

Stress Management & Burnout

Melanie Steilen, RN,BSN,ACRN
Nursing Director
Cicatelli Associates Inc.

Disclosure

- I, Melanie Steilen, have no real or perceived vested interests that relate to this presentation nor do I have any relationships with pharmaceutical companies, biomedical device manufacturers, and/or other corporations whose products or services are related to pertinent therapeutic areas.

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Training Objectives

- At the completion of this training participants will be able to:
 - Define stress
 - Identify psychological, behavioral, and physical reactions to stress.
 - Explore techniques for short-term stress relief and long-term stress management.

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What is Stress?

- Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment.
- It is the perception that one's coping abilities are not sufficient to the demands of the situation.
- It has physical and emotional effects on us and can create positive or negative feelings.

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What is Stress?

- As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective.
- As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke.

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General Adaptation Syndrome

Fight or Flight

- In response to *actual* or *perceived* danger:
- Adrenaline released
- HR, RR and BP increases
- Blood directed away from skin and stomach to major muscles(RUN)
- Liver releases glycogen(energy)
- Blood clotting factor released(injury)

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Fight or Flight

- Brain prepares for violence(uni-focused)
- Pupils dilate(sensitive vision)
- Heart stressed
- Digestion interrupted
- Thinking is less flexible
- **IF FIGHT/FLIGHT IS NOT PUT TO USE:
BODY TAKES TOLL!!!!**

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Vigilance

- Chronically on guard(*super stressed*)
- Cortisol released
- Retain salt
- BP,Blood volume and clotting factor increased
- Decreased sex hormone (UGH!)
- Decreased activity of Immune system

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Vigilance leads to:

- High BP-Heart attack,Stroke
- Depression
- Anxiety
- Decreased Sex drive (UGH!)
- Concentration deficits
- Digestive disorders(ulcers,diarrhea)

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Vigilance leads to:

- Fluid retention
- Decreased resistance to virus/bacterial infections

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Burnout

- Cumulative effects of stress in the workplace
- Will normally occur slowly, over a long period of time
- May express itself physically or mentally
- Physical and emotional exhaustion

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Physical Symptoms

- Fatigue
- Irritability
- Angry outbursts
- Forgetfulness
- Lack of patience
- Difficulty sleeping

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Managing Burnout at Work

- Clear assignments of specific duties
- Clear boundaries and professional obligations
- Varying tasks and responsibilities
- Enlisting help of volunteers,time management, mental health days, continuing education, staff retreats,support groups and “time out” activities

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Individual Differences

- Self- esteem
- Personal history
- Support Systems
- Coping mechanisms
- Perception of control
- Performance expectations of self

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Common,Unhealthy Responses

- **Nicotine: Increases HR,BP and hormone levels. Stimulant . Your body requires more vitamins and minerals to cope with the stress**
- **Expensive, Addictive,cause of major illnesses**
- **Cost: \$2000.00/year not including medical, dental or cleaning costs**
- **Caffeine: Stimulant which induces stress response, addictive?**
- **Sugar: boost of energy but leaves you with less,which can make you feel “down”,little or no nutritive value,weight gain, dental bills etc**

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Stress & Substance Abuse

- Many clinicians and addiction medicine specialists have long suggested that stress is the number one cause of relapse to drug abuse, including smoking.
- Research is now lending scientific evidence for these clinical observations.

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Managing Stress

- Identifying unrelieved stress and being aware of its effect on our lives is not sufficient for reducing its harmful effects.
- Just as there are many sources of stress, there are many possibilities for its management.
- All require work toward change: changing the source of stress and/or changing your reaction to it.

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Managing Stress

- **Become aware of your stressors and your emotional and physical reactions.**
 - Notice your distress. Don't ignore it. Don't gloss over your problems.
 - Determine what events distress you. What are you telling yourself about meaning of these events?
 - Determine how your body responds to the stress. Do you become nervous or physically upset? If so, in what specific ways?

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Managing Stress

■ Recognize what you can change.

- Can you change your stressors by avoiding or eliminating them completely?
- Can you reduce their intensity (manage them over a period of time instead of on a daily or weekly basis)?
- Can you shorten your exposure to stress (take a break, leave the physical premises)?
- Can you devote the time and energy necessary to making a change (goal setting, time management techniques, and delayed gratification strategies may be helpful here)?

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Managing Stress

■ Reduce the intensity of your emotional reactions to stress.

- The stress reaction is triggered by your perception of physical danger and/or emotional danger.
- Are you viewing your stressors in exaggerated terms and/or taking a difficult situation and making it a disaster? Overreacting and viewing things as absolutely critical and urgent?
- Work at adopting more moderate views; try to see stress as something you can cope with rather than something that overpowers you.
- Try to temper your excess emotions. Put the situation in perspective. Do not labor on the negative aspects and the "what if's."

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Managing Stress

■ Learn to moderate your physical reactions to stress.

- Slow, deep breathing will bring your heart rate and respiration back to normal.
- Relaxation techniques can reduce muscle tension.
- Electronic biofeedback can help you gain voluntary control over such things as muscle tension, heart rate, and blood pressure.
- Medications, when prescribed by a physician, can help in the short term in moderating your physical reactions.

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Managing Stress

■ **Build your physical reserves.**

- Exercise for cardiovascular fitness three to four times a week (moderate, prolonged rhythmic exercise is best, such as walking, swimming, cycling, or jogging).
- Eat well-balanced, nutritious meals.
- Maintain your ideal weight.
- Avoid nicotine, excessive caffeine, and other stimulants.
- Mix leisure with work. Take breaks and get away when you can.
- Get enough sleep. Be as consistent with your sleep schedule as possible.

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Managing Stress

■ **Maintain your emotional reserves.**

- Develop some mutually supportive friendships and relationships.
- Pursue realistic goals which are meaningful to you, rather than goals others have for you that you do not share.
- Expect some frustrations, failures, and sorrows.
- Always be kind and gentle with yourself -- be a friend to yourself.

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SKILLS PRACTICE

RELAX

Relaxation Techniques

- Deep Breathing
- Progressive Muscle Relaxation
- Visual Imagery
- Yoga
- Meditation

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Relaxation Techniques

- Stretching Exercises
- Visualization
- Biofeedback
- Positive Thinking
- Support Systems
- Physical Exercise
- Nutrition
- Rest

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