



Improving People's Lives Through Innovations in Personalized Health Care

Coping with the Mental Health Impacts of Trauma

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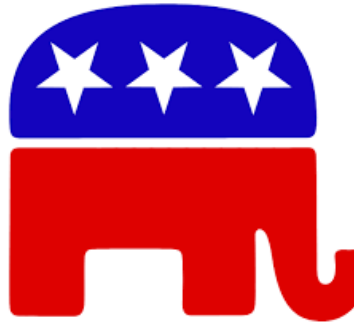
Just a quick couple of questions...

- How often have you been bothered by feeling down or depressed in the past 5 months?
 - Not at all
 - A few days
 - Several days
 - More often than not.

- How often have you been bothered by feeling anxious or fearful in the past 5 months?
 - Not at all
 - A few days
 - Several days
 - More often than not.



We live in a difficult time.



The Washington Post

The coronavirus pandemic is pushing America into a mental health crisis

Anxiety and depression are rising. The U.S. is ill-prepared, with some clinics already on the brink of collapse.



Isolation and economic upheaval caused by the coronavirus pandemic are already resulting in a sharp spike in people seeking mental health help. (Amanda Andrade-Rhoades for The Washington Post)



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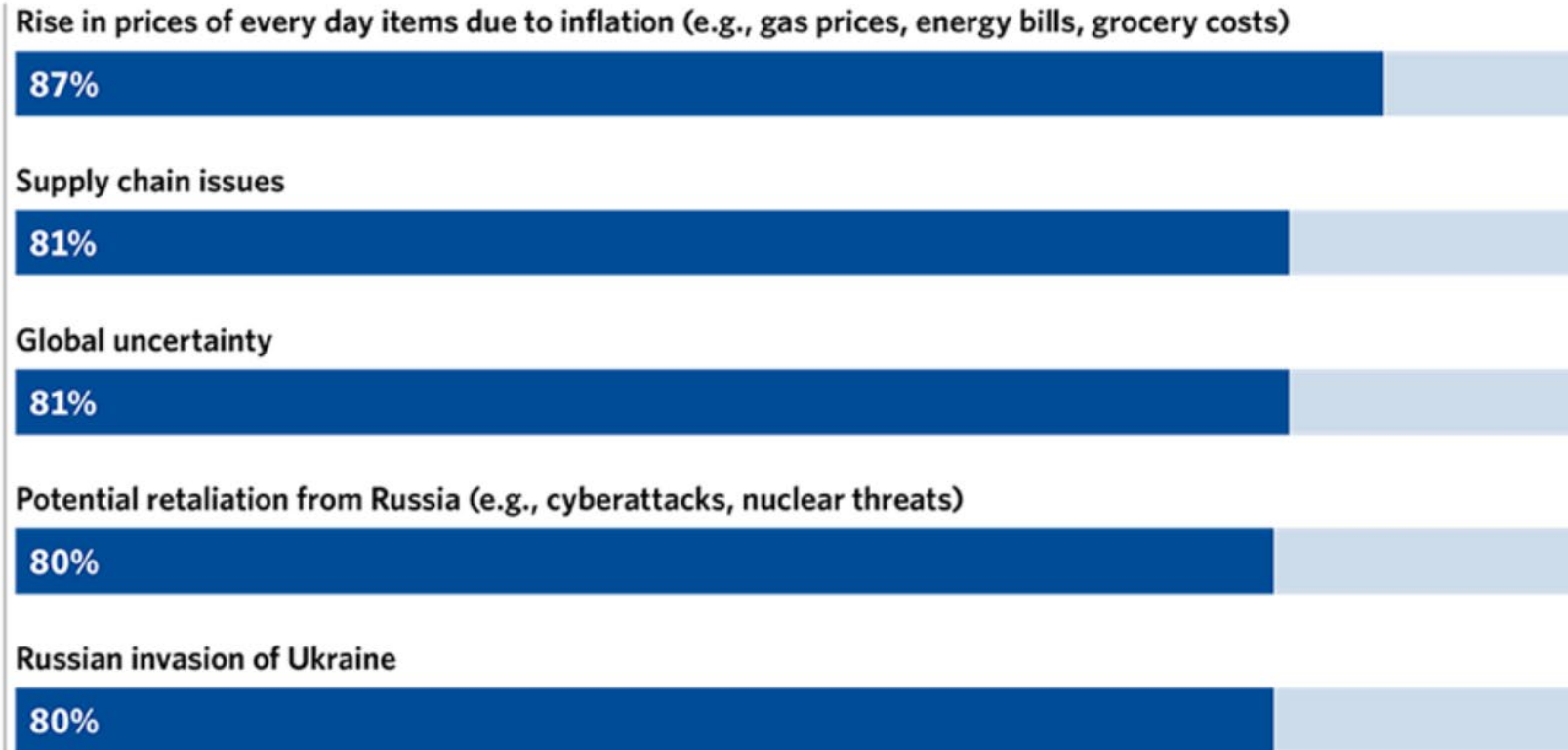
Current Reality

- We are living in an unprecedented time of stress and uncertainty.
- Situations that we used to take for granted seem different, changed and/or unfamiliar.
- Society seems, in general to be less civil.
- Understand and be aware of potential triggers.
- Our “Just world belief.” (If you work hard and do good things...Good things will come to you.)
- Stigmatized view of “mental illness.”



