Using the Stress Continuum Model & Other Supportive Tools: Promoting Wellbeing during COVID-19

Excellence in Leadership
March 4, 2022

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School of Medicine
Team building

Welcome: You made it!
Objectives

Participants will learn signs and symptoms of mental health distress and burnout.

Participants will learn the Stress Continuum as a self-awareness tool to mitigate impact of stress and burnout.

Participants will learn positive self-care strategies and importance of "charging your battery".

Participants will learn when and how to seek help or suggest help to others.
What is mental health?

How we think.
How we act.
How we feel.

→ How might COVID affect these things in our life the past year?
Who do you support? Lead?

What is your Sphere of Influence? (program/department/etc)

E.g. Students, Clinicians
Signs of a mental health issue developing
*(notice changes for the individual)*

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
<th>Behavioral</th>
<th>Other contributors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changes in sleep</td>
<td>Loss of interest or not feeling joy from things that normally bring joy</td>
<td>Lashing out on others</td>
<td>Relationship problems</td>
</tr>
<tr>
<td>Changes in appetite or weight</td>
<td>Impaired memory or concentration</td>
<td>Crying spells</td>
<td>Others showing concern</td>
</tr>
<tr>
<td>Panic attacks</td>
<td>Mood swings or lack of emotion</td>
<td>Isolating / desire to withdrawal from others</td>
<td>Recent trauma (i.e. car accident, assault, robbery)</td>
</tr>
<tr>
<td>Headaches, stomach aches, dizziness, nausea</td>
<td>Irritability or getting angry easily with others (&quot;snappy&quot;)</td>
<td>Use of drugs or alcohol</td>
<td>Major life changes (moving, marriage, child birth, relationship ending, loss of loved one)</td>
</tr>
<tr>
<td>Unexplained aches &amp; pains</td>
<td>Feeling down, not yourself, “off,”</td>
<td>Neglecting responsibilities (i.e. avoidance of tasks, not showing up to work)</td>
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<tr>
<td>Low libido</td>
<td>Feeling overwhelmed constantly</td>
<td>Decrease in personal appearance or hygiene</td>
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<tr>
<td>GI issues</td>
<td>Feeling hazy, foggy or blank</td>
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<td>Irregular menstrual cycle</td>
<td>Hallucinations or Delusions</td>
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<td>Thoughts of death or suicide</td>
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<td>Persistent worrying or rumination</td>
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<td>Anger, sadness, anxiety, guilt, apathy</td>
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Doria, 2020
Symptoms of Burnout

Physicians who are burned out may experience many symptoms, including:

- Absenteeism
- Reduced job satisfaction
- Decreased self-esteem
- Increased medical errors
- Insomnia
- Withdrawal and isolation
- Decreased productivity
- Feelings of anxiety
- Being irritable with patients
- Exhaustion
- Feelings of depression
- Suicidal ideation
- Changing careers or early retirement
- Impaired concentration and attention
- Relationship problems both at home and at work
- Use of alcohol or other drugs, including prescription drugs, to cope
- Feeling detached from peers, patients, family and friends
- Experiencing dread before going to work

Emotional exhaustion
Depersonalization
Reduced personal accomplishment
Noticing signs of burnout

• Notice changes in you
• Notice how you cope and deal with day-to-day stress
  • Does it feel harder, heavier, or more difficult to get by?
• How are you showing up to your day? Your relationships?
• Notice *any changes* in patterns of sleep, appetite, or energy
• “I just need to push through this”

• Pretending a problem doesn’t exist and expecting it to go away on its own does not work!
<table>
<thead>
<tr>
<th>RESONDER STRESS CONTINUUM</th>
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<tbody>
<tr>
<td><strong>READY</strong></td>
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<tr>
<td>Sense Of Mission</td>
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<td>Spiritually &amp;</td>
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<tr>
<td>Emotionally Healthy</td>
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<tr>
<td>Physically Healthy</td>
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<tr>
<td>Emotionally Available</td>
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<tr>
<td>Healthy Sleep</td>
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<tr>
<td>Gratitude</td>
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<td>Vitality</td>
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<td>Room For Complexity</td>
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<tr>
<td>READY</td>
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<tr>
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<tr>
<td>“I’m looking forward to…”</td>
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<td>“This is really challenging, but I can do it”</td>
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<tr>
<td>“How can I help you?”</td>
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<tr>
<td>“I need to recharge”</td>
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<tr>
<td>“I see your point”</td>
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Change in worldview
Key:  C = Cognitively I say to myself  
P = Physically I feel  
E:  Emotionally I feel  
B:  Behaviorally, others notice I may act  

