

# Wellness: An Onward Journey

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# Educational Objectives

- ▶ Describe the impact of occupational stress on physical and emotional health, wellness and family relationships
- ▶ Explain how proven techniques of stress reduction may enhance personal health and wellness
- ▶ Discuss relaxation and coping techniques

# Work Stress





**PUT ON YOUR  
OWN MASK FIRST**

breathe



## Primary Causes of Stress

- Heavy workload
- Debt and/or personal financial issues
- Staffing issues
- Lack of time
- Overcrowding
- Uncertain/tight funding
- Institutional culture
- Unreasonable expectations
- Bureaucracy



## Effects of Stress and Burnout

- Staffing issues
- Sleep issues: fatigue or insomnia
- Poor health/frequent illness of chronic conditions
- Exhaustion, Frustration and Anger
- Low workplace morale
- Diminished quality of work performance
- Errors
- Depression
- Relationship/Family Issues

# Stress & The Body

- ▶ Increased heart rate
- ▶ Increased blood pressure
- ▶ Increased LDL cholesterol and triglyceride levels
- ▶ Increased blood sugar
- ▶ Increased respiratory rate
- ▶ Increased alertness
- ▶ Increased metabolism
- ▶ Decreased digestion

## HOW **STRESS** AFFECTS THE BODY

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

### SKIN

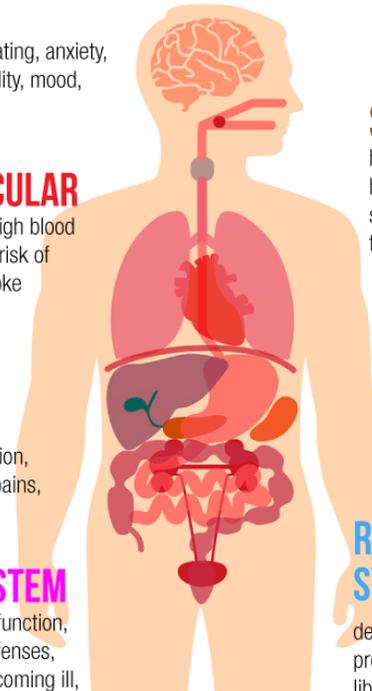
hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

### REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms



# Signs & Symptoms of Stress

- ▶ Poor concentration
- ▶ Irritability/Rudeness/Anger
- ▶ Appetite changes
- ▶ Fatigue
- ▶ Emotional numbness
- ▶ Feelings of Sadness, and Helplessness
- ▶ Forgetfulness
- ▶ Irregular sleeping patterns
- ▶ Nightmares
- ▶ Reflux



What effects of **burnout** have you experienced?