Significant Sources of Stress

% SAY IS A SIGNIFICANT SOURCE OF STRESS



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Contributing Factors War in Ukraine

87% say that it feels like there has been a constant stream of crises without a break over the last two years



84% say that the Russian invasion of Ukraine is terrifying to watch



73% agree that they are overwhelmed by the number of crises facing the world right now



69% say they are worried the invasion of Ukraine is going to lead to nuclear war



69% say they fear that we are at the beginning stages of World War III



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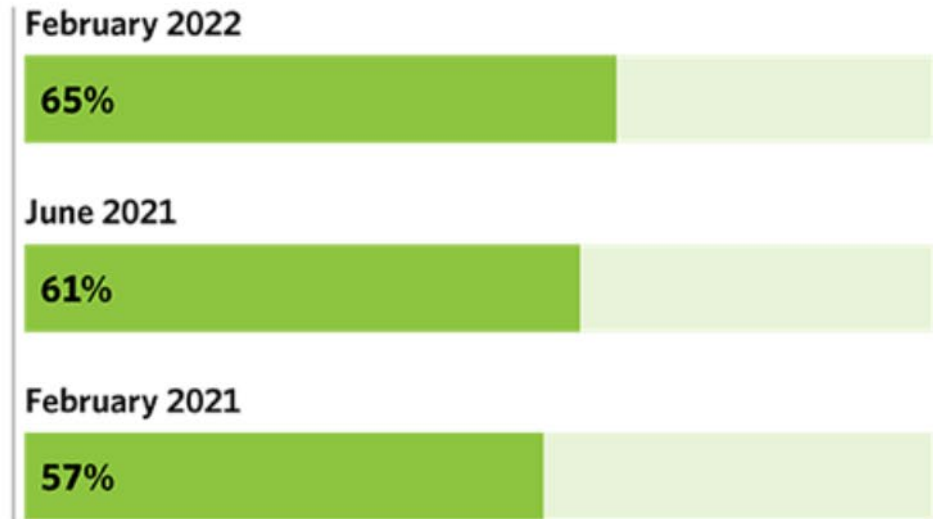
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Contributing Factors Financial Stress

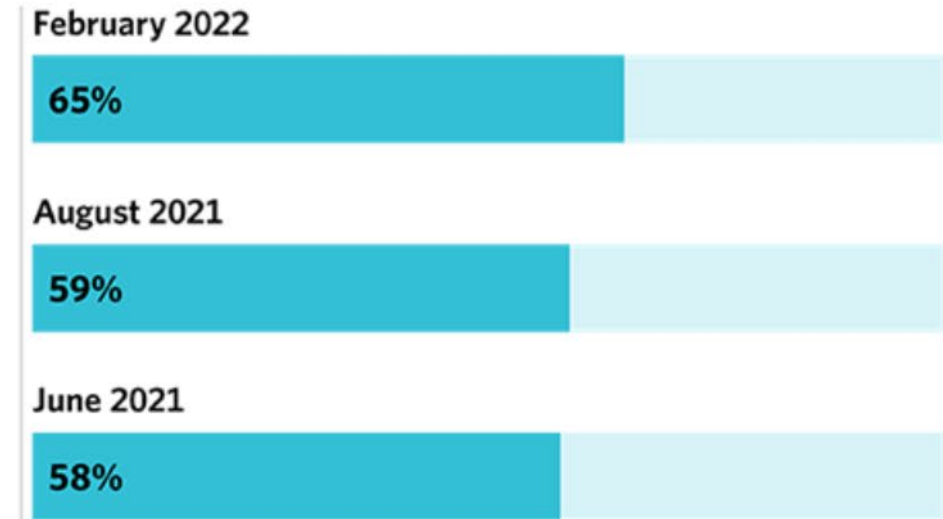
% SIGNIFICANT SOURCE OF STRESS

Stress about money is the highest recorded since 2015

MONEY



ECONOMY



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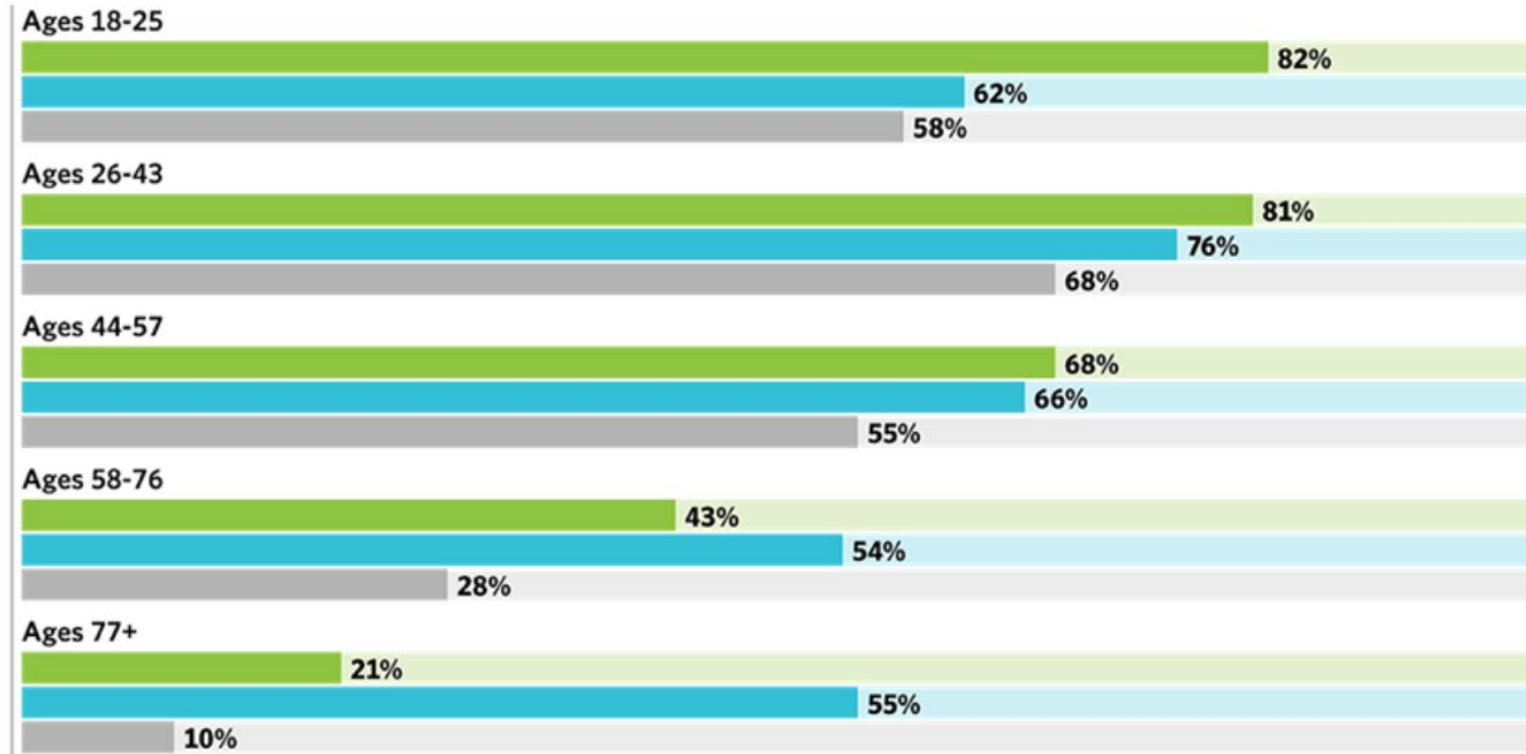