**RESPOUNDER STRESS CONTINUUM**

**READY**

C: ___________________

P: ___________________

E: ___________________

B: ___________________

**REACTING**

C: ___________________

P: ___________________

E: ___________________

B: ___________________

**INJURED**

C: ___________________

P: ___________________

E: ___________________

B: ___________________

**CRITICAL**

C: ___________________

P: ___________________

E: ___________________

B: ___________________

Doria & Choi, 2021

Adapted from Combat and Operational Stress First Aid by Laura McGladrey | responderalliance.com
WHEN WE SHOULD TAKE A BREAK

WHEN WE ACTUALLY TAKE A BREAK

@LIZ AND MOLLIE
NUMBING AND SURVIVAL TOOLS

If you know how you numb, you’ll know when you’re numbing.

Exercise
Over/under Sleeping
Shopping
Stress eating/snacking
Alcohol/Drugs

Working/Productivity
Binge Watching TV
Technology/mindless scrolling
Control
Avoidance, anxiety, anger or blame in relationships

Doria, 2021 adapted from McGladrey, 2020
The biological stress response can go from adaptive and performance enhancing to maladaptive and performance impairing when:

1. It is triggered too easily
   • “I get anxious/worked up/irritable about the smallest things”

2. The response is overly intense
   • ”Flying off the handle”, Panic attacks

3. It lasts too long and doesn’t shut off: **CHRONIC STRESS**

The Yerkes-Dodson Law (The Goldilocks Principle of Stress) Optimal performance and adaptation for any given situation occurs when the stress response is “just right.”

Novick, 2020
Too much of a good thing

If there is too much/chronic norepinephrine, we go from:

- Increased alertness, attention, energy
- Hyperarousal, impaired focus and attention, restlessness.
- Cardiovascular stress.

If there is too much/ongoing cortisol, we go from:

- Increased alertness, energy, memory, anti-inflammatory
- Anxiety, depression, neurodegeneration, chronic inflammation, muscle catabolism, bone loss, insulin resistance.

Novick, 2020
What’s the difference between good stress and bad stress?

A stress response that enhances performance and results in positive adaptation is more likely to occur when the stressor is:

1) Predictable – the timing and nature of the stressor is known.

2) Time Limited – There is a start and end (If no end in sight, the stress response doesn’t know when to shut off!!!)

3) Controllable – There is contingency between an individual’s actions and outcomes.

4) The stressor does not exhaust the individual’s resources (internal and external) to cope.
What about COVID-related stress?

Unpredictable
- Nature of impact is unknown
- Timing and length of stressor is unknown
- (When) will there be future variants? What will that be like?

Undetermined amount of time
- Hard to plan for future
- No sense of ending of stress, questions like, “How will this change the life I’ve known?” or “When will this be over?”
- “How long can I do this for?”

Loss of control
- Loss of normal
- Initially... Lack of evidence-based treatment available
- Ongoing... Multiple codes, unable to help patients
- Lack of understanding of the virus
- Lack of understanding of short term and long-term effects on patients
- Patients dying alone or without family present
  - Physicians having difficult conversations, helping calls to family & loved ones

Doria, 2020
Overcoming and Preventing Learned Helplessness due to COVID-19

- We need to **perceive a sense of control** over our environment.
- Focusing on things we *do* have control over is very important.
- Health behaviors
  - Washing hands
  - Exercise
  - Diet (meal prep, nourish your body, treat yourself)
  - Seeking out others (make plans, reach out, stay connected)
- Completing the Stress Cycle
  - Creativity, Laughing, Crying, Physical movement, Physical affection, Deep breathing
- Sometimes *we may need others* to help demonstrate to us that we still have control over certain things.
  - Having others to “nudge” us to go on a walk or spend time talking to friends.

