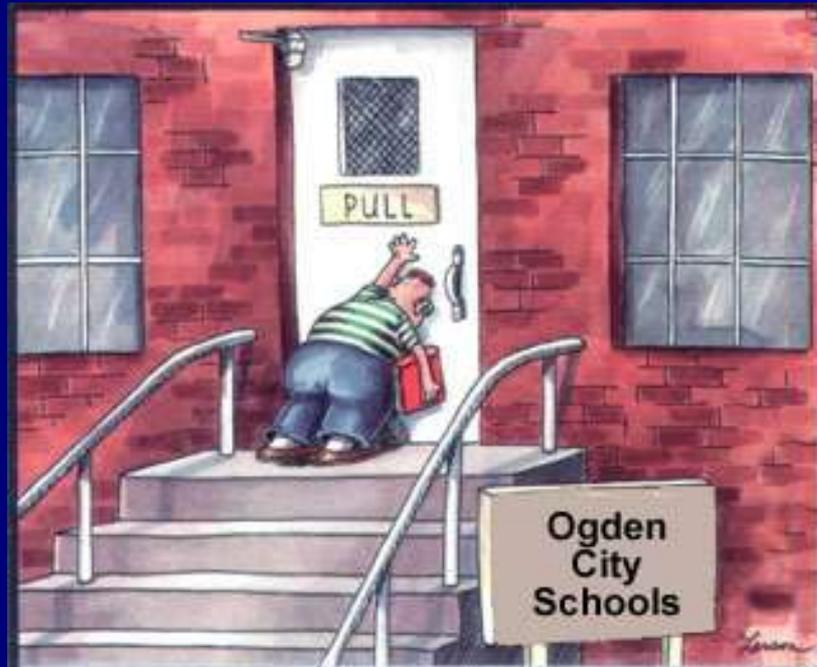


# SANITY AMIDST THE CHAOS







# COURSE OBJECTIVES



- Calculate your stress resilience
- Learn definitions of stress and stressors
- Identify the sources of stress
- Understand the concept of cognitive appraisal and its impact on resilience
- Learn the impact of stress on the brain

# OBJECTIVES, Con't.

- Explore stress reactions & stress management techniques for daily use
- Explore stress reactions & stress management techniques during deployment
- Participate in stress management exercises
- Relax and have fun



# STRESS RESISTANCE EXERCISE

How stress resistant are you?



# STRESS

- The sum total of “wear and tear” on an organism (Selye)
- Can produce growth
- Can be real or imagined
- Acceleration of aging (Rosch)



# BEFORE AND AFTER



# STRESSOR

A stimulus that causes, evokes or is otherwise strongly associated with the stress response



Selye

# STRESS RESPONSE

Nonspecific response of the body to any demand placed on it



Selye

# SOURCES OF STRESS

- Bioecological
- Psychosocial
- Personality

- Empathic connection to others
- Type A personalities
- Our thoughts



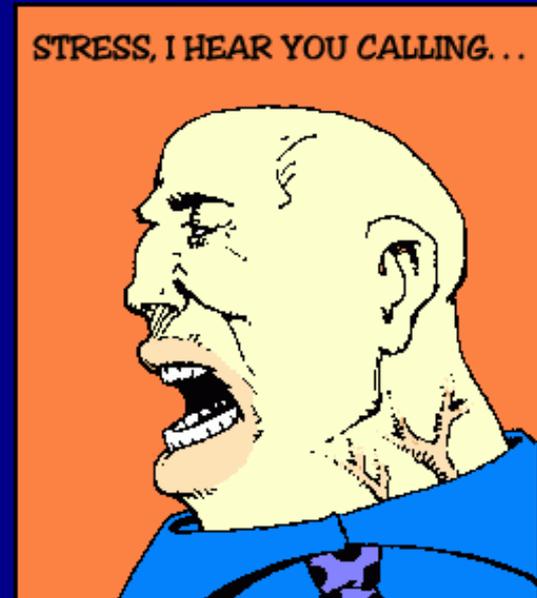
Man is not disturbed by events but by the  
view he takes of them