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Money, Economy, Housing

% SAY MONEY/ECONOMY/HOUSING IS A SIGNIFICANT SOURCE OF STRESS

■ MONEY ■ ECONOMY ■ HOUSING



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Current Reality

For every 100 American adults, **34** show symptoms of **anxiety**, **depression**, or **both**

20 show symptoms of both **anxiety and depression**



4 show symptoms of **depression** alone

10 show symptoms of **anxiety** alone

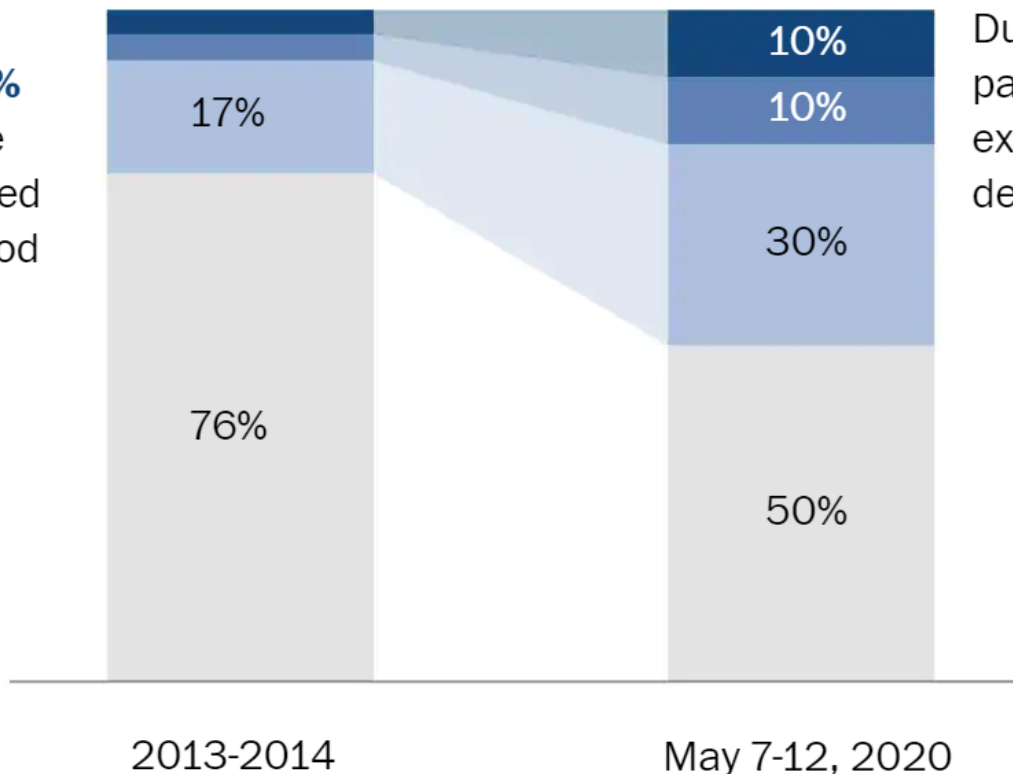
National Center for Health Statistics (NCHS) partnered with the Census Bureau on an experimental data system called the Household Pulse Survey.



How Americans responded to the question "How often have you been bothered by feeling down, depressed, or hopeless?" Someone who answered "several days" or "more than half the days" would need to show other symptoms to screen positive for depression.