Doria, 2020
What’s on your mind?

- Transitioning to a new phase of life during a Pandemic
- Increased workload, demand, or shifting of roles and responsibilities
- Constant changing CDC policies and fear of future waves
- Changes in campus protocols, keeping up, making decisions
- Changes in learning platforms (e.g. hybrid or virtual models)
- Financial stress, fear of losing job, changes in investment/retirement
- University financial stress: grants, funding, etc
- Kids at home/changing school schedules
- Relationship changes or stressors
- Mask-wearing and vaccinations adherence
- Black Lives Matter
- Police brutality
- Climate change/crisis
- Inequalities/marginalization
- Political and social unrest
- Protests
- Feeling unsafe or unheard
- Mental health concerns (for self, others, students)
- Daunted by the state of the world
- Family ruptures or disputes in relationships related to all the above
- Fires, shootings, violence (car thefts)
- Russia invading Ukraine
- Endless sense of uncertainty
Defined as the stress experienced by guides, leaders, supervisors making unrelenting and difficult decisions in a time of stress.

These decisions are often a double bind, meaning in times of high consequence they face negative feedback from either decisions.

**Forecasting Example:** If you close a run or a highway, recreationalists, travelers or resort owners may express frustration or anger. If you don’t close the run, lives are at risk.
Completing the Stress Cycle

1. Physical activity
2. Creativity
3. Laughing
4. Crying
5. Physical Affection
6. Deep breathing

Podcast: Burnout & How to Complete the Stress Cycle: Brene Brown with Emily & Amelia Nagoski

Source: https://www.uky.edu/hr/thrive/11-17-2020/completing-our-bodys-stress-response-cycle
WHAT IS YOUR **Self Love Language**?

**Physical Touch**
- Things that make your body feel good or focus on your physical well being
  - Massage
  - Warm bath
  - Cozy blankets
  - Physical Activity
  - Skincare routine
  - Swimming
  - Stretching

**Acts of Service**
- Doing or arranging things for yourself that make you feel good
  - Therapy
  - Acts of Kindness
  - Scheduling
  - Cleaning
  - Delegating
  - Going Out

**Receiving Gifts**
- Treating yourself by purchasing things that make you happy
  - Going away on a short trip
  - Craft supplies
  - Comfy clothes
  - Chocolates
  - New book
  - Beautiful Journal
  - Indulgence
  - Invest in yourself

**Quality Time**
- Spending time alone, hobbies & doing things that you love
  - Meditation
  - Hobby/Creative time
  - Taking yourself on a date
  - Relaxing

**Words of Affirmation**
- Giving yourself pep talks and encouraging yourself
  - Positive Self-talk
  - Daily affirmations
  - Journaling
  - Mantras
  - Leave yourself little post-its with positive reminders

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• **Source:** www.kellybrandli.com
BATTERY SNAPSHOT

What charges the battery?
- Space
- Connection
- Sleep
- Movement
- Play
- Gratitude
- Innovation
- Mission Satisfaction

What drains the battery?
- Overwhelm
- Too much demand
- Broken systems
- Isolation
- Meaningless work
- Sleep deprivation
- Mission exhaustion

McGladrey 2019
MANDY’S BATTERY SNAPSHOT

What charges the battery?

- Getting 7-8 hours of sleep
- Connecting with friends and family
  - Face time
  - Making one social plan a week
- Quiet time in the morning with coffee and cats
- Exercise or time outdoors
  - Going for a walk
  - Hiking/skiing
  - YOGA
- Getting takeout or going to a new restaurant
- Exploring a new neighborhood
- Cooking meals
- Taking vitamins
- Advocating for my needs (asking for what I need)

What drains the battery?

- Over 7 hours of screen time daily
- Not taking enough breaks
- Feeling isolated, not seeing others as an extrovert
- Increased demand at work/home
  - Larger case load
  - Lack of connection with team or colleagues
- Mission fatigue
- Lack of movement or dance
- Front desk staff shortages or lack of therapy openings to refer to
- Pet’s health issues
- Financial stress
- Missing family

McGladrey and Doria, 2020
BATTERY SNAPSHOT following a traumatic event

What charges the battery?

