



Approaching Minimums: Finding the balance between peer support and maintaining wellness.

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Objectives

- Recognizing signs
- Individual coping strategies
- Self-Compassion as a coping strategy
- Mindfulness as a strategy



"The pessimist complains about the wind;
The optimist expects it to change;
The realist adjusts the sails."

William Arthur Ward

Terms

- Compassion Fatigue
- Burnout
- Warning Signs
- Peer Support

Burnout or Compassion Fatigue?

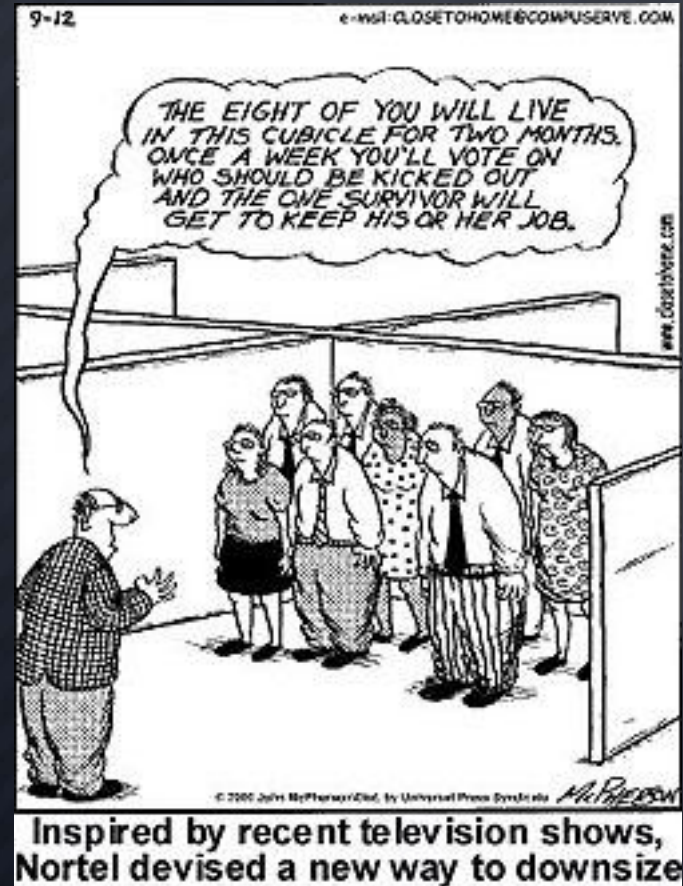


Compassion Fatigue-Definition

According to Charles Figley (2002), compassion fatigue is a function of bearing witness to the suffering of others. It is a secondary traumatic stress reaction. It is defined as a state of tension and preoccupation with the traumatized consumer by re-experiencing the reported traumatic events, avoidance/numbing of reminders, and/or persistent arousal (e.g., anxiety) associated with the consumer.

Cognitive Warning Signs

- Intrusive thoughts and/or images of consumers' traumatic situations
- Developing a worldview in terms of victims and perpetrators
- Decreased sense of safety
- Increased suspicion of others
- Decreased trust in others
- Diminished feelings of personal control and freedom
- Feelings of therapeutic impotence/helplessness
- Loss of hope
- Guilt
- Victim-blaming
- Diminished sense of purpose, accomplishment, or enjoyment of work
- Difficulties with attention and concentration
- Increased forgetfulness



Psychological/Emotional Warning Signs

- Increased anger and irritability
- Lower frustration tolerance
- Depression
- Decreased ability to feel joy
- Increased feelings of anxiety
- Feelings of horror or dread
- Inability to maintain balance between empathy and objectivity
- Feeling unappreciated, alienated, and isolated
- Emotional withdrawal from colleagues, friends, and family
- Over-identification with certain consumers
- Marked or increased countertransference issues with certain consumers



Physical Warning Signs

- Chronic fatigue
- Increased somatic complaints (headache, stomach aches, back pain, etc.)
- Increased muscle tension
- Physiological arousal in the form of palpitations and hypervigilance



Behavioral Warning Signs

- Difficulty sleeping (insomnia or oversleeping)
- Workaholism
- Increase in addictive behaviors such as compulsive eating or substance abuse
- Impairment in day-to-day functioning including missed or cancelled appointments
- Decreased use of supervision
- Increased isolation
- Chronic lateness
- Increased absenteeism from work



Let's talk maintaining wellness



Wellness

- Wellness is not the same as health. **Health** generally refers to only the physical well-being of an individual **Wellness** refers to the relationship between the physical, emotional, spiritual, intellectual, interpersonal/social and environmental aspects of life

Physical Wellness

- Being active
- Getting exercise
- Maintaining a healthy body weight
- Eating right from the recommended Food groups
- Maintain Hygiene
- Not smoking
- Getting rest

Emotional Wellness

- Handling stress
- Maintaining the immune system
- Deal with emotions properly
- Laugh (It's the best medicine)
- Don't over react
- Avoid unnecessary stresses
- Find/do things that make you happy



Spiritual Wellness

- Belief in a Higher power
- Church attendance
- Meditation
- Live in a way you believe you should live your life

Intellectual Wellness

- Thinking
- Taking a course
- Mental games(Sudoku/ Crosswords)
- Challenge yourself
- Read a book
- Open your mind
- Learn something new

Social Wellness

- Surround yourself with good people
- Get out there and talk to people
- Take time for others
- Give/volunteer
- All of you are experts at this aspect of wellness



Balance

We all need to balance these areas of our lives; however, the needs of each individual may be different – Some of us will have more needs in the physical realm, others may need to meet more emotional or social or spiritual needs. As adults, we become more aware that time is important and we make our choices differently than when we were younger .

