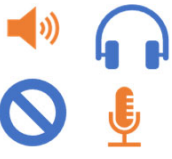
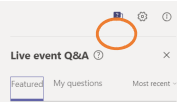



- Welcome and thank you for joining us.
- There is audio as part of this presentation. Please use headphones if in public settings.
- Even if your sound is on, and you are unmuted, you will not be heard on the call.
- We will be using the Q&A feature to the right of the screen for attendance for those who signed in anonymously. Please type "here" and your full name.
- Please also use the Q&A feature to type in your question. Questions will be viewed by the moderator, and answered at the end of the presentation.
- The speakers will take turns presenting. As we switch from one speaker to the other, there may be slight delays. The speaker and presentation slide will reappear.

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### Self-care in Uncertain Times: Resilience and Recovery for Mental Health Professionals

Jack Rozel, MD, MSL; Medical Director, resolve Crisis Services; President, American Association for Emergency Psychiatry

Jeff Magill, MS; Manager, Emergency Preparedness, Manager Crisis Training Institute; Manager, CISM ASAP Staff Support Team

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### Disclosures

- No Pharma or Industry ties for either presenter

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### Objectives

- Explain how stress impacts cognitive and emotional functioning
- Examine Zunick & Myers Phases of Disaster, specifically the disillusionment phase and explain how this phase applies to your clinical work
- Identify three coping/wellness tools they can utilize to reduce the impact



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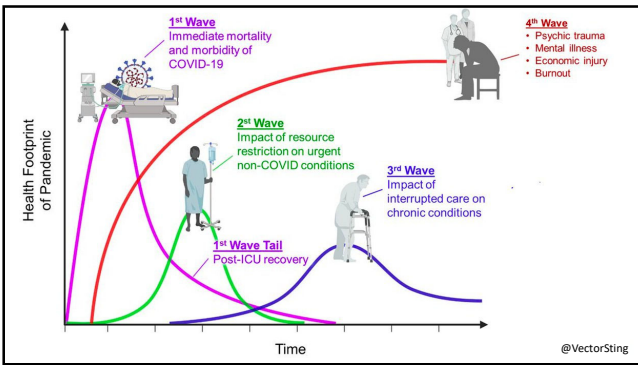
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ALL MY STRESS COMES FROM PEOPLE NOT PLAYING THE GAME OF LIFE BY MY RULES!

COVID - 19 PANDEMIC

COVID - 19 PANIC



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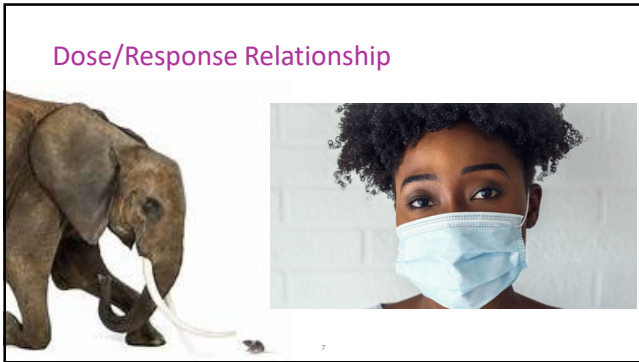
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**#HeroesHurtToo**

- **Psychological Trauma:**
  - An individual threshold , an individual experience
  - When experiences or the environment jeopardize our physical safety or psychological sense of self
  - When our natural coping capacity and our support network is overwhelmed
- Pushes us to pathological or healthy responses
  - Fight, flight, or freeze
  - Fawn
  - Function
  - Flourish

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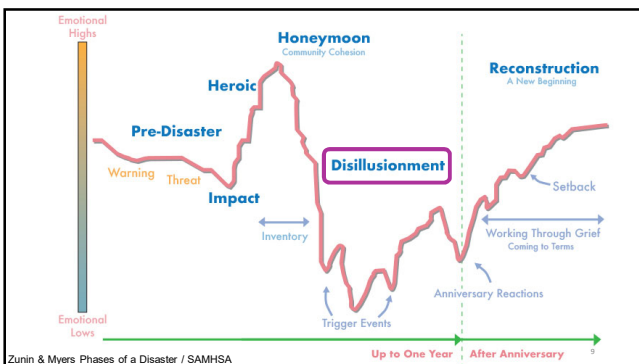
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### Warning Signs