- Take a shower
- Open your blinds or get outside
- Wash your sheets
- Move your body
- Prioritizing good sleep
- Healthy boundaries
- Creative outlets- singing, dancing, playing
- Talk about it, connecting with others
- Journal feelings

What drains the battery?

- Judgment of self or others (comparative suffering)
- Scarcity or lack of safety
- Endless stream of news/media
- Sleep problems/disruption
- Expecting yourself to show up the same way you did weeks ago
- Fighting your feelings
- Multiple layers of uncertainty
- Acute stress

Podcast: Comparative Suffering, the 50/50 myth, and Settling the Ball

Source: https://www.colorado.edu/studentaffairs/ways-support-yourself-and-each-other-through-traumatic-event

Doria, 2020 adapted from McGladrey 2019
Your Battery Snapshot

What charges the battery?

- [ ]

What drains the battery?

- [ ]

STOP:

KEEP:

START:
## Stress Role Analysis

<table>
<thead>
<tr>
<th>Roles</th>
<th>How would I like to be able to show up?</th>
<th>How am I actually showing up?</th>
<th>Who might I disappoint in this process?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worker</td>
<td></td>
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<tr>
<td>Partner</td>
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<tr>
<td>Friend</td>
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<tr>
<td>Child</td>
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<tr>
<td>Self – Care</td>
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<td></td>
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<tr>
<td>Parent</td>
<td></td>
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</tbody>
</table>

Cypers, 2021
<table>
<thead>
<tr>
<th>READY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>CRITICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transparency</td>
<td>Normalizing depletion</td>
<td>Resources scarce</td>
<td>Cliques and hierarchy</td>
</tr>
<tr>
<td>Vulnerability</td>
<td>Staff dreading work</td>
<td>Rigid perspectives</td>
<td>Lack of trust</td>
</tr>
<tr>
<td>Requests for help met with Support</td>
<td>Mistakes are personal</td>
<td>Members undervalued</td>
<td>Gas lighting</td>
</tr>
<tr>
<td>Connection</td>
<td>Transactional communication</td>
<td>Communication</td>
<td>Culture of blame</td>
</tr>
<tr>
<td>Team approach to overwhelm</td>
<td>Requests for help are criticized</td>
<td>Silos</td>
<td>Vulnerability punished</td>
</tr>
<tr>
<td>Curiosity Culture</td>
<td>Mission drift</td>
<td>Suffering in silence</td>
<td>Fear at work</td>
</tr>
<tr>
<td>Mission Satisfaction</td>
<td></td>
<td>Helplessness</td>
<td>Hopelessness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mission fatigue</td>
<td>Moral Injuries</td>
</tr>
</tbody>
</table>

Mission Satisfaction/Mission Drift
How might you operationalize the Stress Continuum language at work?
With your team?
2. How do you feel when you arrive at work on a typical day?

0 1 2 3 4 5 6 7 8 9 10

Super stoked! Full of dread

Eldora Ski Patrol Monthly Survey
TEAM Battery Snapshot

What charges the battery?

- Checking in at beginning of meetings (getting a pulse)
  - Naming and sharing stressors and happy parts
- Caffeine
- Napping
- Prioritize blocks of self care (no emails/meetings)
- Connection time
  - Dinners
  - Happy hours
  - Conferences
- Walking meetings
- Creative outlets (doing things outside of work)
  - Writing for fun
  - Music
- Boundaries / closing door
- Setting intentions
- Perspective shifts (do what I can control in the moment)
  - Manageable chunks
- Quality time with pets and children

What drains the battery?

- Turnover
- Gossip
- Fiscal constraints
- Negativity
- Lack of direction/expectations
- Back to back meetings
- Excessive workload
- Demand of need
- Social distancing (physical distancing)
- Email
- Lack of electronic hygiene (need to always respond)
- Escaner rules (working from home rules)
- Unstable internet connection (IT issues)
- Checking in at beginning of meetings (getting a pulse)
- Naming and sharing stressors and happy parts
- Caffeine
- Napping
- Prioritize blocks of self care (no emails/meetings)
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McGladrey & Cypers, 2020
Mission Drift → Mission Satisfaction
What is YOUR Individualized Resiliency Plan?
Individualized Resiliency Plan

• Five principles to guide and inform psychosocial intervention and prevention efforts following disasters and traumas. (Hobfoll, 2007: Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence)

• Your "IRP" is unique to you and is fluid, dynamic and evolving.