■ Not at all ■ Several days ■ More than half the days ■ Nearly every day

Before the pandemic, **25%** of adults in the U.S. experienced depressed mood



During the pandemic, **50%** experienced depressed mood

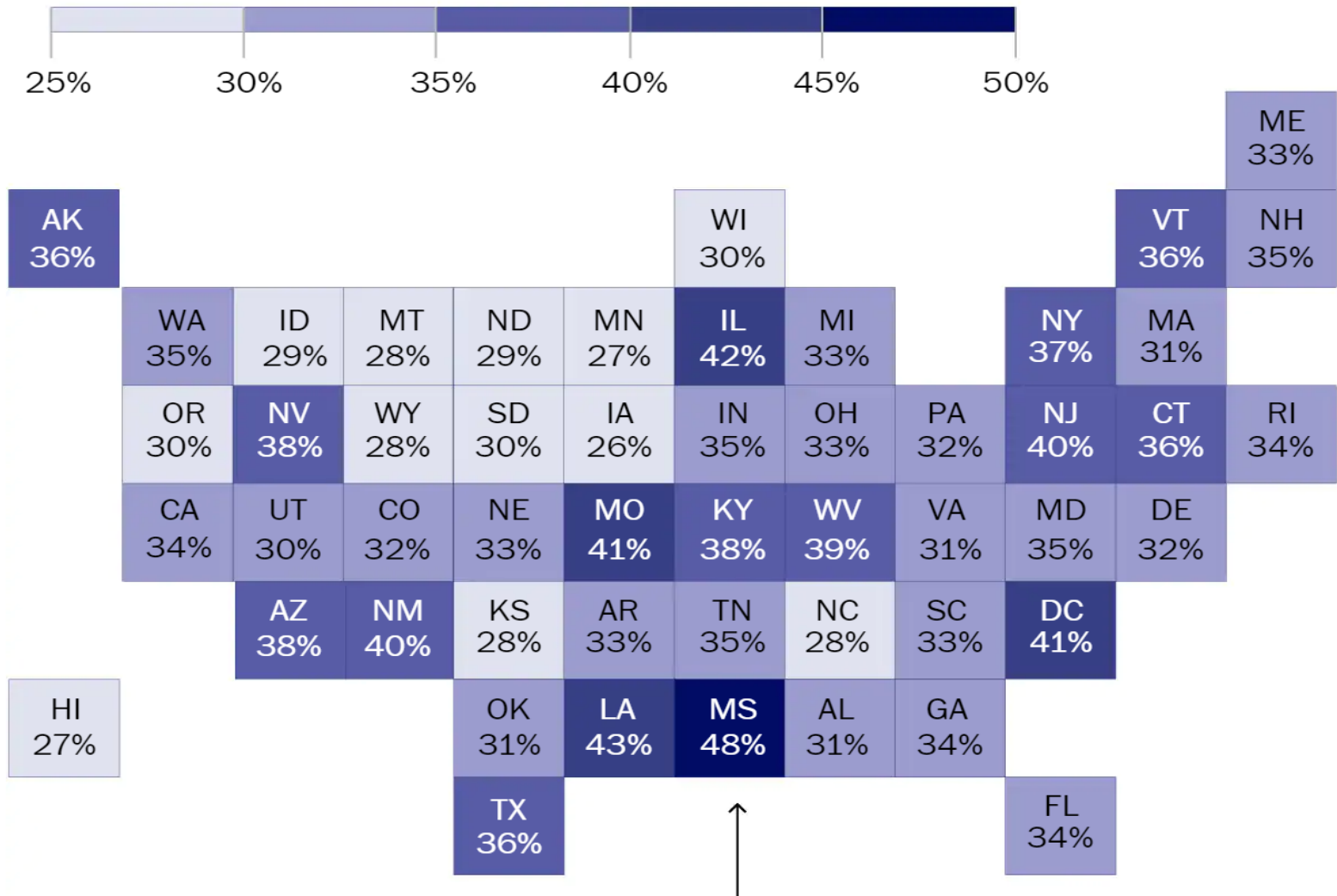
National Center for Health Statistics (NCHS) partnered with the Census Bureau on an experimental data system called the Household Pulse Survey.

The 2013-2014 survey reflects symptoms over a two-week period, while the 2020 survey reflects symptoms over a one-week period.



Anxiety and depression spread unevenly across states

Percent of adults with symptoms of anxiety or depressive disorders



Nearly half of adults in Mississippi showed symptoms of anxiety or depression

National Center for Health Statistics (NCHS) partnered with the Census Bureau on an experimental data system called the Household Pulse Survey.

Community Challenge Response

Struggle to understand the basis of certain viewpoints?

Found it difficult to know how to respond to certain viewpoints?

Have been surprised by perceptions expressed by others?

Have spent less time on social media?

Have unfriended or ghosted certain individuals?

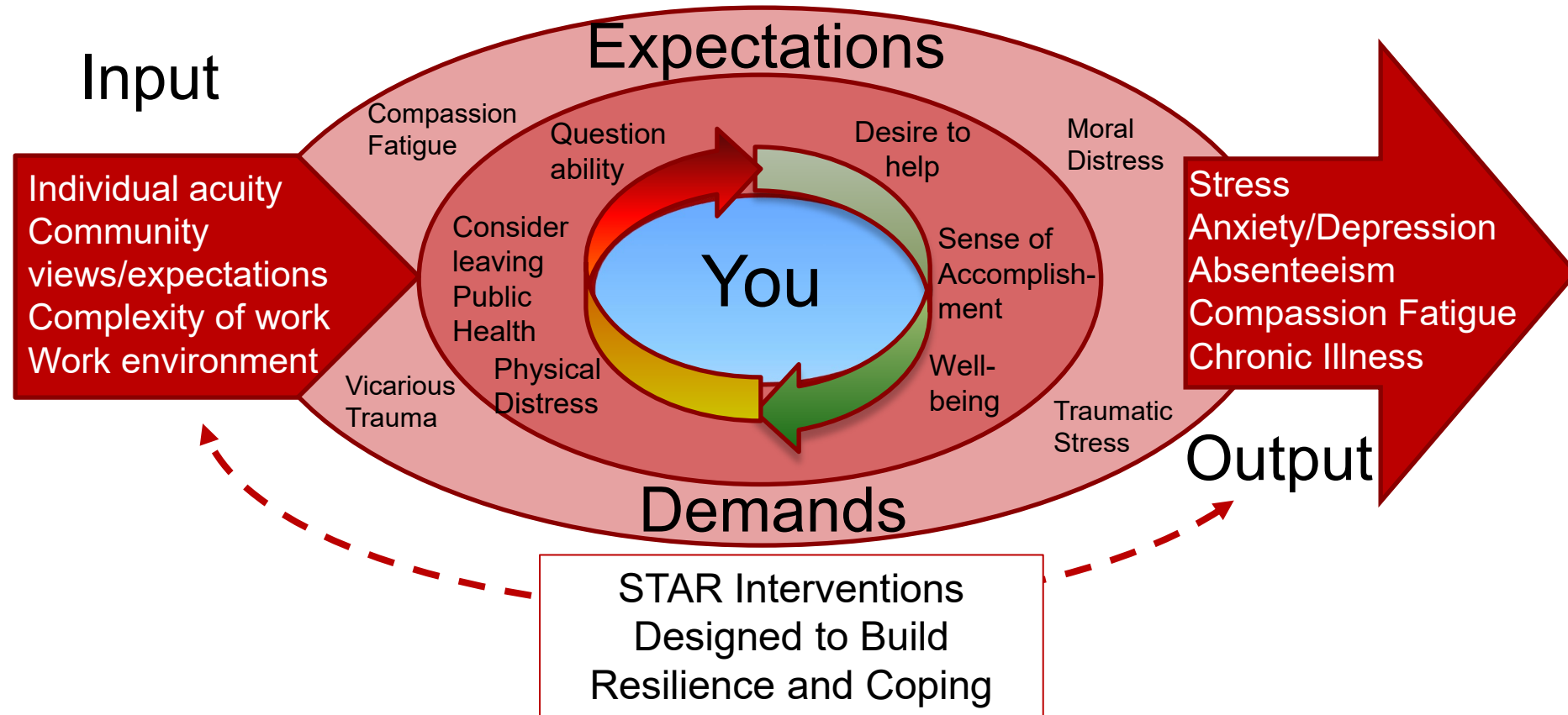
Avoiding certain people, places and things?

