

Stress Management

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CARS

Counseling Assistance & Referral Services



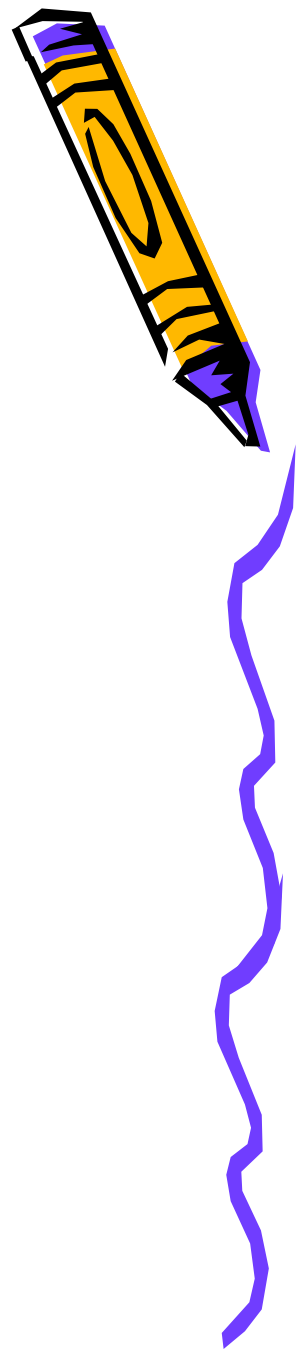


What is stress?

A state of physical/psychological
arousal



Stress is normal.

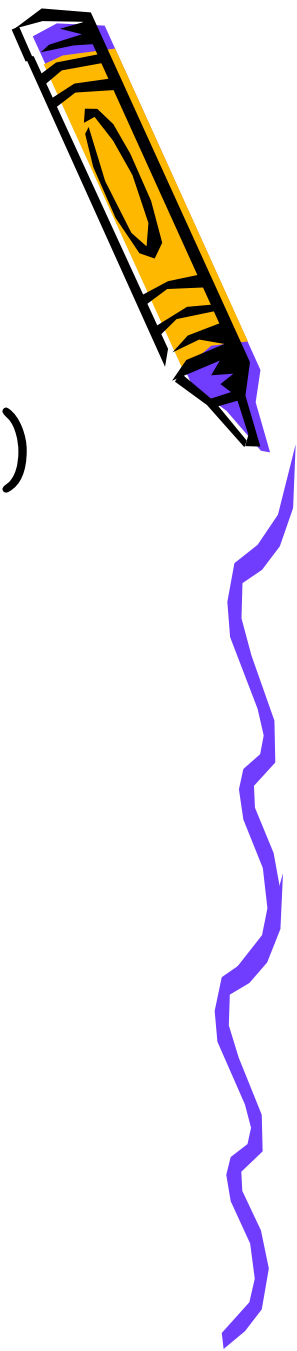


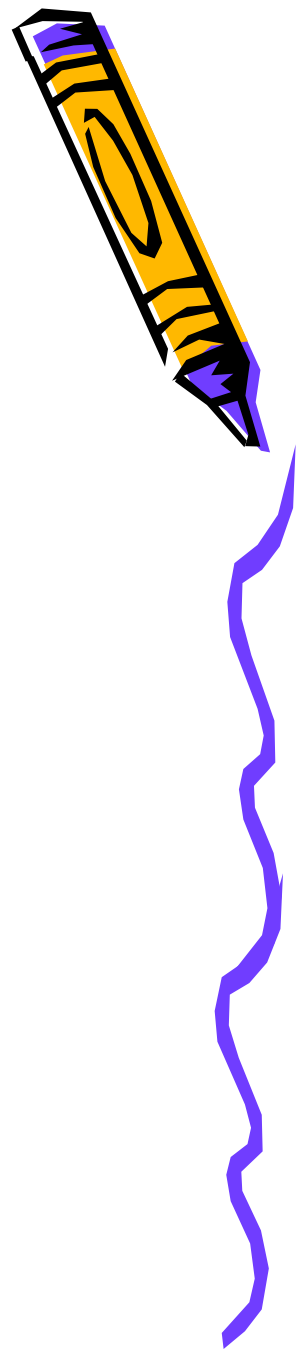
- Manage it-don't delete it.
- Fight/Flight
 - Positive, productive driving force
 - Saves Lives
 - Increases Productivity