Doria and Choi, 2021
Questions to guide you as you write your "IRP"

SAFETY
Who do I feel I can be myself around?
How much news or media do I need to engage in to be informed based on my values?
Where do I feel safe?
What health precautions do I take?

CONNECTION
Who can I reach out to more?
Have I expressed support or asked for the support I need when I need it?
Who do I enjoy spending time with?
What gives me a sense of community?

EFFICACY
Do you know what feels satisfying to you?
Do you follow through with what you need when you need it?
What impact did you make today/this week/this past year?

CALM
What truly relaxes you or helps you return to your sense of self?
What helps you lose your awareness or sense of time?
How can you be more compassionate to yourself?
Do you give yourself permission to relax?

SENSE OF FUTURE/HOPE
What short term or long-term plans in your personal or professional life are you looking forward to?
What gives you a sense of purpose, meaning and hope?

Doria & Choi, 2021
Individualized Resiliency Plan

Prompts

• I know I’m capable because...

• I can practice self compassion by recognizing...

• These are the people I feel connected to...

• Things that have made me feel good about myself...

• What I have learned about myself, my family, and my relationships during this time...
# Green Choices

<table>
<thead>
<tr>
<th>Health</th>
<th>At work</th>
<th>Outside of Work</th>
<th>Relationships</th>
<th>Survival Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sleep 8 hours a night (5 days a week)</td>
<td>1. Reviewing what worked on a call vs. talking shit</td>
<td>1. Get to the mountains twice a month</td>
<td>1. My 2 best friends known how I’m doing</td>
<td>1. One beer turns into four</td>
</tr>
<tr>
<td>2. Going on a run 3x a week</td>
<td>2. Volunteer to teach a training</td>
<td>2. Have dinner with friends/family once a week</td>
<td>2. Choosing time with my family</td>
<td>2. Busyness/Constant noise, too much screen time</td>
</tr>
<tr>
<td>3. Meditation/Prayer 4-5 times a week</td>
<td>3. I am enjoying my work</td>
<td>3. I say “no” when I feel overwhelmed</td>
<td>3. Spend time with people who aren’t health care workers</td>
<td>3. Drinking coffee to stay awake</td>
</tr>
</tbody>
</table>

McGladrey, 2020
# YOU, GREENER

<table>
<thead>
<tr>
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McGladrey, 2020
How do you get support

When starting to feel overwhelmed, stressed, shorter fused, or irritable, it’s probably a sign that you need more people in your corner.

→ What are your barriers in asking for help or support?
Having the Conversation

“I noticed you have been _______ (list behavior or observable fact). It sounds like you are _______ (list possible diagnosis/mental health issue). May I provide you some resources or support to help you manage this?”

Normalize help-seeking behaviors.

➢ “Our brain is an organ we need to take care of too, just like our heart, stomach or lungs”.
➢ “1 in 5 Americans suffer from mental illness. This is not your fault”.
➢ “Early intervention and treating anxiety and depression can lessen the duration and intensity of the impact on your life”.

Doria, 2020
Having the Conversation

“You may have noticed I’ve been ____________ (e.g. irritable/off/not myself). I’ve been feeling ______________ lately. I’m struggling with ______________. I could really use ______________. Do you have space to talk something out with me?”

Brainstorm who your supports are in various areas of your life and where you find connection:

➢ Home/Family
➢ Work/mentors/colleagues/PEERS
➢ Friends with shared interests/life situations
➢ Deeper Emotional or Spiritual connections

Doria, 2020
THE GUEST HOUSE

This being human is a guest house. Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice. meet them at the door laughing and invite them in.

Be grateful for whatever comes. because each has been sent as a guide from beyond.