Epictetus

# GENERAL STRESS

- Day-to-day stress
- Internal/external origin
- Can become cumulative



# VIDEO CLIP



General Stress

# CUMULATIVE STRESS



- Stress arousal that slowly builds up over time, sometimes leading to a condition of “burnout” (mental/physical exhaustion)
- Typically a result of work and personal stressors
- Often may not be identified for months or years
- Deteriorates health performance and relationships, erodes coping ability

# DISTRESS

The term applied to stress as a negative dysfunctional force that may lead to decreased health and performance



Everly & Mitchell

# CRITICAL INCIDENT STRESS

- Reaction to an event that is outside the range of a normal human experience
- Overwhelms coping
- Results in cognitive, physical, emotional changes
- Changes our world view



# DOMAINS

- Behavioral
- Cognitive
- Emotional
- Physical
- Spiritual



Everly & Mitchell

# STRESS REACTIONS

- Headaches
- Irregular heartbeat
- Muscle spasms
- Gastrointestinal problems
- High blood pressure
- Low blood pressure



Everly & Mitchell

# STRESS REACTIONS, Con't.

- Fatigue
- Changes in sleep/eat patterns
- Hopelessness/helplessness
- Apathy
- Cynicism, negativity
- Rashes/hives



Everly & Mitchell

The absence of stress is...



# AWARENESS EXERCISE

- What are your typical early warning signs of excessive stress?
- What are the first changes that you notice in yourself?
- What do others notice?
- What signs do you pay attention to? Ignore? Why?



# CRISIS DEVELOPMENT MODEL

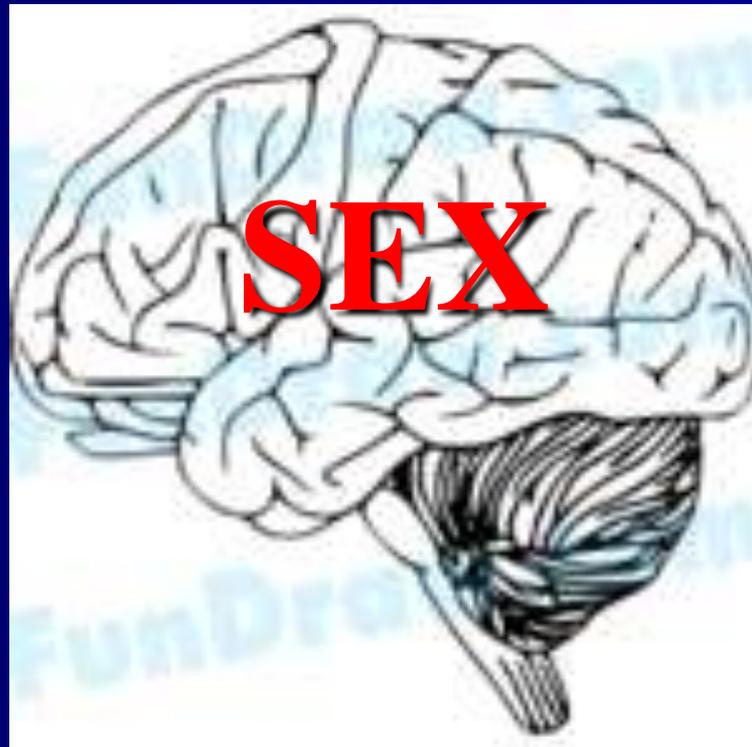


- Anxiety/ Anger
- Defensive/ Aggressive
- Threat/ Violence
- Aftermath
- Support, empathy, separate, helpfulness
- Limits, choices, directives
- Space, body posture, verbal interventions
- Reestablish communication