Have tried to build or formulate rational responses to other viewpoints?

Understand that such responses are not going to change individual belief system?



Building Resilience: Individual response to workplace stressors



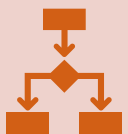
Impact of stress and distress



Vicarious trauma: Those not immediately involved can be traumatized by what they hear and see about events.



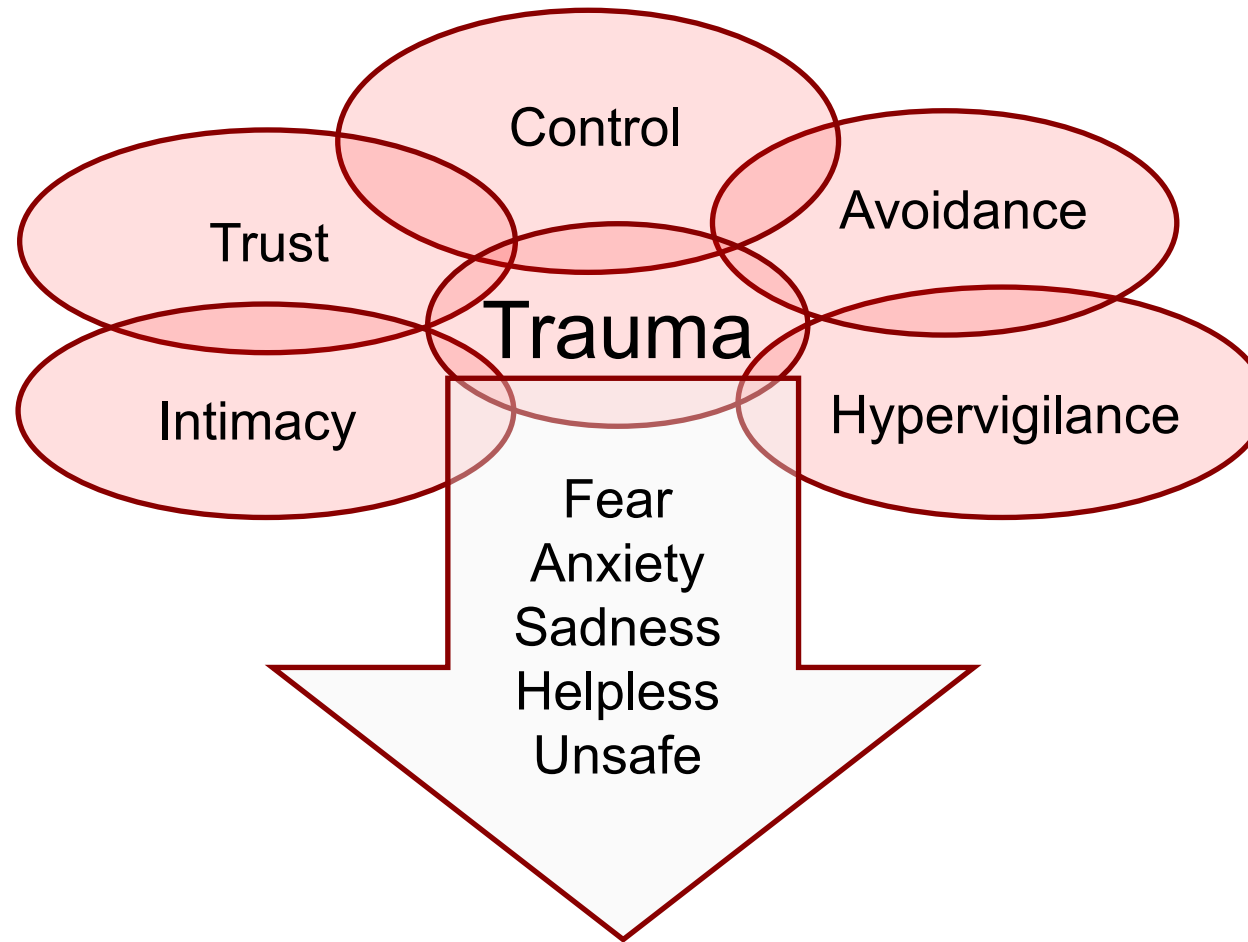
Traumatic stress: Elevated levels of stress across time involving engagement in activities that might/could result in a negative impact.



Moral distress: Different from ethical challenges, moral distress occurs when multiple appropriate actions are present without a clear process or best practice.



Understandable responses to uncertainty



Negative Self-Talk

- Understand the detrimental impact of “negative self talk.”
- Understand the potential for re-framing in reducing development of manufactured memories.



Cognitive Reframing

Do you talk to yourself?

What we say to ourselves, about ourselves is very important.

At times there is a need to examine and “re-frame” what we tell ourselves.

For example; Something happens...

There is an emotional response...and you “tell yourself something”

There is a consequence...”You feel something.”

Ask: Are my thoughts *realistic*, e.g., is it all my fault?

What can you tell yourself on such occasions in the future?