Rumi
Action Steps

Print out
- Stress Continuum
- Battery Worksheet
- Individualized Resiliency Plan

Write
Identify at least **ONE** thing in each area of Individualized Resiliency Plan you will commit to for the next 7 weeks & write it in the IRP.

Write (optional)
Use green choices worksheet to continue to reflect on behaviors, mindsets, and choices that will help you trend toward the green. List things you may need to say “no” to, to make space for green choices.

Connect & share
Reflect and choose **one other person** to connect with & share with each other where you are at on the Continuum. Consider how your battery charges and depletions may lead to how you’re “trending” on the Stress Continuum.
“Science is organized knowledge. Wisdom is organized life.” — Immanuel Kant
WHAT HAPPENS WHEN YOUR BRAIN DOESN’T GET ENOUGH SLEEP?

Colds. A study of 164 healthy people found that those who slept <5 hours per night were more likely to get a cold compared to those who slept 7+ hours, regardless of demographics and weight.

Irritability and mood swings. Researchers found that interruptions and disturbances tend to bother us more when we haven’t slept.

Depleted sex drive. Getting enough sleep is important for promoting healthy sexual desire and genital response. It also appears to play a role in how often we engage in sexual activity with our partners.

Poor vision. Sleep deprivation is linked with tunnel vision, double vision, and dimness. The longer you’re awake, the more visual errors you’ll see and the more likely you are to hallucinate.

Tummy troubles. Not sleeping can make the symptoms of Inflammatory Bowel Disease and acid reflux worse and may put you more at risk of developing IBD and inflammatory bowel syndrome.

Difficulty learning. Sleep deprivation interferes with our ability to remember and process new information. Researchers recommend pushing back early work and school start times to help ensure we get enough sleep.

Headaches and migraines. Research links poor sleep quality to migraines and sleep apnea to headaches.

Weight gain. When we don’t get enough shut-eye, researchers found, we also tend to snack more and pick calorie-rich foods over lighter ones—especially for kids.


Choi, 2020
PROMOTING HEALTHY SLEEP

• Set a bedtime that is early enough to allow at least 7 hours of sleep.
• Keep a consistent sleep schedule and limit daytime naps.
• Don’t go to bed unless you are sleepy.
• If you don’t fall asleep after 20 minutes, get out of bed.
• Establish a relaxing bedtime routine.
• Use your bed only for sleep and sex.
• Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
• Limit exposure to bright light in the evenings. Your bedroom should be dark and relaxing.
• Turn off electronic devices and TV at least 30 minutes before bedtime.
• Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
• Exercise regularly and maintain a healthy diet.
• Avoid consuming caffeine or alcohol in the late afternoon or evening.
• Reduce your fluid intake before bedtime.

“I have a theory about your insomnia...”

Choi, 2020
What contributes to quality sleep patterns?

- Dark room
- Light during the day (getting outside)
- Good stress management to reduce arousal- time to wind down
  - Relaxation techniques
  - Mindfulness
- Comfy bed/comfy home
  - Associating your bed with sleep
  - Relaxing places in your home “put your feet up”
- Regular wake/sleep times
  - Reduce time in bed awake

What affects our sleep in negative ways?

- Snoozing through alarm
- Screen time
- Inability to relax or wind down
- Lack of safety
- Lack of social connectedness
- STRESS
  - Relationship conflict/changes (fighting, divorce, break-ups)
  - Moving
  - Work stress
  - Long hours/shift work
- Other mental health concerns

Shire and Doria, 2020
SLEEP RESOURCES

Websites/Organizations

- National Sleep Foundation (sleepfoundation.org)
  - Includes resources like sleep diaries, articles, research, and sleep solutions
- CDC’s Sleep webpage (cdc.gov/sleep)
- American Academy of Sleep Medicine (sleepeducation.org)
  - Includes many topics including information about Shift Work, Sleep Apnea, and Sleep tests
- Sleepio.com

Apps

- Calm, Sleep Cycle – Sleep Tracker, Headspace, Breethe: Meditation & Sleep, Relax Melodies: Sleep Sounds

Talk to your PCP about options including

- CBT for Insomnia
- UCHealth Sleep Clinic (720) 848-4400

Choi, 2020
WHAT IS MINDFULNESS?