Crisis

- Emotional Turmoil (not intellectual)
- Reaction to stress
- Feeling = out of control

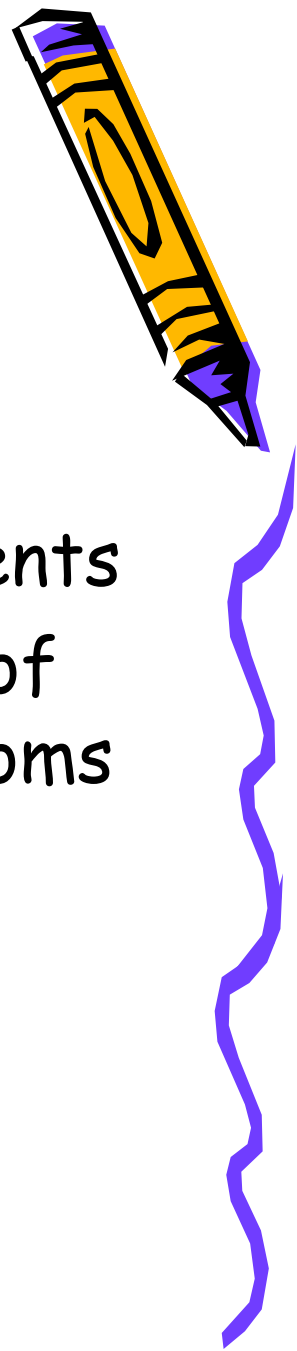




Incident Specific Stress

- Acute
 - At scene/or within 24-48 hours
 - Increased mistakes
 - Increased injuries





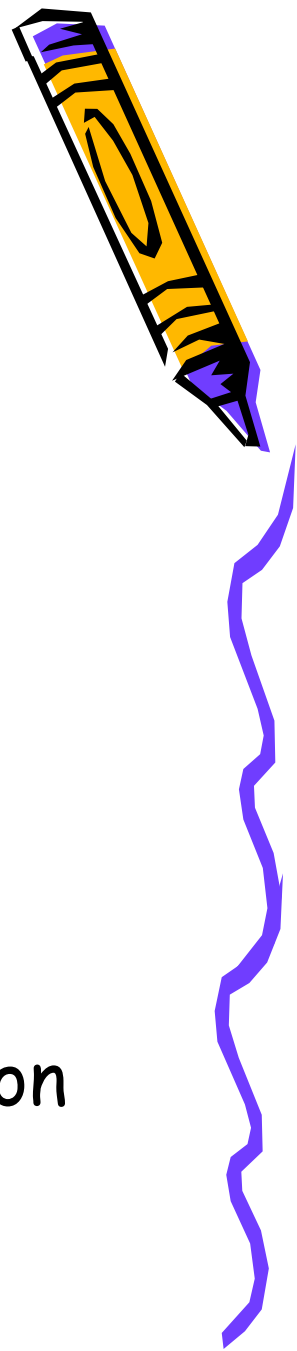
Incident Specific Stress

- Delayed
 - Days, weeks, months, years after events
 - Intrusive Images (flashbacks), fear of repetition, physical/emotional symptoms
 - Secondary Trigger



