

Welcome!
We will begin shortly

Managing Stress and Avoiding Burnout

Thursday, February 15th, 2023

1:30 PM – 2:30 PM

Managing Stress and Avoiding Burnout



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Thursday, September 14th, 2023



TEXAS
Health and Human
Services

Texas Department of State
Health Services

What's It Mean?



revitalize

re-vi-te-liz
verb

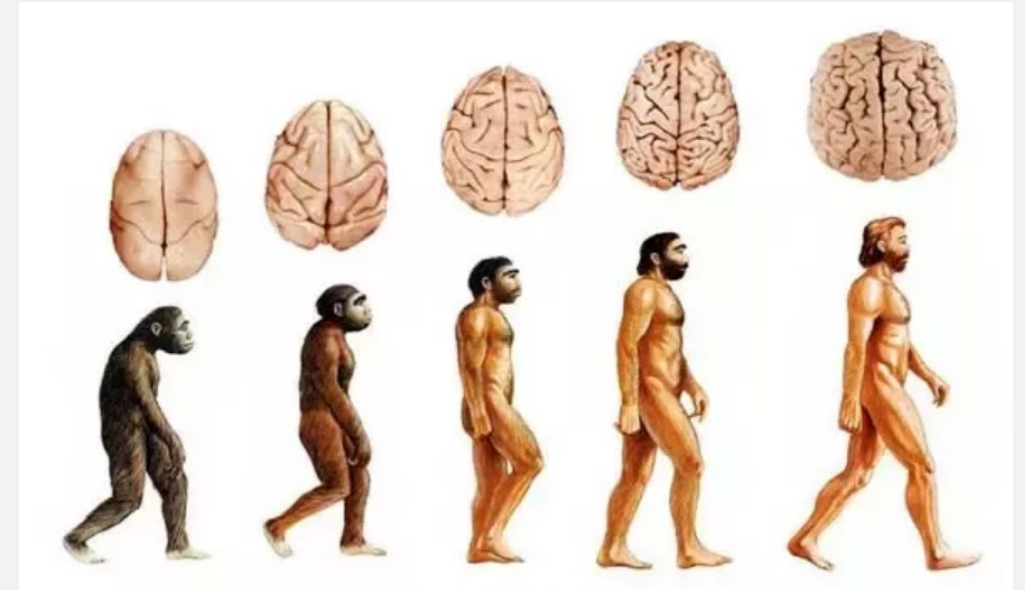
Definition:

To make someone or something active, healthy, or energetic again.



Evolution of the Human Brain

- Human beings are guided by comfort. They stay close to what feels familiar and reject what doesn't, even if it's objectively better for them.



Mental Health

Do you have a brain? – *Then you have mental health!*

Just like any other organ in your body, your brain can experience variations in wellness.

Mental and physical health are equally important components of overall health.





Abraham Maslow



Maslow's hierarchy of needs

Behavioral Health

Refers to how our daily cognitive habits affect our overall well-being, emotions, biology, and behavior. It's often used interchangeably with mental health but is a far more expansive term that incorporates not just our mental wellness, but the way our thoughts play out in real life.

- Often used in the medical insurance world.
- Behavioral health insurance covers mental health, substance use, social and behavioral issues.

Mental Health

The emotional, psychological, and social well-being of a person. Involves effective functioning in daily activities resulting in Productive activities, healthy relationships, ability to adapt to change, and cope with adversity.