“The ability to know what’s happening in your head at any given moment without getting carried away by it.”
WHAT IS MINDFULNESS?

- Consciously paying attention in the present moment without judgement.
- Noticing and making observations, without attachment to the moment.
- Watching quality of thoughts without subjectivity.
WE FEEL “TOO BUSY” TO SLOW DOWN, PAY ATTENTION, AND RESPOND MINDFULLY

Reflect: Moments where I have felt present and aware of my surroundings and others...
How did that feel for me? What are those connections like? How did that feel for others?
BRENÉ BROWN’S DEFINITION OF CALM

“Perspective mindfulness and the ability to manage emotional reactivity.”

“People who are calm bring perspective to complicated situations and feel their feelings without reacting to heightened emotions like fear or anger.”
**BREATHWORK AND RELAXATION TECHNIQUES**

- **3 Mindful Sighs**
  - Inhale through the nose, *big* exhale through the mouth

- **Diaphragmatic Breathing** ("belly breathing")
  - Introducing safe space into gut area to change and calm Fight or Flight response

- **Square Breathing**
  - **4 – 7 – 8**
    - Inhale / Hold / Exhale

- **4 - 7 - 8**

**Diagram:**
- Inhale
- Hold
- Exhale
- Hold
- Repeat
SIMPLE MINDFULNESS TECHNIQUES TO GROUND IN THE MOMENT

5-4-3-2-1

- 5 things you see
- 4 things you touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

ROYGBIV

- Slowly scan your environment
- Label 3 things you see in each color around you. (Ex: 3 red things I see are...)
# The Five Finger Visualization Exercise for Relaxation

<table>
<thead>
<tr>
<th>Finger Combination</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thumb to index finger</td>
<td>Healthy fatigue, or an exhilarating physical activity</td>
</tr>
<tr>
<td>Thumb to middle finger</td>
<td>Loving experience</td>
</tr>
<tr>
<td>Thumb to ring finger</td>
<td>Nicest compliment you’ve ever received, try to really accept it now.</td>
</tr>
<tr>
<td>Thumb to little finger</td>
<td>The most beautiful place you’ve ever been (can be imagined or real)</td>
</tr>
</tbody>
</table>
OTHER MINDFULNESS TIPS TO SLOW DOWN

- Morning breaths and stretches
- Mindful walks
- Intentional transitions
- Try to avoid multitasking
- Sense shifters
- Create your space
- **Gratitude**: Write down 3 good things that happened today or that you’re grateful for.
Some Ways to Practice Mindfulness

- Gardening
- Drinking tea
- Showering
- Baking or cooking
- Yoga
- Washing dishes
- Folding laundry
- Brushing teeth
“Nothing but uncertainty is certain.

Circumstances come together, only to fall apart moments or months later. And then, in a flash, we must rise up and regain our footing. In the rearview mirror, I now see so clearly what escaped me then: It’s not that the ground underneath me was suddenly shifting; it’s that it is never still.

That’s part of the work of my journey—getting comfortable with life’s groundlessness.”

Alicia Keys

More Myself: My Journey
"We think that the point is to pass the test or overcome the problem, but the truth is that things don’t really get solved. They come together and they fall apart. Then they come together again and fall apart again. It’s just like that. The healing comes from letting there be room for all this to happen: room for grief, for relief, for misery, for joy."
— Pema Chodron
"It takes courage to say yes to rest and play, in a culture where exhaustion is seen as a status symbol"

~ Brene Brown
ADDITIONAL LINKS AND RESOURCES TO LEARN MORE

- VIA Institute on Character mindfulness recordings weekly, including loving kindness.
- Waking up - [https://wakingup.com/](https://wakingup.com/) - Sam Harris
- 10 percent Happier - [https://www.tenpercent.com/](https://www.tenpercent.com/) - Dan Harris
- For sleeping - [https://www.audible.com/ep/sleep](https://www.audible.com/ep/sleep) - Spotify also has these kinds of playlists.
- Mindfulness Based Stress Reduction (MBSR) guided exercises from the [The Myrna Brind Center for Mindfulness](https://www.myrnabrindcenter.com/) at Jefferson University Hospital, leader of MBSR research/programs.
- Newer app: Aura – asks questions and gives you a 3-minute mindfulness meditation based on your answers.
- Relax Lite app – Voted top mind & body app by doctors in 2014.
- Reference one of the [21 Best Meditation Podcasts in 2020](https://www.21meditationpodcasts.com/).
- Article outlining several different types of meditation.
- Doing a general search on YouTube to find your favorites, using search words like, “relaxation meditation for sleep,” “progressive muscle relaxation,” “mindfulness meditation,” or “guided meditation”