The Collapse of Sensemaking in Organizations

Karl Weick supplies a “recipe” for the collapse of sensemaking:

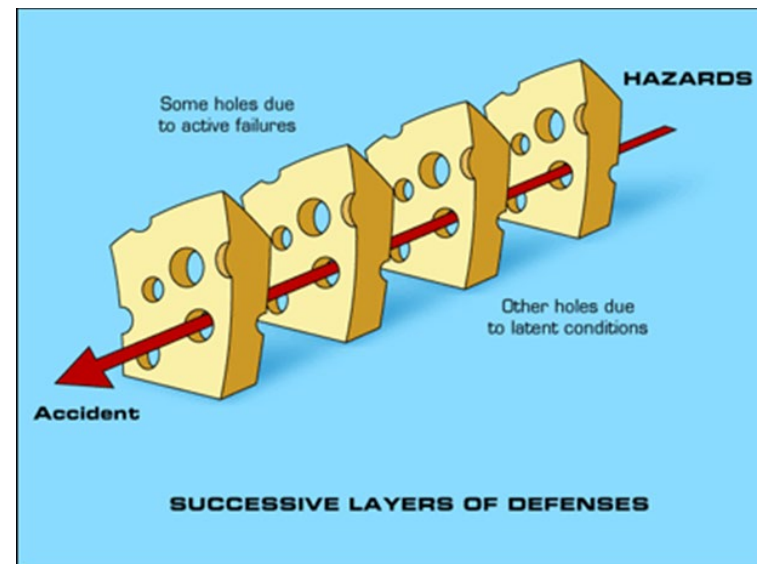
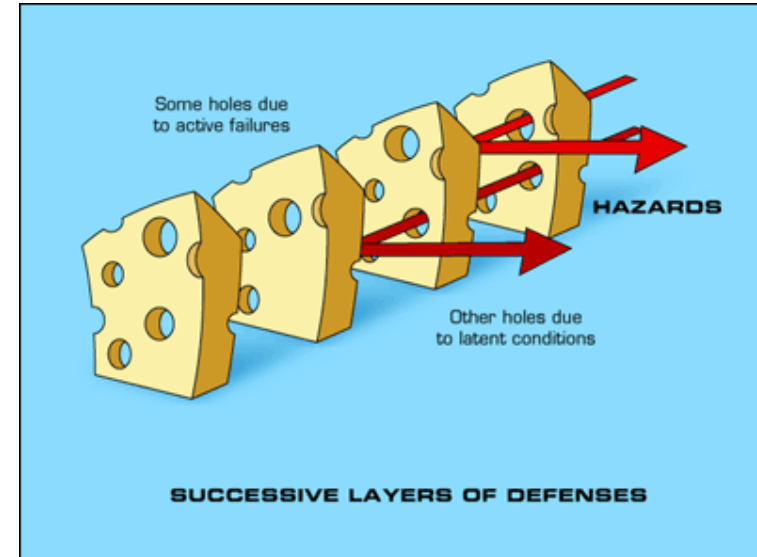
- Thrust people into unfamiliar roles;
- Leave some key roles unfilled;
- Make the task more ambiguous;
- Discredit the role system;
- *And make all of these changes in a context in which small things can combine into something monstrous.*

Karl E. Weick . Reprinted from *The Collapse of Sensemaking in Organizations: The Mann Gulch Disaster* by Karl E. Weick published in *Administrative Science Quarterly* Volume 38 (1993): 628-652 by permission of *Administrative Science Quarterly*. © 1993 by Cornell University 0001-8392/93/3804-0628.

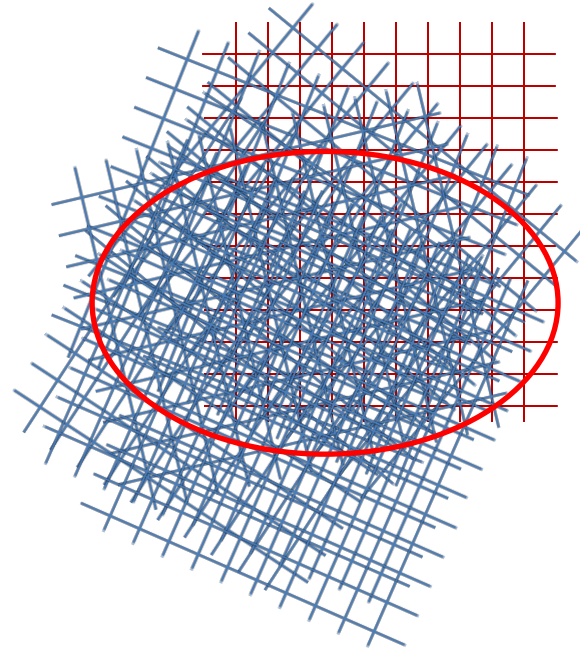


Why Our Approach Matters?

- Each system is uniquely designed to attain the outcome it achieves.
- Services are singular in approach.
- Services are co-located rather than collaborative.
- Even when individuals perform to their full potential this system approach will fail.



A Collaborative Grid Approach



In Yeager, K. (2015). *Crisis intervention handbook: Assessment, treatment, and research*. Oxford University Press



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So...What is the path toward individual resilience?



So...What is the path toward Emotional Wellness?

- It is more of a quest or an effort.
- It requires...
avoiding the path of negativism and quick fixes.