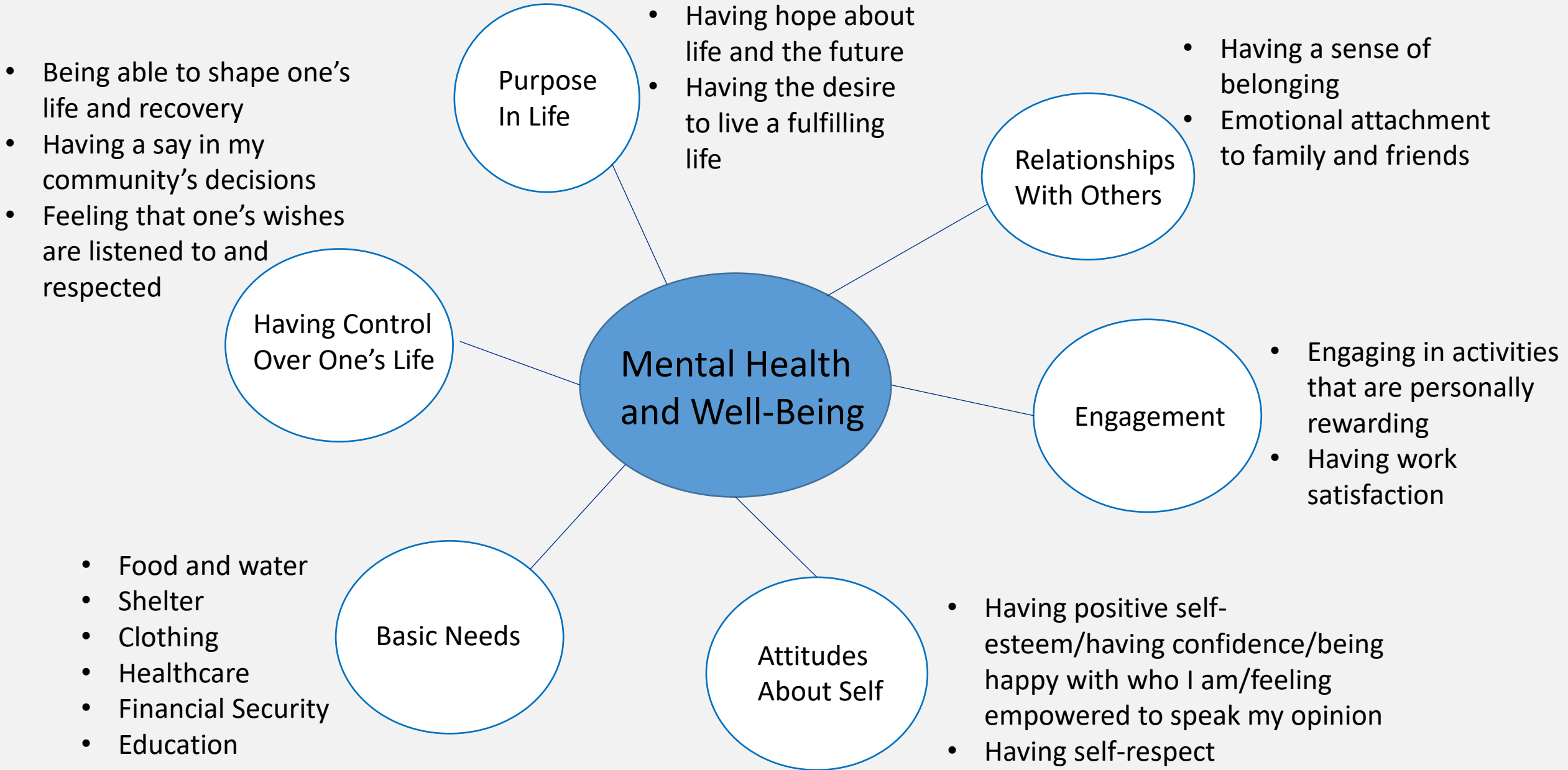
Affects:

How you feel
How you act
How you handle stress
How you relate to others
How you make choices

Mental Illness

Refers collectively to health conditions involving:
Significant changes in thinking, emotion, and/or behavior.
Distress and/or problems functioning in social, work, or family activities.