# THE HUMAN BRAIN

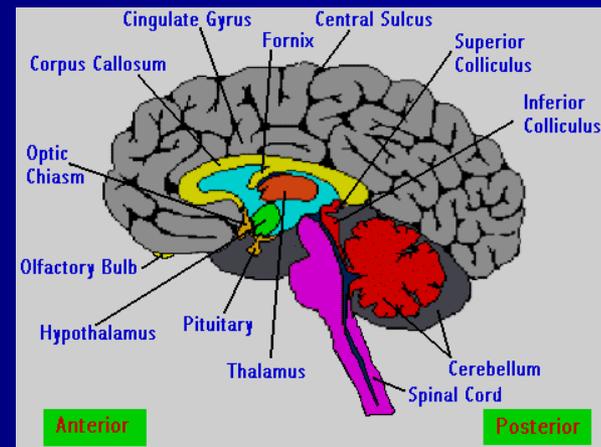


# MAN'S BRAIN



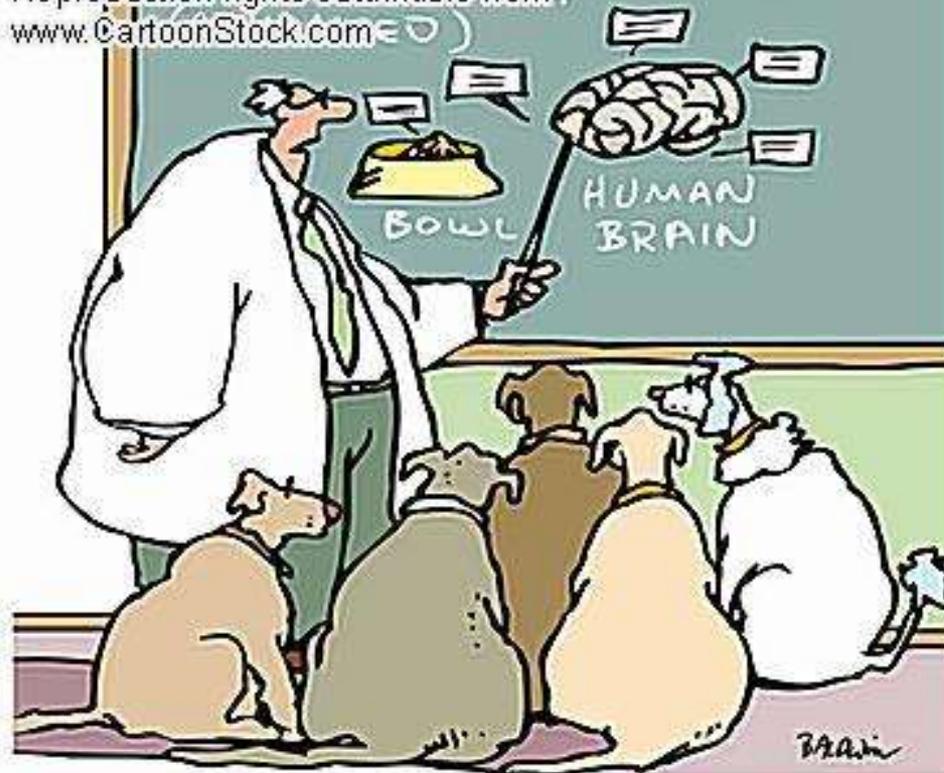
# HOW THE BRAIN WORKS

- Amygdala detects threat
- Activates the SNS, Pituitary Gland
- Chemicals in the system
- Flow of blood and oxygen redirected
- Physical symptoms
- Impact on biopotentials



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“The prefrontal cortex is involved in higher mental functioning, like using a can opener and remembering to feed you.”



**"Whoa! That was a good one! Try it, Hobbs — just poke his brain right where my finger is."**

# ACTIVATION OF THE SNS

- Pupils dilate
- Mouth becomes dry
- Goose bumps on skin
- Lungs dilate - respirations increase
- Heart rate increases



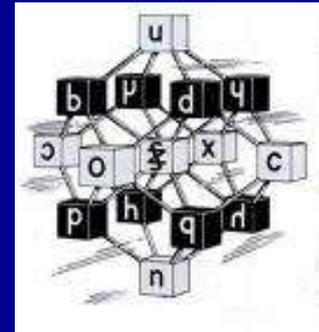
# ACTIVATION OF THE SNS, Con't.