- Apathy
- Escalating substance use
- Feeling out of control
- Angry at patients
- Risk taking / recklessness
- Hopeless, helpless, unhelpable
- Getting worse, not better as the external situation improves
- Suicidal



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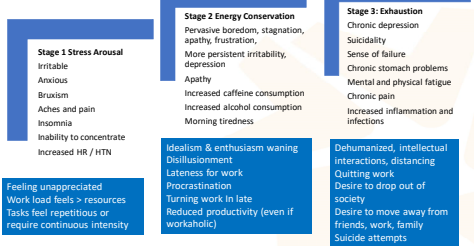
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### Progression of Chronic Stress Response



Kahill S. Canadian Psychology/ Psychologie Canadienne. 1980;29(3):284-297. Madsen C, et al. Journal of Organizational Behavior. 2012;33(2):296-300. Wicks R. The Resilient Clinician. New York, NY: Oxford University Press, 2007.

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### Trauma Membrane



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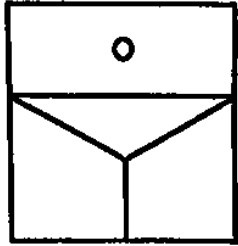
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What do you see?



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Aggravating Factors

- Duration, sequence, and repetition
- Complexity and uncertainty
- Personal vs routine
- Causality (manmade vs natural)
- Lack of recovery periods
- Impaired recovery routines
- Social isolation and exclusion
- Fear of punishment for expressing feelings
- Concurrent substance misuse
- Pre-existing fatigue and vulnerability

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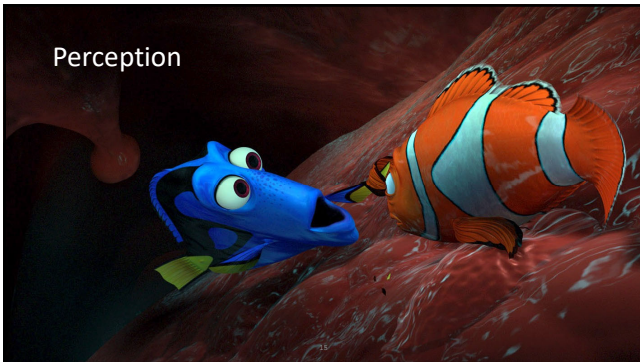
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Perception



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### The 3 C's of Hardiness (Kobasa, Maddi & Kahn 1982)

- Strong sense of **control** of over events in their life, can overcome their experiences
- High **commitment** and involvement in tasks, strong sense of purpose
- Views life as **challenge** to overcome – change is an important opportunity for development



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### Questions for Changing Appraisal

- How have I coped with similar situations?
- What strengths do I bring to this?
- What is the worst case scenario?
- How can I think "outside the box"?
- What is the big picture?
- Who could I discuss this with?
- Whose opinion would I trust about this?