Some recommended apps: Headspace, CALM, Insight Timer, Stop Breathe Think (My Life), Pause (tai chi method)
Book Suggestions

- Being Peace - Thich Nhat Nanh
- The Tao of Pooh - Benjamin Hoff
- Wherever You Go There You Are - Jon Kabat-Zinn
- The Things You Can See Only When You Slow Down: How to be Calm and Mindful in a Fast-Paced World - Haemin Sunim
- The Miracle of Mindfulness - Thich Nhat Nanh
- The Power of Now - Eckhart Tolle
- Untethered Soul - Michael A. Singer
- When Things Fall Apart // Comfortable with Uncertainty - Pema Chödrön
- Tao te Ching - Lao Tzu translated by William Scott Wilson
- The Alchemist - Paulo Coelho
Past the Pandemic: Series goals

• To recognize signs and symptoms of stress and burnout.
• Prevent impact of stress injury.
• Build competence in responding to stress in the Pandemic.
• Promote connection with other health care workers during this time.

Next Series: 4/13/22- 5/18/22
Every Wednesday 8-9am
Www.Pastthepandemic.org

Doria, 2020
COVID-19 HAS UPENDED CLINICIANS’ SENSE OF ORDER AND CONTROL. SUCH DISRUPTIONS MAY LEAD TO SUBSTANTIAL STRESS AND A HIGHER RISK FOR BURNOUT

PAST THE PANDEMIC:
Coping in COVID

This interactive series offers health care providers and other staff working in health care settings strategies to name, normalize, and validate worries and experiences during this pandemic and beyond. By understanding stress along a continuum, participants will learn how to manage stress and loss, increase capacity to prevent burnout, elevate connectedness and mindfulness, and promote self-efficacy and quality patient care.

During each session, mental health clinicians will show video modules providing helpful, tangible tools in a psychoeducational format, following up with discussion and integration of topics. Participants will also have access to the Past the Pandemic website with these video modules and additional resources, including a Toolkit.

AUDIENCE
Providers and staff working in health care settings

COMMITMENT
Six weekly ECHO sessions held virtually
Wednesdays 8:00 - 9:00 AM MT
April 13 - May 18

REGISTER AT ECHOCOLORADO.ORG/ECHO/PAST-THE-PANDEMIC
Access this toolkit at www.pastthepandemic.org which includes many resources, exercises and topics.

Podcasts mentioned today:
- Burnout & How to Complete the Stress Cycle
- Comparative Suffering, the 50/50 myth, and Settling the Ball
Resources

Well-being Support Line (for Healthcare Workforce & Educators in Colorado)
- 303-724-2500 – Accepts calls and texts
- Staffed by trained volunteers from AMC and UC Denver with backup from licensed mental health professionals
- Can facilitate referrals to longer term treatment (UCHealth Virtual Behavioral Health) if needed

Physician to Physician Support Line
- 303-724-1626
- Available for MDs and PhDs providing care to patients in Colorado and would like to talk to someone who is familiar with particular issues facing physicians

Colorado Crisis Services
- 1-844-493-8255
- Text “TALK” to 38255
- http://coloradocrisisservices.org

National Suicide Prevention Lifeline
- 1-800-273-TALK (8255)
- https://suicidepreventionlifeline.org/chat/

SAMHSA’s National Helpline
- 1-800-662- HELP (4357)
- https://www.samhsa.gov

Faculty & Staff Mental Health Clinic
fsmh@ucdenver.edu or (303) 724-4987

Questions:
Amanda.doria@cuanschutz.edu
pastthepandemic@cuanschutz.edu

www.responderalliance.com
(podcasts, COVID-19 resources, other tools)