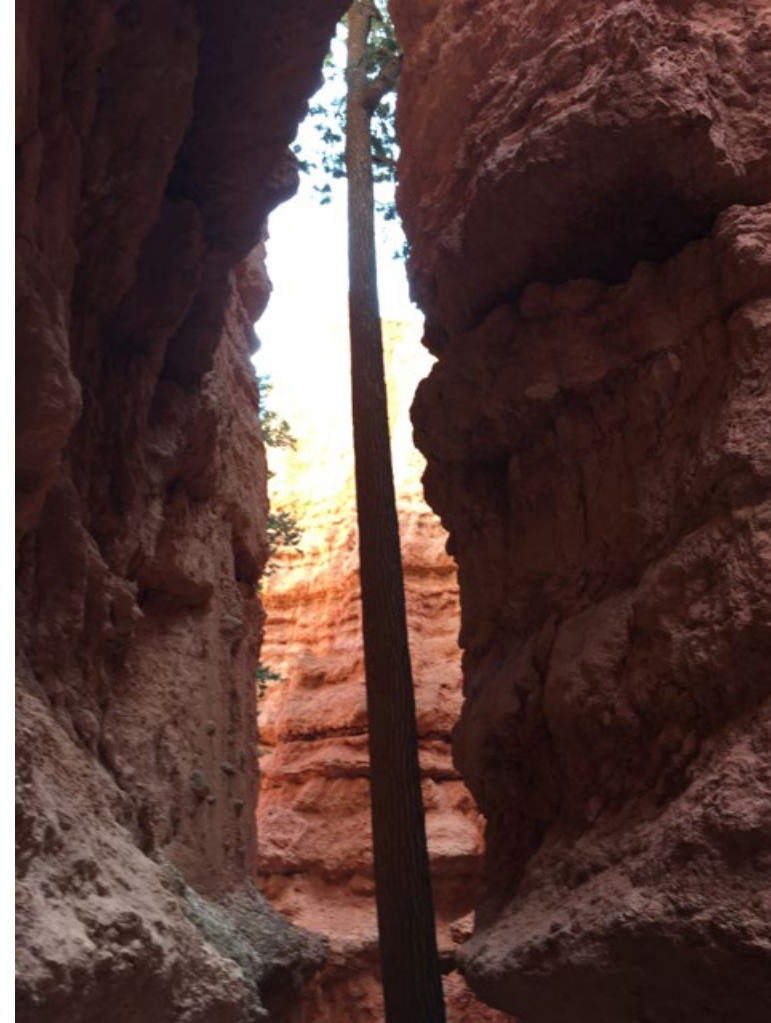


January 22, 2017



What is the path toward emotional wellness?

- It is seeking alternative responses to adversity.
- It requires working against powerful biological forces that lead us to see the negative rather than the positive.
- ***It will change what we think we know about ourselves and our world...***



So...What is the path toward emotional wellness?



It is a series of choices that require us to:

To move through pain

To pursue a purpose larger than ourselves

To reach out in supportive ways, maintaining professionalism in all you do.



We find over time we have changed,

We have become wiser, kinder, more thoughtful, helpful, and thankful for the choices that have made us who we are today.



Begin with – Self-Awareness

- Look for 3 Good Things each day to counter the negative
- Build a culture of recognizing the positive!!!
- Self-Reflection (what did you do well today)
- Self-Compassion (how did you talk to yourself today)



Self-Awareness Continued

- **Your perception of difficult work is important:**
 - Resilient individuals view difficulty as a challenge, not as a overwhelming or paralyzing event.
 - Resilient individuals: See failures and mistakes as learning opportunities.
 - Resilient individuals separate challenges from personal attributes. They don't view challenges as a negative reflection their abilities or self-worth.



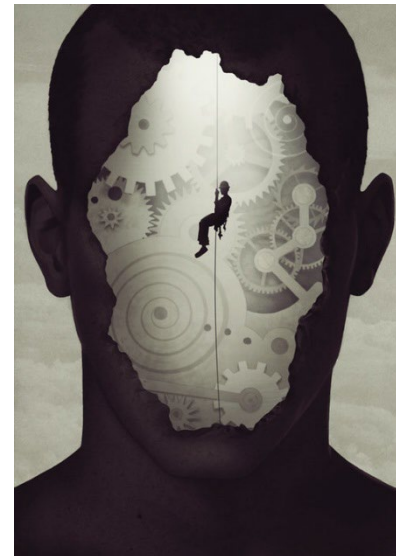
Self-Awareness Continued

- **Monitor Challenges** using simple metrics:
 - Emotional exhaustion = (time to recover)
 - Depersonalization = (difficulty connecting with others, cynical responses to daily events)
 - Reduced sense of accomplishment (decreased confidence/satisfaction)



Then Practice -Mindfulness

- Increased Awareness that is:
 - Self-Reflective
 - Non-Judging
 - Accepting
 - Exploration of the possible

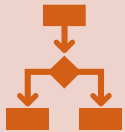


Mindfulness Continued

- You seen we all compete for energy!
 - Ask yourself...Who or what is taking your energy?
 - What are you doing to rebuild your energy?
 - Are your interactions building or taking energy?



Mindfulness Continued



Notice what creates change and positive energy for you.



Keep learning (adopt a stance of humble curiosity.)



Ask yourself –

“What can I learn from this situation?”

“Is there a better way to approach this challenge?”

“What is the best use of my energy?”



Mindfulness Continued

- What are others doing that seems to be working for them?
- Capture and adopt the positive traits you see and admire in others!
- Clear your mind of clutter and negatives.



Mindfulness Continued

Avoid routines that kill creativity and energy

- Spend time outside
- Exercise
- Good food at the right time
- Vacation (always be planning a vacation!)
- Unplug! Turn that Television OFF!



Restore a car rather than watching a T.V. show about restoring cars...



Most Importantly...Build Relationships

- Remember the most important relationship you have is with yourself
- Imagine if we obsessed about the things we did well **AND** the people we love the most!