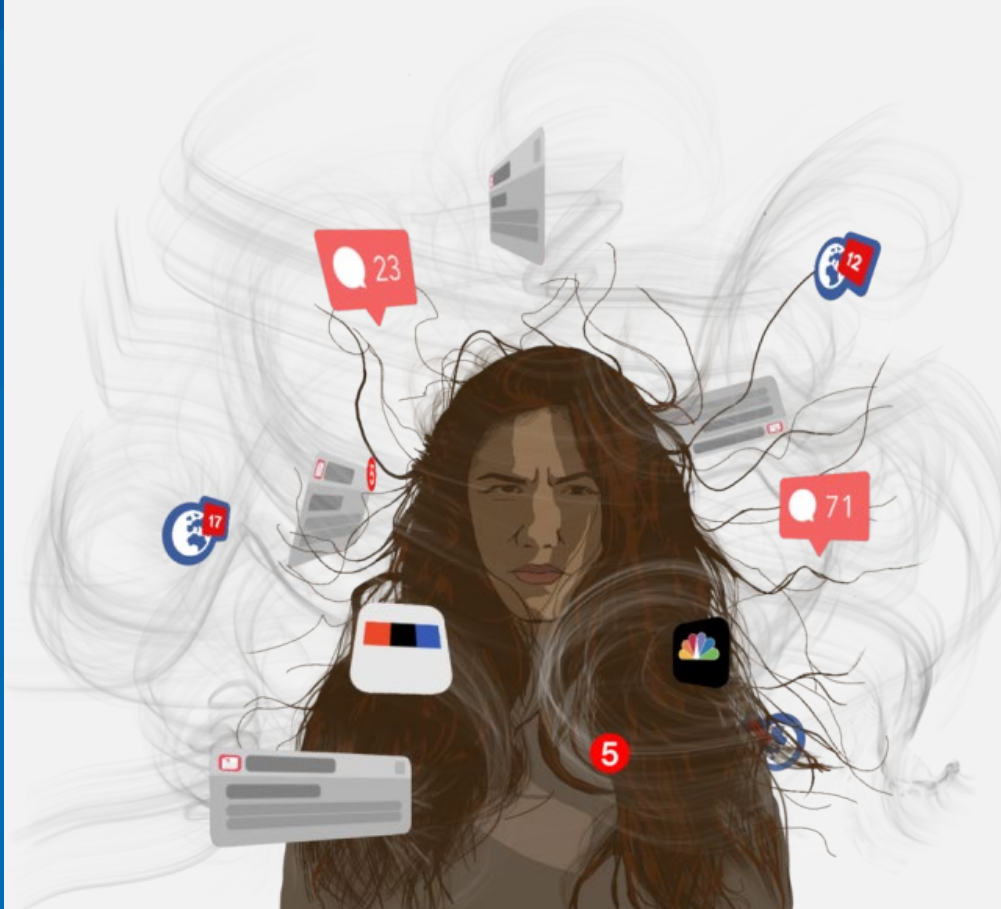
- Some can occur for a short time, and some occur over an on-going time period.
- These are real and diagnosable health conditions that affect and are affected by functioning of the brain.



Mental Health Depends On...

- **Overall Health-** overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing.
- **Home-** a stable and safe place to live.
- **Purpose-** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors and the independence, income, and resources to participate in society.
- **Community-** relationships and social networks that provide support, friendship, love, and hope.

The Impact



Stress Response: Fight, Flight, Freeze & Fawn

TRAUMA RESPONSES

FIGHT
Sympathetic NS

- irritability
- anger
- aggression
- moving toward

FLIGHT
Sympathetic NS

What if...?

- anxiety & fear
- panic
- avoiding
- chronic worry
- perfectionism

FREEZE
Dorsal Vagal

- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame

FAWN*

- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard

DR. JUSTINE @HEYDRJUSTINE

TRAUMA RESPONSES

FLIGHT

- Workaholic
- Over-thinker
- Anxiety, panic, OCD
- Difficulty sitting still
- Perfectionist

FIGHT

- Anger outburst
- Controlling
- "The bully"
- Narcissistic
- Explosive behaviour

FREEZE

- Difficulty making decisions
- Stuck
- Dissociation
- Isolating
- Numb

FAWN

- People pleaser
- Lack of identity
- No boundaries
- Overwhelmed
- Codependent

@RYANTHEHOLISTICHEALTHCOACH

Commonly Encouraged Self-Care Activities

- Journaling
- Read a book
- Call a friend or loved one to chat/Connect with others
- Meditate/Guided Meditation
- Breathing
- Exercise



Basic Tasks You Undertake to Survive



Air

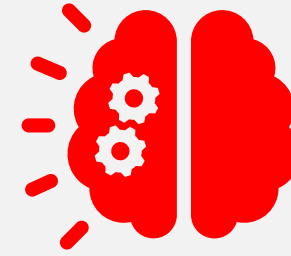
Water

Sleep

Food

Shelter

Information Overload!!