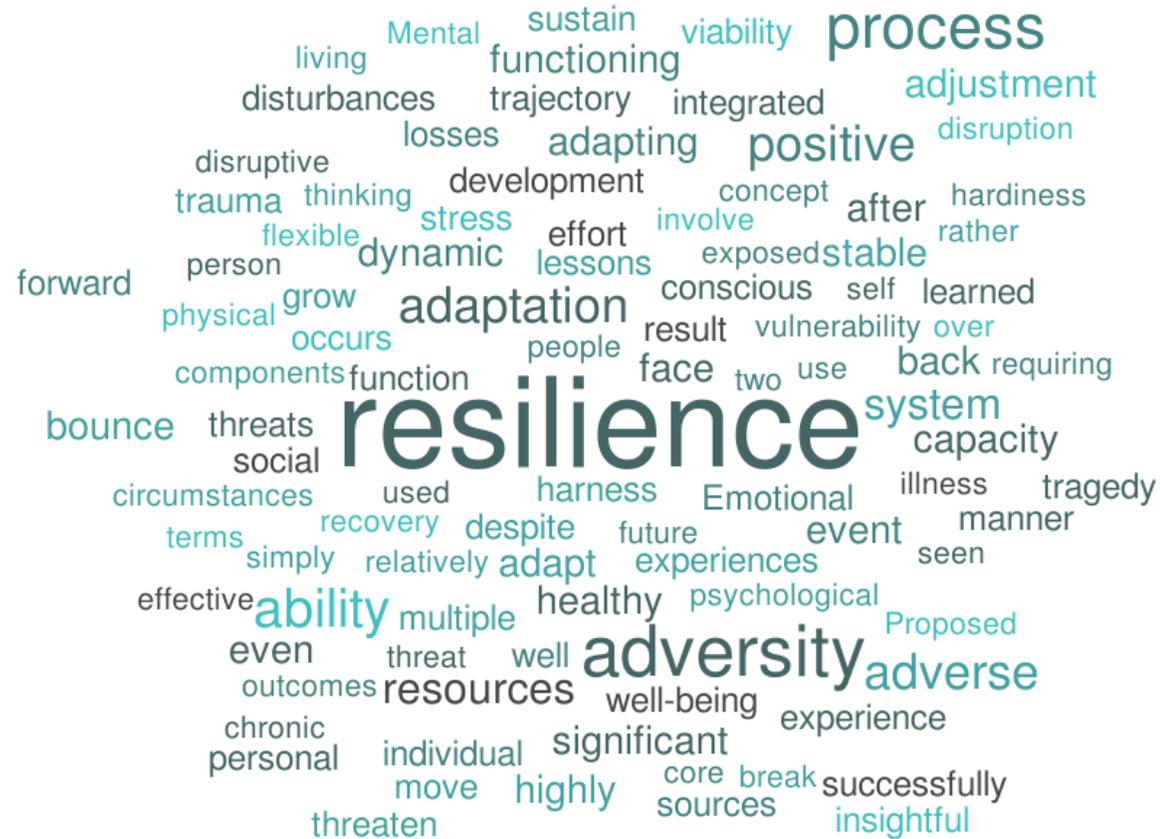
What **reactive behaviors** do you exhibit when facing adversity ?

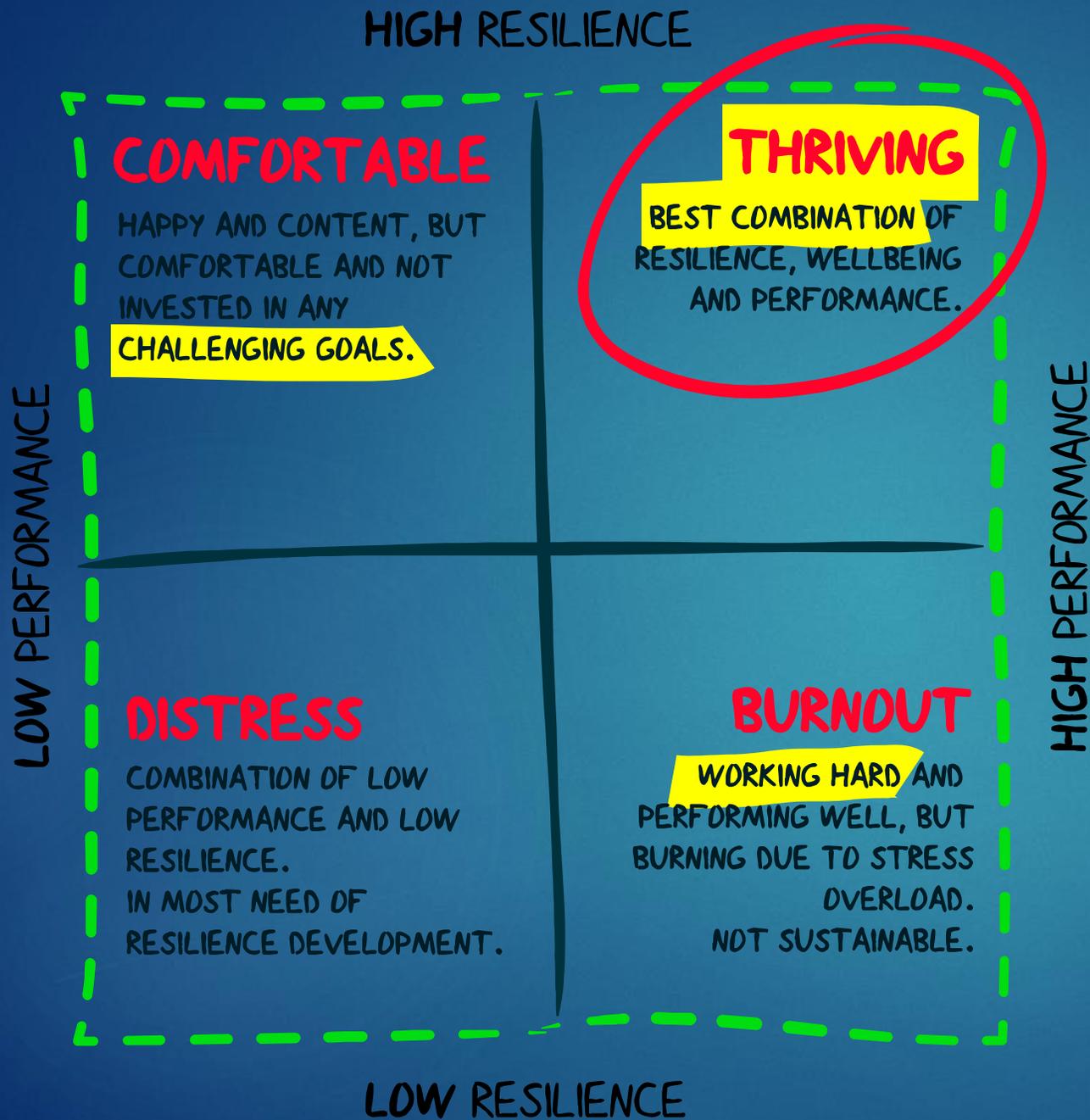
- Either/Or Thinking
- Victim Mentality
- Deadly Serious
- Impulsive/Thoughtless
- Invasive Behaviors
- Focus on Crisis
- Narrow Vision
- Hijacked Thinking
- Limited Repertoire
- Easily Stampeded
- Rebellion/Submission
- Dominating/Scapegoating
- Physical Symptoms