Relationships Continued

- Make time away from work for professional development – build new skills – challenge old ways of thinking
- Be a mentor (or) find a mentor
- Build networks of positive influences
- Be around the people you want to be like...because you will be like the people you are around

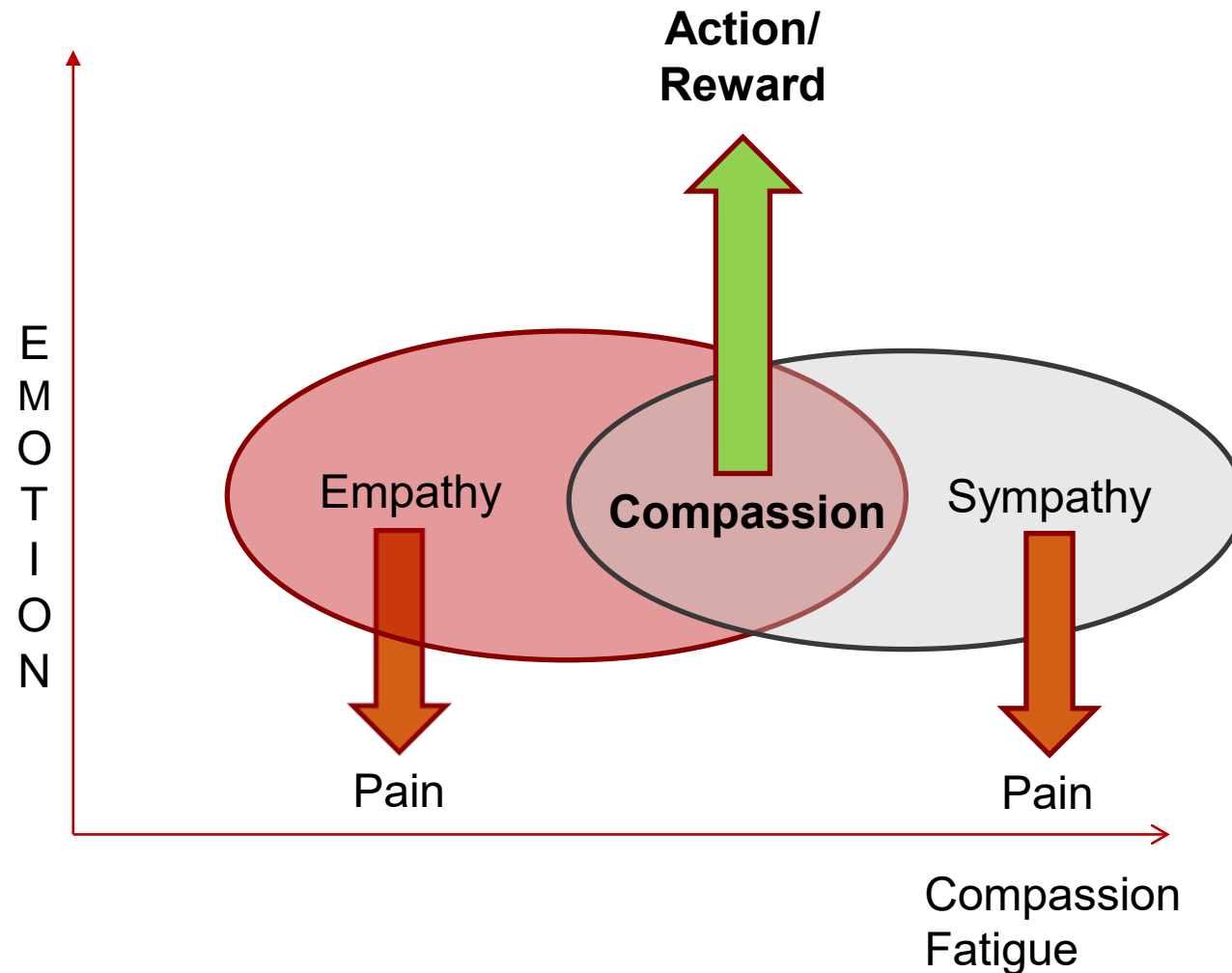


Relationships Continued

- Acknowledge the fact that we all need relationships in our lives...We are stronger as a group



Emotional Contagion + Empathy = Compassion



Singer, T., Seymour, B., O'Doherty, J., Kaube, H., Dolan, R. J., & Frith, C. D. (2004). Empathy for pain involves the affective but not sensory components of pain. *Science*, 303(5661), 1157–1162.



Building hope for the future



Understanding that uncertainty is fuel for anxiety. Knowing this helps us to understand the need to seek a general direction for our future.



The very last thing we want you to feel is trapped.



While we all know that planning doesn't automatically equal accomplishing it is a good idea to think about where would like to be in five-year increments.



Take a moment to write down 5 things you are planning to see happen in the next five years, these are things like graduations, that you can clearly predict will happen.



Now think about what actions you will need to take to plan for the future.



Building hope for the future

Now think about the next 10 years.

I would like for you to list 10 “audacious goals” you would like to accomplish in the next 10 years. (audacious = showing a willingness to take surprisingly bold risks.) Things you might be able to accomplish with just the right amount of focus.

Write a book

Run the Boston
Marathon

Buy a house at the
beach

Be a contestant on
Wheel of Fortune,
The Price is Right...

Be known as a
content expert in an
area of interest



Building hope for the future

What needs to be in place before you can accomplish your audacious goals?

- *Why would you want to accomplish this goal?*
- *How might you go about it, in order to succeed?*
- *What are the three best reasons for you to do it?*

What can our audacious goals tell us about ourselves?

- What we are willing to do.
- How hard are you willing to work.
- How well do we know ourselves.
- What next steps to take when opportunities present.
- What risks are we willing to take.



The Past and it's Impact on the Future

+ Life events

Met my best friend Julie *Got a bicycle for my birthday* *Honor student* *Made the team...* *Introduced to Harry Potter* *Began to write short stories* *Graduated with honors*

Aunt Betty Died *Fell and broke my arm* *Summer camp anxiety attack* *Moved to a new town* *Felt very alone* *Didn't fit in well at my new school* *Tended to isolate*

- Life events



The Past and it's Impact on the Future

We have met the enemy and it is us!

Really, we are the only thing we can change.

We think we choose how we respond to any given situation.

When in fact our decisions are based on our life experiences and choices we have made.

For each item write out how you responded to the event.

Next write how you would have liked to have reacted.

Are there any patterns that develop?

What patterns are supportive and what patterns need of revision.

How can you use this knowledge to make the best you?



Summary



We live in very challenging and difficult times.



Nationally our mental wellness is being challenged.



We can change ourselves.



How we view challenges plays a big part in how we adapt.



Getting out of our heads and helping others is a big determining factor of our moving forward



Take time to know yourself, this will enable you to make choices that will lead to a happy healthier you!





Thank you!!!

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