- Blood gets pumped to large muscles
- Palms sweat
- Digestion is inhibited
- Blood directed toward core of brain - survival areas



# CORTICAL INHIBITION

- Acute global dysfunctioning of cognition
- Inability to recognize sensory stimuli
- Disturbance of memory



Reason, Logic, Problem-Solving

# CORTICAL INHIBITION, Con't.

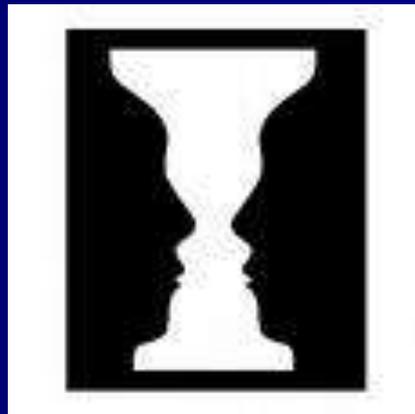
- General language dysfunction, inability to read, write, and find the correct words
- Extreme motor restlessness and anxiety
- Loss of motor coordination





# PERCEPTION

- The stress response is activated by our perception of events
- Our ability to change our interpretation of stressful events is a key to stress resilience



# FEARS: REAL OR IMAGINED?

- Public speaking
- Test anxiety
- Spiders



# CHANGING APPRAISAL

Questions to ask yourself:

- What is the evidence for this?
- Is this always true?
- What is the worst thing that could happen?
- Could I live with that?
- Am I looking at the whole picture?



# CHANGING APPRAISAL, Con't.

- Am I being objective?
- How have I coped with similar situations?
- What strengths do I bring to this?
- Can I find humor in this?
- How can I think “outside the box”?



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**“I need help! I was thinking outside of  
the box and I let my mind wander too far  
and now I can’t find my way back!”**

# FACTORS INFLUENCING APPRAISAL

- Training
- Experience
- Attitude
- Support
- Flexibility



# RESILIENCE

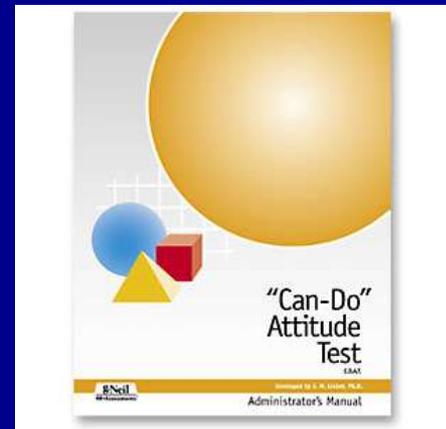
Refers to the ability of an individual, group, or an organization, or even an entire population to *rapidly and effectively rebound* from psychological and/or behavioral perturbations associated with stress.



Everly

# RESILIENCE, Con't.

- The process of successfully coping with adversity
- Involves a range of attitudes, actions, and approaches that allow one to get through difficulties and recover faster