► Think to yourself



# What is Resilience?





# Resilience / Performance Matrix

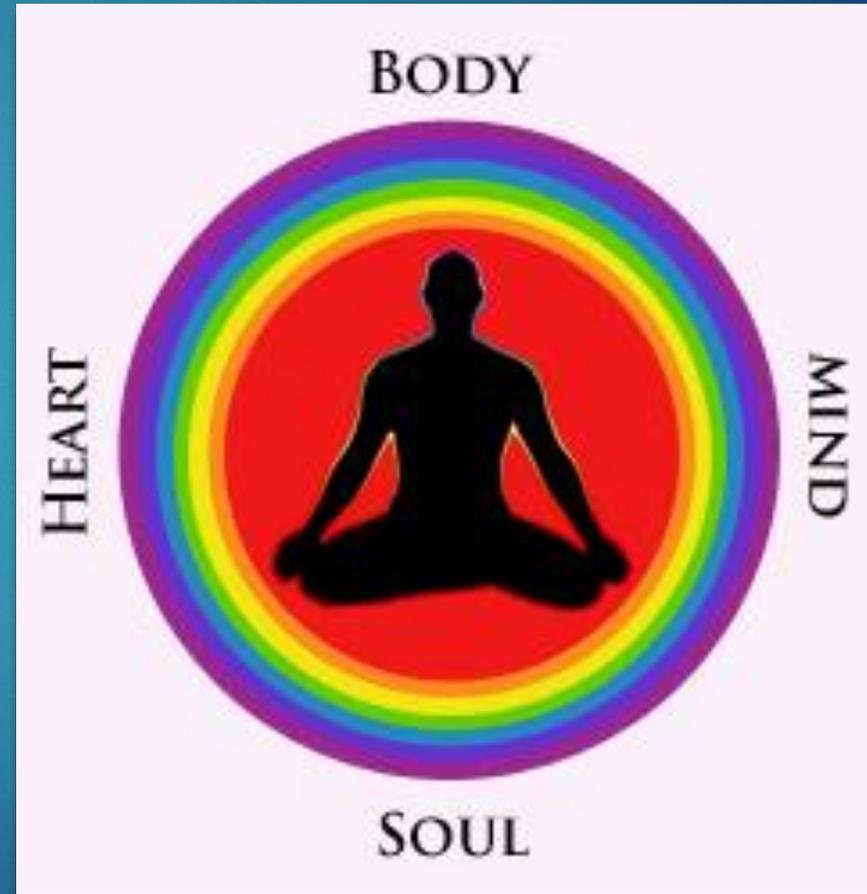
Avoid burnout, being uncomfortable, or distress