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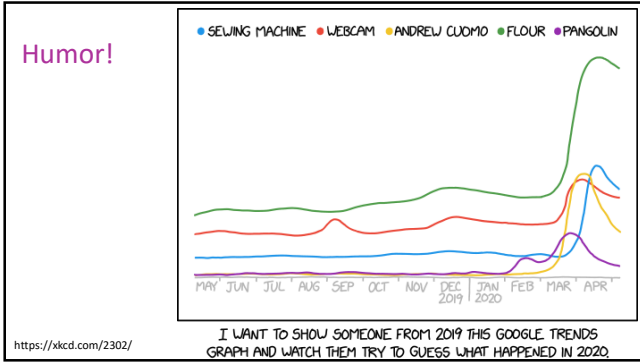
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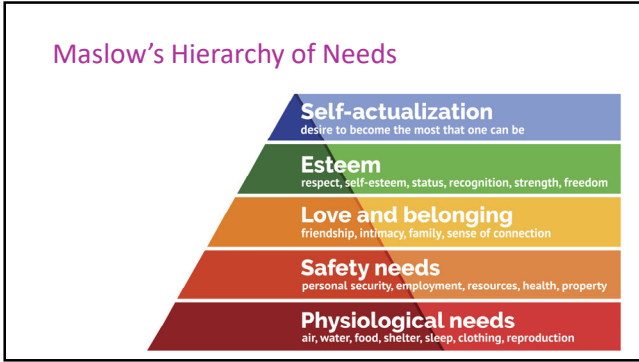
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### Staff Self-Care Resiliency

Resilient staff are better equipped to handle stress

- Have Activities Outside of Work
- Take Time Out to Rejuvenate
- Drink Water
- Identify Your Support System
- Maintain a Normal Routine
- Avoid Alcohol

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### Personal Action Plan

<b>Activities Identified</b>	1. Walking 2. Better sleep
<b>Goal (Day/Time)</b>	1. Walking 5x/week 2. Go to bed before 9P on nights before workdays 3.
<b>Resources (People/Tools)</b>	1. House member, family member, dog 2. Information (e.g., sleep tips) 3.

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### Finding Calm: Relaxation and Mindfulness

- Relaxation is the opposite state of stressed.
- Using your imagination to become focused and absorbed in things that are calming, joyful, help us feel peaceful or content- using all your senses- a favorite place, an imaginary place
- Muscle relaxation- imagine releasing tension from your muscles like a tight twisted rope slowly unwinding or tension whirling out of your body and down a drain leaving you comfortable and relaxed.
- Retraining Breathing
- Mindfulness involves staying the present moment in a pleasant calming way- we acknowledge and accept our feelings, thoughts and body sensations with curiosity and without judgment.
- Become absorbed and relaxed— helps us pause in the moment -instead of anxious pull to future (worry) or being pulled back to negative past (depression)
- Help reset our nervous system which in turn can help our body re-regulate to a state of wellness- a state of readiness so we are better able to mount a response to extreme stressors.

Permission by Dr. Eva Szigethy



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### The best coping skill is the one that works for you

Consider also:

- Healthier eating and drinking when possible
- Exercise when possible
- Deep breathing (circle breathing, 4-4-8, tactical breathing)
- Schedule positive activities (distraction, not avoidance)
- Positive reinforcers and rewards
- Mindfulness practice
- Normal schedule when possible

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### Activities & Coping: Take Control

- **Routine.** Scheduling breaks, screen breaks, sneak a few minute to relax, take an e-vacation
- **Enjoyable.** Hobbies, physical activities, yoga
- **Calming.** Relaxation and mindfulness



Permission by Dr. Eva Szigethy

27

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### Nurture Your Network

- Expectations for work friends, “outside friends”
- Seek support on emotions, not details
- Be careful about sharing facts (cross contamination)
- Mutual wellness checks
- Social accountability
- Trusted limit setter – pulls us back when we are gazing too long into the abyss



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### Thank you!

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| <ul style="list-style-type: none"> <li>• Jeff Magill</li> <li>• Office 412-586-9029</li> <li>• Email <a href="mailto:magilljo@upmc.edu">magilljo@upmc.edu</a></li> </ul> | <ul style="list-style-type: none"> <li>• Jack Rozel</li> <li>• Office 412-864-5013</li> <li>• Email <a href="mailto:rozeljs@upmc.edu">rozeljs@upmc.edu</a></li> <li>• Twitter @ViolenceWonks</li> </ul> |
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#### Upcoming OERP Events

- May 22, All day: Behavioral Health and Pediatric Primary Care Conference
- June 5, Noon: Firearm Safety in the Era of COVID19
- June 24, Noon: How COVID-19 is Impacting People with Substance Use Disorders

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