# COFFEE BREAK



# ACHIEVING BALANCE EXERCISE

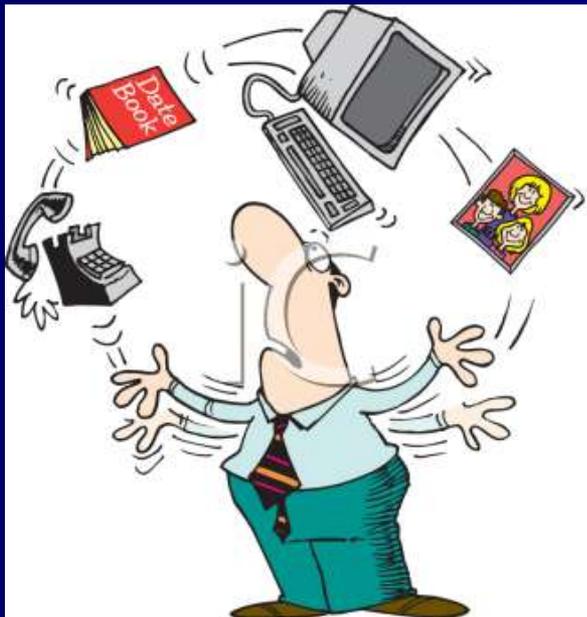


- Career
- Family
- Financial
- Mental
- Physical
- Social
- Spiritual
- Other



# STRESS MANAGEMENT

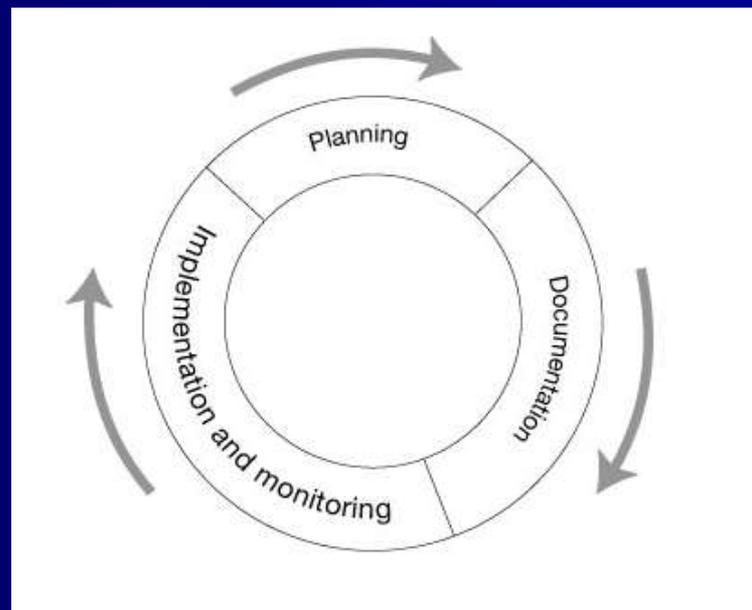
The term applied to the conscious effort to better control, mitigate or interact with the stress in one's life



Everly & Mitchell

# PERSONAL STRESS RESILIENCE PLANNING

Create a personal self care plan for optimum performance and satisfaction at work and play



# STEP 1: SELF ASSESSMENT

- What are my early warning signs of excessive stress?
- What do I do on a daily basis for self care?
- What do I do on a weekly basis for self care?
- What do I do when my stress level is unusually high?



# STEP 2: PLANNING FOR THE FUTURE



- What can I add to my self care routine?
- How will I make time for these new strategies?
- How often should I review the plan?
- What challenges do I expect as I make these changes?
- How will I know if the changes are helping?



# STEP 3: GETTING SUPPORT

- Who can I turn to for support with my plan?
- How often should I check in with him/her?
- What professional support is available to me if I need it?



# TYPES OF SUPPORT

- Practical
- Emotional
- Knowledge, skills, and training
- Perspective



# PHYSICAL EXERCISE & STRESS MANAGEMENT

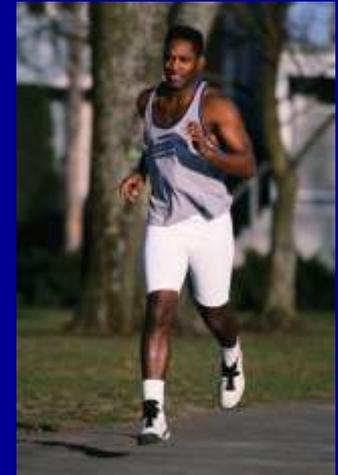
Exercise is completely unnecessary for the successful management of stress