High resilience allows you to sustain high performance



# Wellness Journey: A Holistic Approach

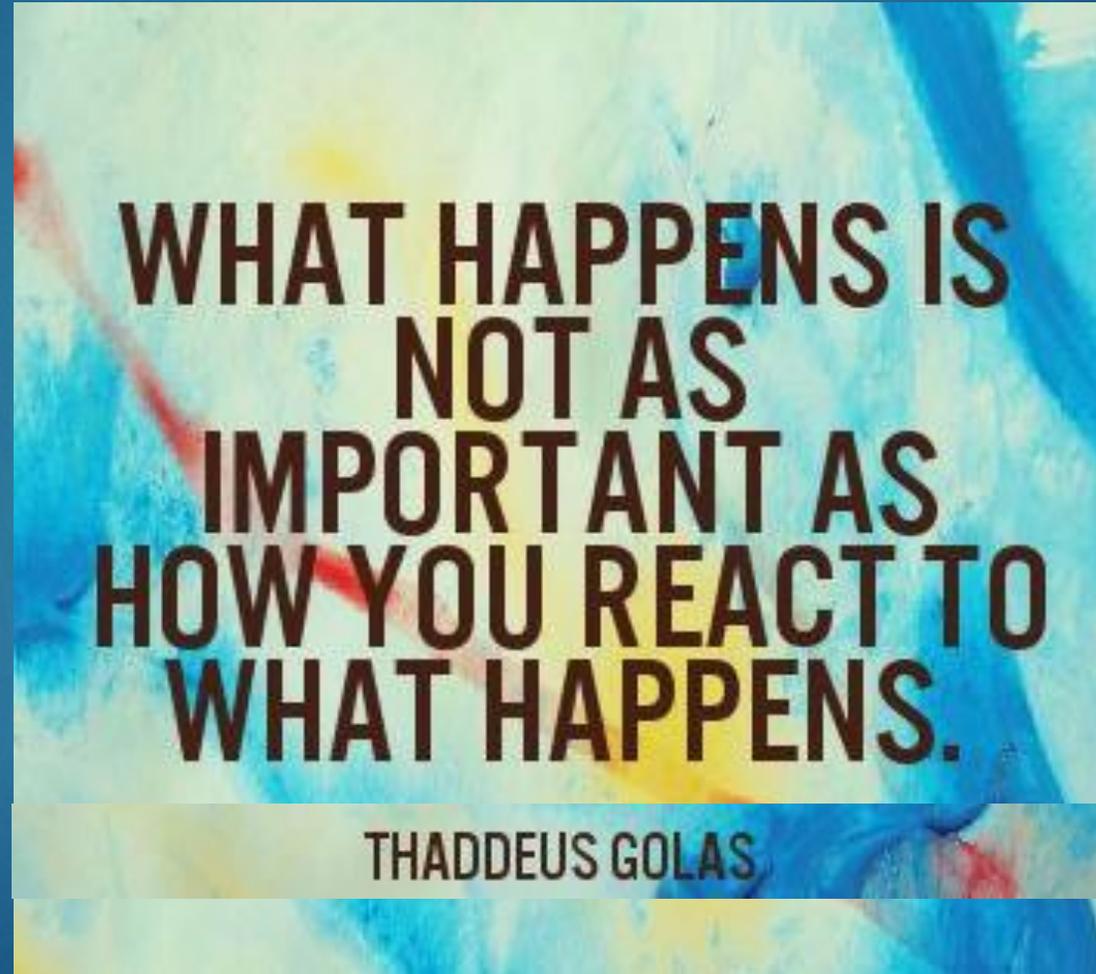
- ▶ Physical
- ▶ Emotional
- ▶ Spiritual