Without balance it becomes difficult to carry out our normal lives. Life balance is an individual choice, Determined by setting priorities as to what is important to you.

We need to make decisions about our lives by prioritizing our choices. If we don't take the time for things that are important to us, we probably won't do them. Are the things you value the same things that are taking up your time?

Learn to prioritize and place importance on those things you value. Make time for the things that really matter to you..

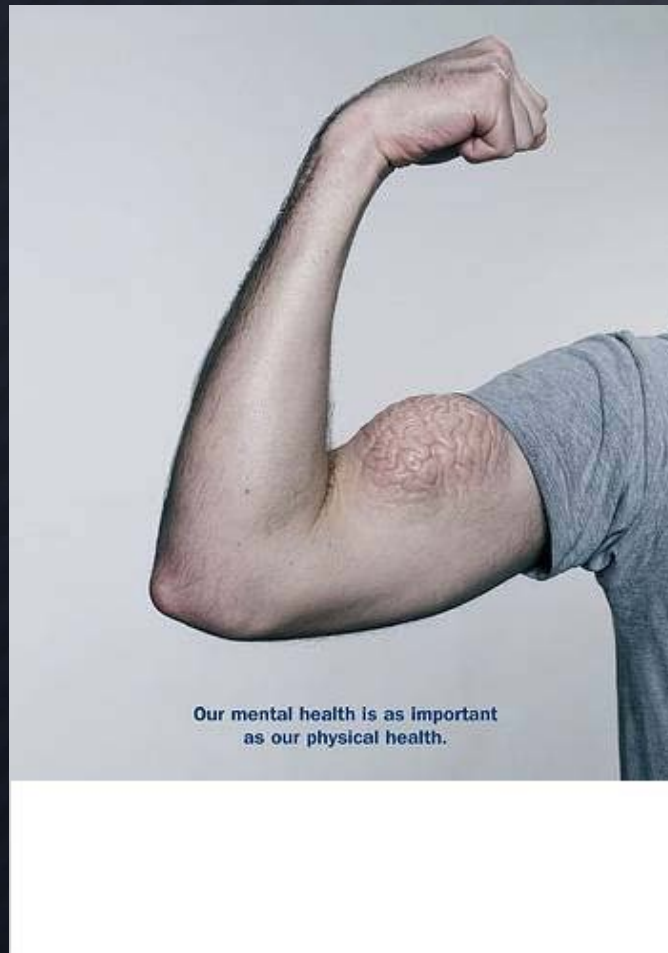
The pilot profession

- **Requires a defined psychological (characterial?) profile:**
- Independent thinker, usually strong character but still dedicated team players
- Decision friendly
- Mentally balanced & stable characters
- Strong professional links between individual pilots due to shared values, lifestyles and experiences.
- Highly skilled & trained (usually highly motivated)
- **However, just like others, pilots are not immune & vulnerable to many outside influences:**
- Multiple job stresses (safety / managerial / economic)
- Additional burdens: costs / new business & employment types / operating to the limits of legal provisions “common” life stresses (financial, health, family ...)

Why Peer Support?



Pilot Peer Helpers Need Strong Mental Muscles



Individual Coping Strategies

Exercising

Allowing for
self reflection

Meditation

Taking time off

Visiting with
family and
friends

Getting
therapy

Journaling

Eating right

Mindfulness

More on Individual Coping Strategies

- humor

Having support and meeting with friends or colleagues in the field

- Self-care plans
- Stress management training
- Case discussion and regular supervision

Self-Compassion and Mindfulness

“I have come to believe
that caring for myself is
not self indulgent.
Caring for myself is an
act of survival.” – Audre Lorde



Self-Compassion as a Coping Strategy

- Having compassion for yourself when you are having a difficult time, fail, or notice something you don't like about yourself in the same way you would have compassion for others.



Self-Compassion

- 3
Components:
 - Self-kindness
 - Common Humanity
 - Mindfulness



What Self-Compassion Isn't

- Self-pity
- Self-indulgence
- Self-esteem

Mindfulness as a coping strategy

To Practice:

Think Mindfully

“Concentrated awareness of one's thoughts, actions or motivations”

- (Think Mindfully, 2012).

- Use an anchor, such as breathing
- Notice thoughts and feelings
- Avoid judgment

Provider Resiliency Phone App



- And Finally...



When in Doubt: Call the Nurse ☺