Texts—average American send/receives 94 text messages per day “SMS Marketing” 2021

Emails—average American in a business setting sends/receives 121 emails per day “Radicati Research”

Social media/Internet—average American in 2021 spends 2 hours, 33 minutes per day

TV/phone/social media—average American spends 6 hours 59 minutes per day Broadband Research

Trauma and re-traumatization of negative media events: mass shootings, police shootings, public racial physical assaults, fires, floods, hurricanes, tornadoes--war

Major negative factors of disinformation and misinformation. The unfortunate proponent of these is social media. And deep fake videos and digitally altered video—look like the truth and reality but what is real?



REAL Self-Care

Real self-care is the practice of preserving and improving your health by doing something that you truly enjoy.

- It should make you better in the long term. It is not a quick-fix where you patch a band-aid on and you're done. You are having fun while doing it and you feel rejuvenated after, even if it was a few weeks ago.





What do you need?



How/where can you make time for it?



What needs to change?



When can you start implementing these changes?



What/how can I change?

1. Sensing

Noticing in your body that you are having an emotion/feeling

2. Naming

Choosing an accurate name for the emotion/feeling

3. Attributing

Making sense of what caused the emotion/feeling to happen

4. Evaluating

Checking in about how you feel about having the emotion/feeling

5. Acting

Deciding how to cope, use, or deal with the emotion/feeling



To actually be effective, self-care has to...

Fit	Account	Adapt
Fit your individual needs	Account for what you've been through and what you're going through right now	Adapt to what you are able to accomplish despite the difficult circumstances that confront you



You are going to be the healthiest when.....

- You are in the present moment
- We often get stuck or “fall apart” when we think about the future or the past *(Depression/Anxiety/Etc.)*

*wherever
you are,
be all there*



90-Second Chemical Reaction of Emotions

- When we simply observe the physiological sensations in the body without reacting, the emotion dissipates within 90 seconds.
- If we continue to feel it after 90 seconds, which generally seems to be the case, it's because we're choosing to ruminate and stay hooked to the thoughts.



"Your body is like the
quiet talker with the most
important thing to say"

- Marissa's Well-being and Health

www.WhereINeedtoBe.com

No one can listen to your body for
you... To grow and heal, you have to
take responsibility for listening to it
yourself.

— Jon Kabat-Zinn —



"Your body is your best guide. It
constantly tells you, in the form of
pain or sensations, what's working
for you and what's not."