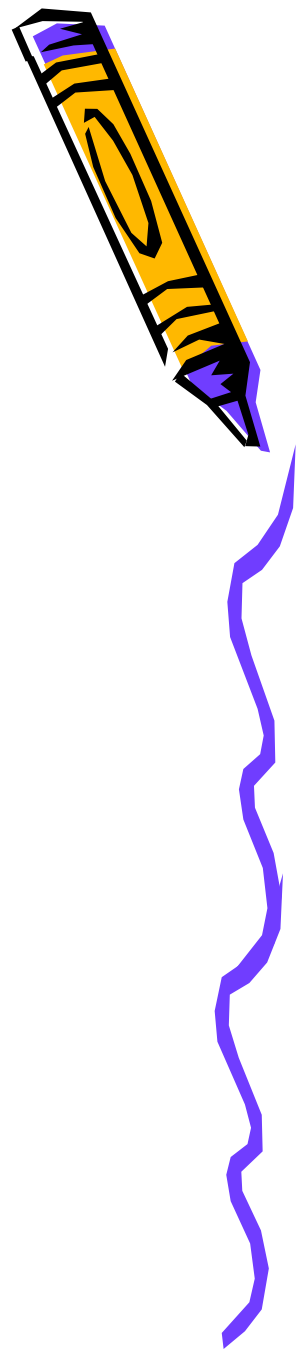
Cumulative Stress

- Burnout
 - Piling up lots of things over time
 - 6 months to a year
 - Not generally associated w/specific event
 - Tied closely to lifestyle
 - Chronic state of fatigue or frustration from disappointment



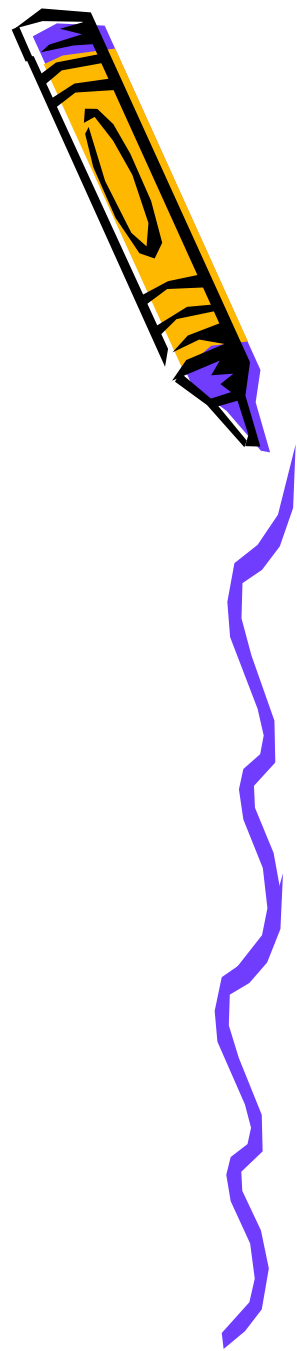
Cumulative Stress

- Excessive Exposure to stress over time
- Evolves unusual behavior such as:
 - Increased drug/alcohol use
 - Decreased eating/sleeping
 - Decreased exercise
 - Suicidal

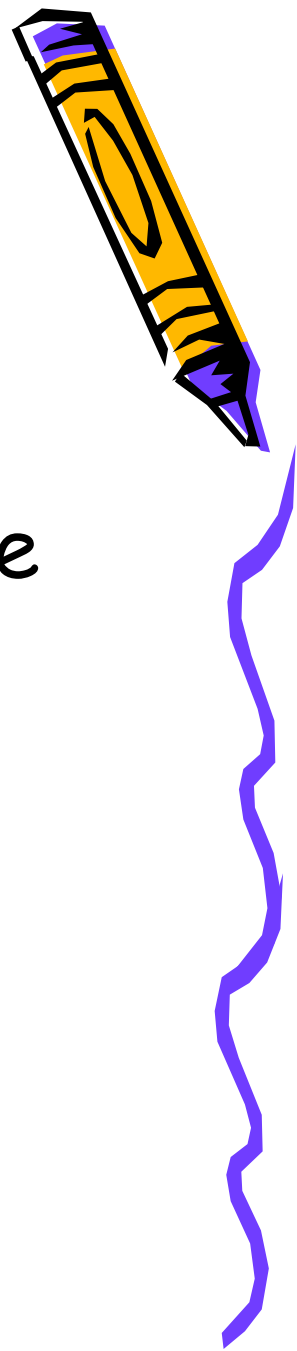


Lifestyle Burnout Phases

- Warning
 - Anxiety, depression, boredom
- Mild
 - Headaches, nausea, tremors
- Entanglements
 - Cardiac problems, cancer, ulcers
- Severe Symptoms
 - Suicidal, Homicidal