# PHYSICAL FITNESS

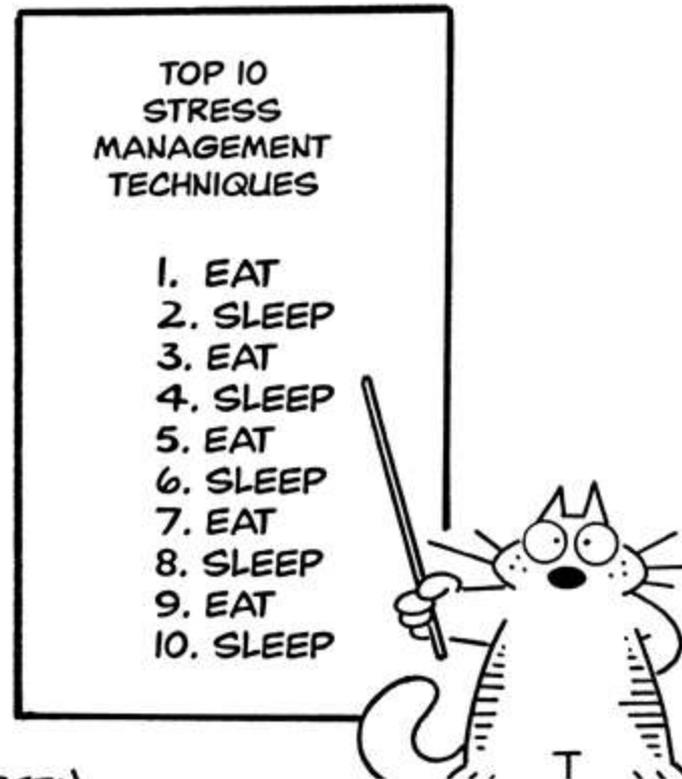
- Flexibility
- Aerobic endurance
- Strength
- Intensity determined medically
- Duration: 20-30 minutes
- Frequency: 3-4 times per week
- Aerobic vs. anaerobic



# STRESS MANAGEMENT

- Be mindful of your diet
- Drink water, not alcohol
- Get enough rest & relaxation
- Utilize support systems
- Exercise





GLASBERGEN

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**“Welcome to the Ego Repair Hotline!  
Press 1 for ‘Hey, you look great today!’  
Press 2 for ‘How did you get to be so smart?’  
Press 3 for ‘I wish I was more like you!’”**

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**“My staff just left for a ten-day stress management retreat.  
I’m feeling more relaxed already!”**

# ATTITUDE



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**“What is your blood type? We’re trying to  
find you a donor for an attitude transplant.”**

# STRESS MANAGEMENT, Con't.

- Take responsibility for your morale
- Avoid gossip
- Anticipate stress/visualize response
- Re-examine your expectations
- Seek humor



# DEPLOYMENT STRESS



# VIDEO CLIP



Communication

# DEPLOYMENT STRESS MANAGEMENT

- Take control of your mood
- Boycott the news
- Breathing exercises
- Progressive muscle relaxation



# DEPLOYMENT STRESS MANAGEMENT, Con't.



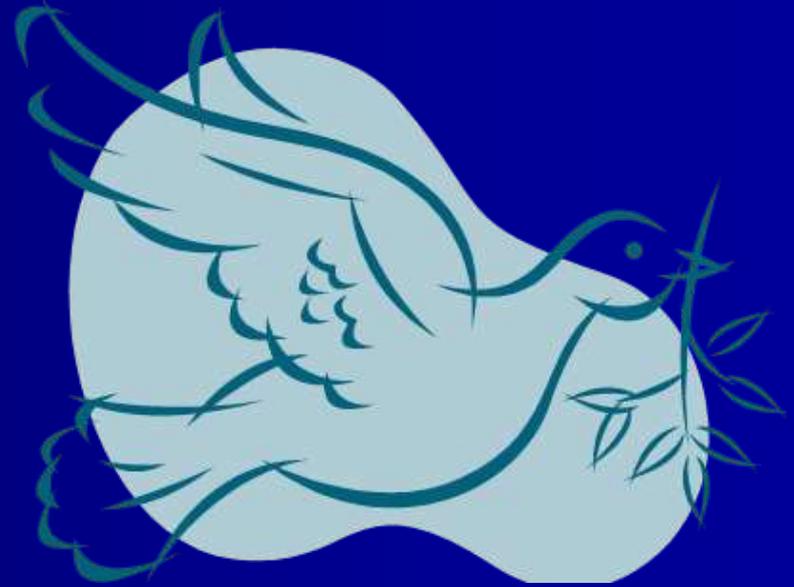
- Eye movement technique
- Thought stopping
- Positive mental attitude
- Take a walk