Hina Hashmi

TICKLEDTHINK.COM

**YOU NEED TO LISTEN TO
YOUR BODY BECAUSE
YOUR BODY IS LISTENING
TO YOU**

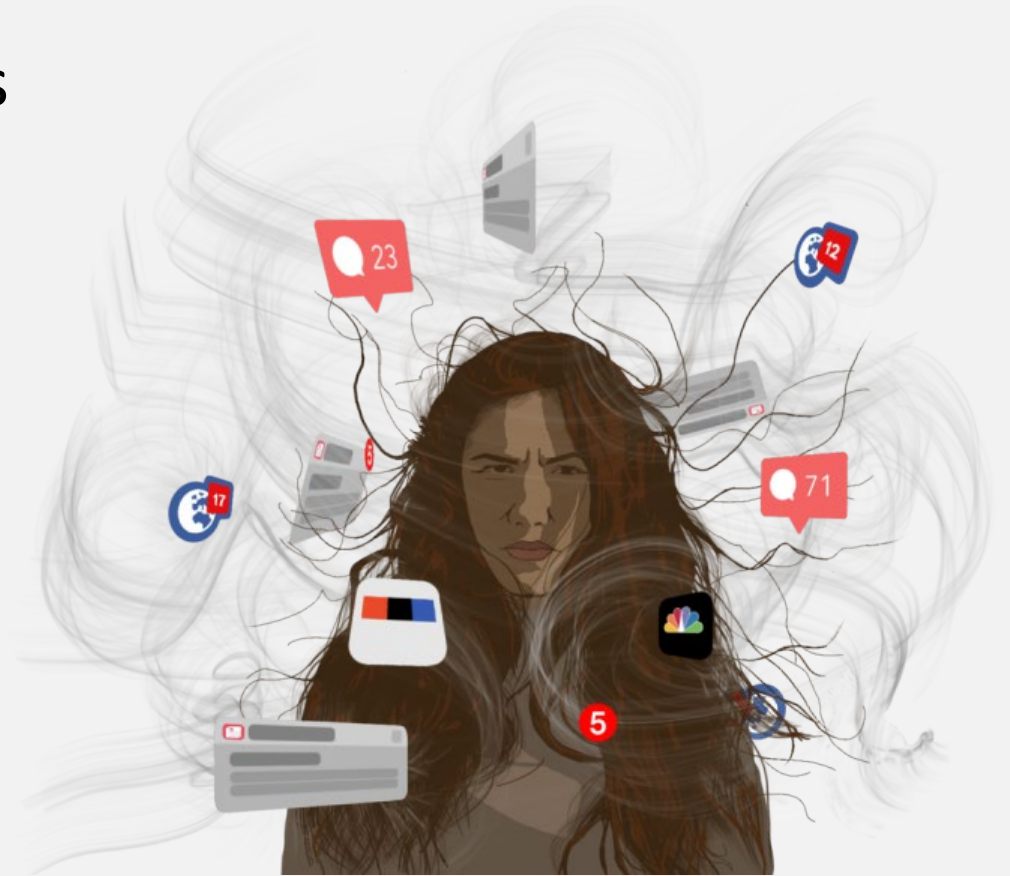
PIE MCGRAW

PICTUREQUOTES.COM

PICTUREQUOTES.COM

- **It may feel harmless, but doomscrolling has a negative impact on our wellbeing**
- *Let's be honest: our society is terrible with boundaries.*
- *It's hard to construct limits when we're always expected to be available.*
- Mix that constant availability with our urgency culture, then add a whole lot of pressure to stay informed: it's the ideal recipe for a doomscroll. But we don't have to bite.
- Although the phrase "doomscrolling" dates back to the 2018 Twittersphere, it quickly rose to infamy in 2020. No surprise there. When the world was in shambles from mass illness and deaths, racial violence, natural disasters, political tensions, and stay-at-home orders, we were more online than ever. This amalgamation of horrible events really was "unprecedented."
- But somehow, turning to social media feeds brings us a [sense of comfort](#) in dark times, despite the mental toll it takes. And that's the ironic part about it. It feels debilitating. Our bodies swell with anxiety, our minds start to catastrophize, and we continue spiraling down a hole of dread. Yet, we always want more.

- Triggering Mental Illnesses
- Carrying Stress in Your Body
- Interrupting Sleep
- Inability to Stay Present





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- In medical terms, numbness occurs when nerves are damaged, leading to partial or total loss of sensation in the body. We can also describe numbness related to our psychological well-being: a lack of enthusiasm and interest in life, a sense of apathy and indifference. The spectrum ranges from mild apathy to disassociation to a heavy, weighty lethargy, which is often a symptom of severe depression. “Freeze” refers to a paralyzed or frozen state associated with post-traumatic stress disorder and major depression.
- Collective numbness can surface as epidemic substance misuse; food, sex, or entertainment addiction; media overuse; or in other ways. It reveals itself as a collective shutting-down to crisis, which can derail healing.
- Take time to reflect on the resources and sources of support you have in your life. Spend quality time with family, and if possible, in nature. Set boundaries on news devices to give your nervous system a chance to relax. Turn off your notifications, leave your phone far from your bedroom at night, and consider periodic news fasts to give your system a full recharge.

Employee Assistance Program (EAP)

What is EAP?

The EAP provides free, confidential, 24 hours a day, 7 days a week, 365 days a year assistance for all of life's challenges. From stress, addiction and change management, to locating childcare facilities, legal assistance and financial challenges, qualified professionals are available to help you, your dependents and household members.

For questions or more information, call toll-free at 1-866-327-2400, email eap@deeroaks.com or visit www.txhhsseap.com.

Employees are entitled to unlimited crisis consultation and **up to six free, face-to-face, telephonic or web-video clinical counseling sessions per issue, per calendar year.**

Thank you!

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