What We Are Facing Now More Than Ever

Every Organization MUST Have a Plan

The Time for a Plan is NOT When You Need It

The Elements of a Good Plan
- Protocol and policies that support hospital workers getting help
- A culture that promotes mental health and resilience
- Local clinicians who understand emergency services
- Local clinicians who believe in peer support
Where We Start – Education is Inoculation

Traumatic Stress:

- A state of physical and emotional activation.

Where We Start – Education is Inoculation

- The core element of stress is fight or flight syndrome.

The Types of Stress – Let’s Normalize This

- Acute Stress
- Delayed stress
- Cumulative stress
- Post-traumatic stress disorder

The Four Red Flags of Trauma

- The perception that you will lose your life
- The perception that you will witness the loss of life of someone you care about, or this event actually occurring
- Mass carnage incidents
- Serious injury or death of a child/children

Enhancing Resilience After Horror

Start with the base of Maslow’s Hierarchy of Needs:
- Food
- Water
- Clothing
- Shelter
- Safety

PTSD

End of week 1:
- FADING

End of week 2:
- GOOD TO GO
Post-Traumatic Stress Syndrome

- Symptoms are common after trauma but resolve in about a month.
- These are normal reactions to trauma and the healthy, resilient brain resolves it.

Innocence, The End of the Innocence and Wisdom

Cumulative Stress: Think Burnout!!!

- High expectations and good intentions

Cumulative Stress: Think Burnout!!!

- Continuous exposure to suffering and violence

Cumulative Stress: Think Burnout!!!

- Burnout means no balance

Moral Injury

- Moral injury refers to an injury to an individual’s moral conscience and values resulting from an act of perceived moral transgression. The result is profound guilt and shame, and sometimes a sense of betrayal.
Vicarious Trauma

- The response associated with the exposure to the pain of others

Secondary Trauma

- Secondary trauma is associated with symptoms that resemble PTSD, resulting from working with others who have experienced trauma firsthand. Symptoms include hypervigilance, hopelessness, anger, fear and cynicism.

Resilience

- Resilience means getting through adversity

Resilience Continuum

- Everyone is resilient to some degree
- No one is perfectly resilient

Resilience

- It’s not enough to want to be resilient. We have to choose a resilient life.
Resilience

- Resilience means generally working, playing, loving and expecting well
- Resilience means functioning at the best possible level

The Resilient Brain

- The brain is plastic – it changes in structure and function as we grow through life and experience events
- The hippocampus grows neurons as it recovers from stress

The Resilient Brain

Brain health equals heart health

Aerobic Exercise

- Exercise burns stress and lowers cholesterol
- Exercise enhances cognitive function and prevents decline
- Fitness is associated with academic performance

Aerobic Exercise

- Exercise improves mood, happiness and confidence
- Exercise reduces tension, depression and anxiety

Nutrition

- Nutrition is good for the heart and the brain
- Power foods: Plants and fish
Nutrition

- Choose good carbohydrates
- Choose foods rich in antioxidants
- Restrict calories
- Go with whole grains
- High fiber

Nutrition

- Vitamins
- Dark chocolate
- Nuts
- Hydrate
- Go lean

Sleep

- Sleep recharges and refreshes the mind
- Sufficient sleep has been linked to resilience
- Creativity, problem-solving and better performance

Not Enough Sleep

- REM sleep is shortened
- Weight gain
- Decreased blood flow to the brain – depression, anxiety, suicide

Tips for Good Sleep

- Get enough
- Keep a regular schedule
- Create a sleep-friendly environment
- Develop a relaxing routine

Tips for Good Sleep

- Exercise
- Consider regular naps
- Avoid alcohol and caffeine and self-medication
Happiness

Happiness is an overall feeling of satisfaction with one's life and oneself

Gratitude

Gratitude is linked to happiness, health, job satisfaction, less pain and fatigue, feeling more connected to others

Altruism

Altruism is associated with kindness and less cynicism

Spirituality

Spirituality is connected to greater optimism, health, resilience and altruism

Happiness

- Happiness includes genetics and outside factors
- Exercise, nutrition, sleep, light and Vitamin D
- Preliminary blood draws:
  - Vitamin D
  - Cortisol
  - Testosterone
  - Thyroid
  - Electrolytes

Altruism

- Altruism is the unselfish concern for the welfare of others
- Selflessness
- Kindness
- Benevolence

Gratitude

- Gratitude is linked to happiness, health, job satisfaction, less pain and fatigue, feeling more connected to others

Altruism

- Altruism is associated with kindness and less cynicism

Spirituality

- Spirituality is connected to greater optimism, health, resilience and altruism
Resilience According to TGA

- Hydration, nutrition, rest and exercise
- Family, faith, friends and hobbies
- Alcohol in moderation, or for some, none at all

Resilience According to TGA

- Set reasonable goals and objectives to reach them
- Get regular and comprehensive check-ups
- Anger is a great tool – use it well
- Forgive yourself and others

Resilience According to TGA

- Develop a core set of beliefs that nothing can shake
- Try to find meaning in whatever stressful or traumatic thing has happened – find post-traumatic growth
- Be tenacious in your healing

Resilience According to TGA

- Take cues from someone who is especially resilient
- Don’t get stuck in a moment – take a step back and look at the big picture

Bottom Line…Get Help!

Posttraumatic Growth – Pay It Forward

- I love when people that have been through hell walk out of the flames carrying buckets of water for those still consumed by the fire.
Publications

www.smashingthestigma.com

www.taniaglenn.com

http://drtaniaglenn.blogspot.com

https://facebook.com/DrTaniaGlenn and Associates PA

https://twitter.com/DrTaniaGlenn

Questions and Answers

"Fear is avoidable, suffering is optional."

REBECCA THOMAS, LMSW
rthomas@taniaglenn.com - 1.512.323.6994

www.taniaglenn.com
http://drtaniaglenn.blogspot.com

https://facebook.com/Dr Tania Glenn and Associates PA
https://twitter.com/DrTaniaGlenn