# DEPLOYMENT STRESS MANAGEMENT, Con't.

## Spiritual Care

- P = Presence
- C = Connect
- A = Assessment
- I = Intervention
- D = Develop a plan of care



# DEPLOYMENT STRESS MANAGEMENT, Con't.



## National Disaster Interfaiths Network

- Respond sensitively to the needs of all regardless
- Refrain from proselytizing
- Recognize personal and professional limits
- Work closely with other disciplines
- Speak to media only when authorized



# FOR MORE INFORMATION



Rev. Tom LeBeau

SMART Spiritual Care/Chaplain Sector  
Leader

Pastor, Faith United Methodist Church  
5505 Broadway, Lancaster, N.Y. 14086

(o) 716-683-5293

(h) 716-601-7557

[Faithlancaster1@verizon.net](mailto:Faithlancaster1@verizon.net)



# DEPLOYMENT STRESS MANAGEMENT, Con't.

## Canine Therapy

- Wordless comfort
- Touch
- Evokes good memories that counteract the chaos
- Unconditional response
- Decrease in blood pressure and pulse
- Humor



# MERLOT



# KINA



# KAMO



# MONTY (at work)



# MIESJE



# RILEY



# FOR MORE INFORMATION

Kim Griswold, MD

Co-Director, Canine Therapy Teams of  
WNY

716-898-5558

[griswol@buffalo.edu](mailto:griswol@buffalo.edu)



# FOR MORE INFORMATION

Marilynn Kregal

Co-Director, Canine Therapy Teams of  
WNY

716-652-3397

[mkchelan@verizon.net](mailto:mkchelan@verizon.net)



# DEPLOYMENT STRESS MANAGEMENT, Con't.

- Buddy system
- Life beyond the job
- Limited self disclosure
- Practice random acts of kindness



~~No Gory Details~~



Kindness makes a fellow feel good, whether  
it's being done to him or by him.



**Frank A. Clark**

Kind words can be long or short to speak but  
their echoes are truly endless



Mother Teresa

# RANDOM ACTS OF KINDNESS

- Give blood
- Take a CPR/first aid course
- Send emails, cards, letters
- Be a good neighbor
- Give support, praise
- Volunteer



# REMEMBER

Most stress management techniques are about **LIFESTYLE** change, not temporary or situational change



# VIDEO CLIP

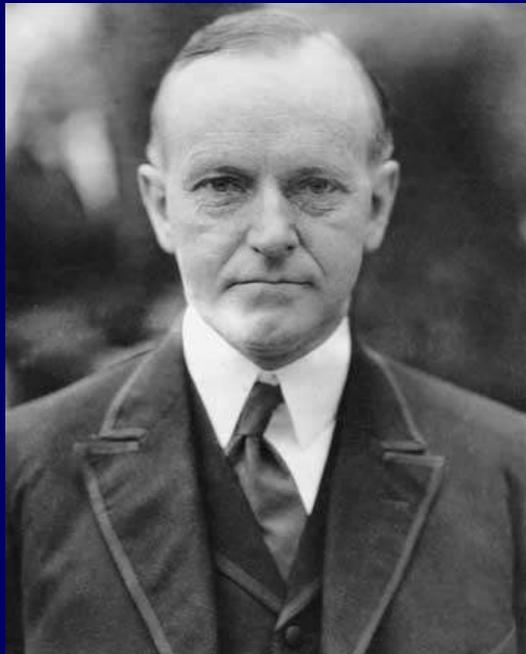


Suggestions for Living a Happy and  
Rewarding Life

# CELEBRATE LIFE



No person was ever honored for what he received. Honor has been the reward for what he gave.



Calvin Coolidge <sup>83</sup>

# FOR MORE INFORMATION

Bonita S. Frazer, MS, CTS, FAAETS  
Mental Health Emergency Planning  
Coordinator

Lake Shore Behavioral Health, Inc.

430 Niagara Street

Buffalo, New York 14201

Cell: 716-818-7245

Email: [bonitafrazer@yahoo.com](mailto:bonitafrazer@yahoo.com)