Post Traumatic Stress (PTSD)

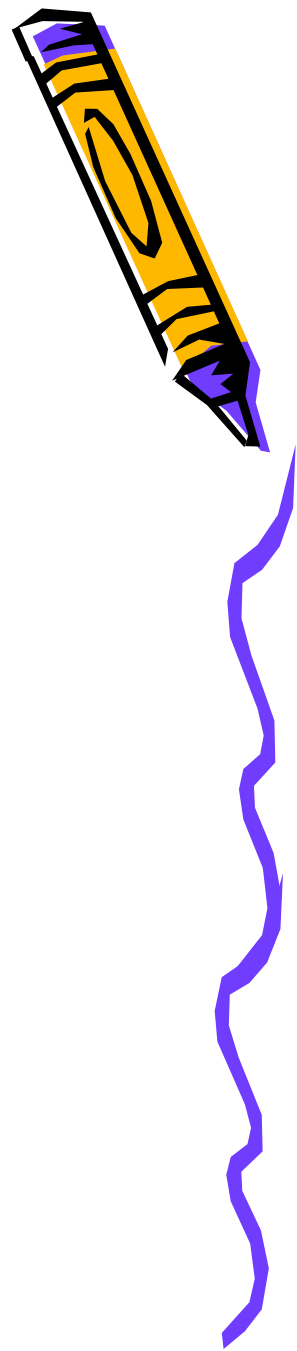


- Maladaptive and result of critical incident stress without appropriate recovery
- Two most likely setups for PTSD:
 - Traumatic childhood
 - Highly anxious personality



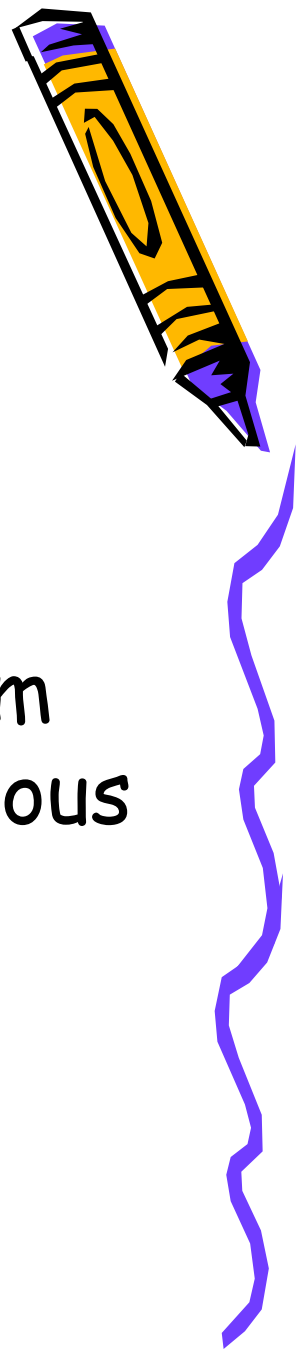
Stressors

- Causes:
 - Psychological Contact with people daily=pressure
 - Bioecological - noise, dust, dirt, confusion, crowding
 - Personality-plus or minus



Stressors

- Night time operation (police)
- Expanding knowledge base
- Other: press, knowing victim, victim looks like, sounds like, etc., hazardous materials



Stressors

- Administrative hassles
- Non-administrative = field situations
- Death of children (92-95%)
- Injury to children (careless/malicious adults)
- Death of patients



Stressors

- High rise fires with life involvement
- Fear of own death/injury with operational procedures
- Injury to one's own, personal/vulnerability
- Death of one's own (hardest to handle)

Validates personal vulnerability