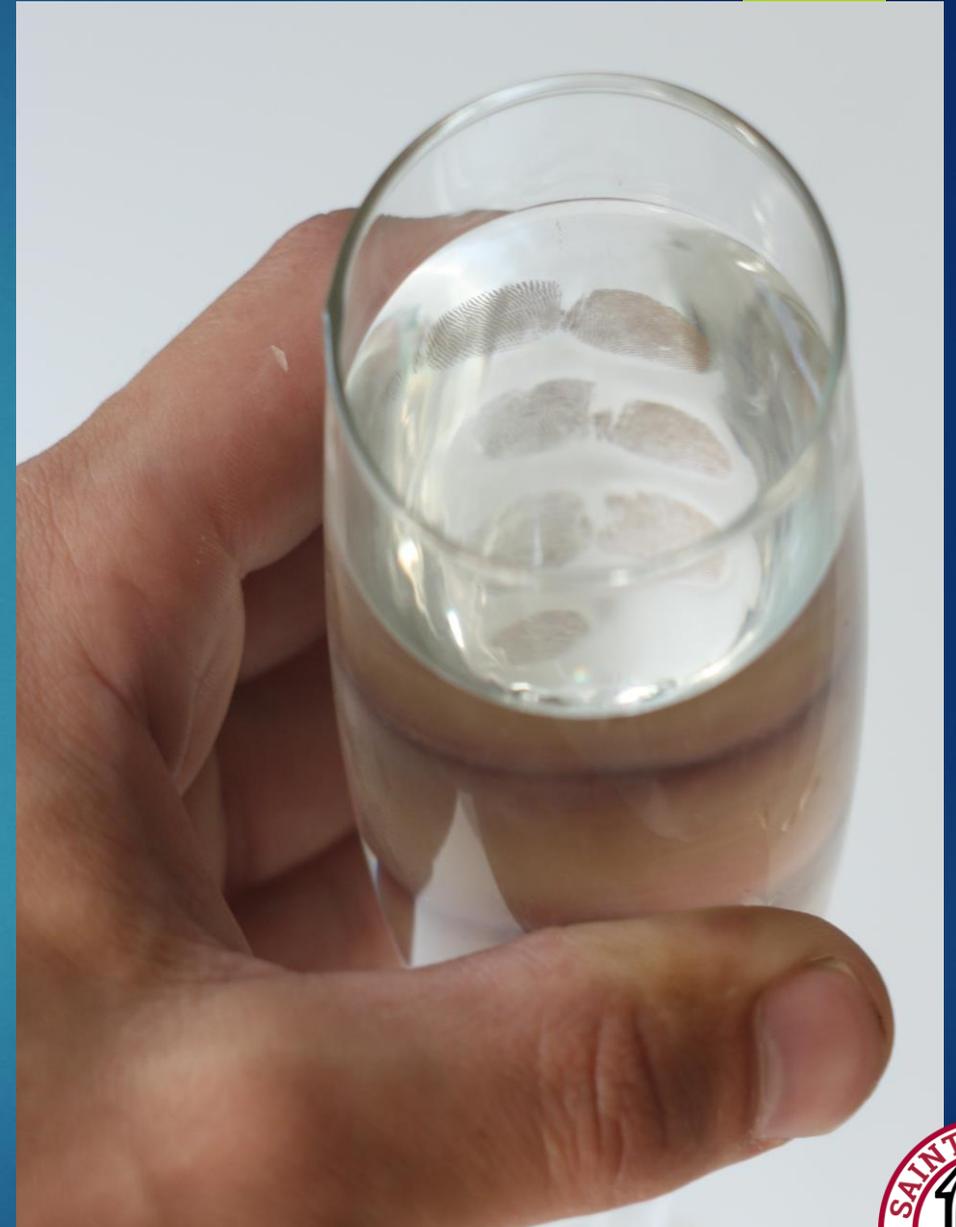
# Physical



# Change your Thoughts



Emotional:  
Problem-focused coping  
increases resiliency  
while emotion-focused  
coping  
impairs resiliency



# Spiritual



# Guided Imagery

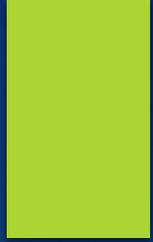


# Develop Healthy Habits

Permanent changes require a commitment and desire for personal improvement.

Remember: *1<sup>st</sup> you make the habit and then your habits make you.*





# References

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