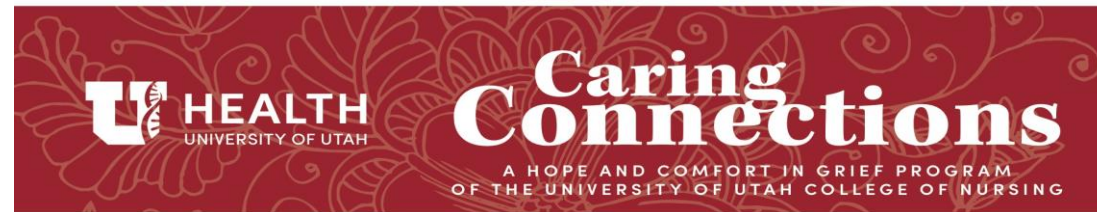


# Coping with Stress During the Health Crisis

Katherine P. Supiano, PhD, LCSW, F-GSA, FT, APHSW-C



@KathieSupiano @uofunursing #utahnursingresearch katherine.supiano@hsc.utah.edu

*Welcome.....*

**For those who have lost  
track, today is Blursday  
the fortyteenth of  
Maprilay.**

*What we and the people we care for are experiencing....*

- Anxiety and fear about the virus
- Financial uncertainty
- Grief—the loss of what you were planning
- Physical fatigue and poor sleep
- Recognition that you were already exhausted before this
- Compassion fatigue/trauma/vicarious trauma

# Compassion fatigue:

*When the demands of the situation exceed the capacity of the individual*

TED, I KNOW YOU SAID YOUR HEAD WOULD EXPLODE IF I ASK YOU TO DO ONE MORE THING, BUT...



www.dilbert.com scottadams@aol.com



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CLEANUP ON AISLE THREE.



# *What are the lessons of caring for others?*

- The world is a dangerous (unpredictable) place.
- The world is a wonderful place.
- Life is short.
- Energy is finite.
- Priorities matter.
  
- How we support *clients and families* matters—
- What we offer is of value and places us at risk for compassion fatigue—
- What we do also protects us from compassion fatigue.
- How do we “walk the walk?”

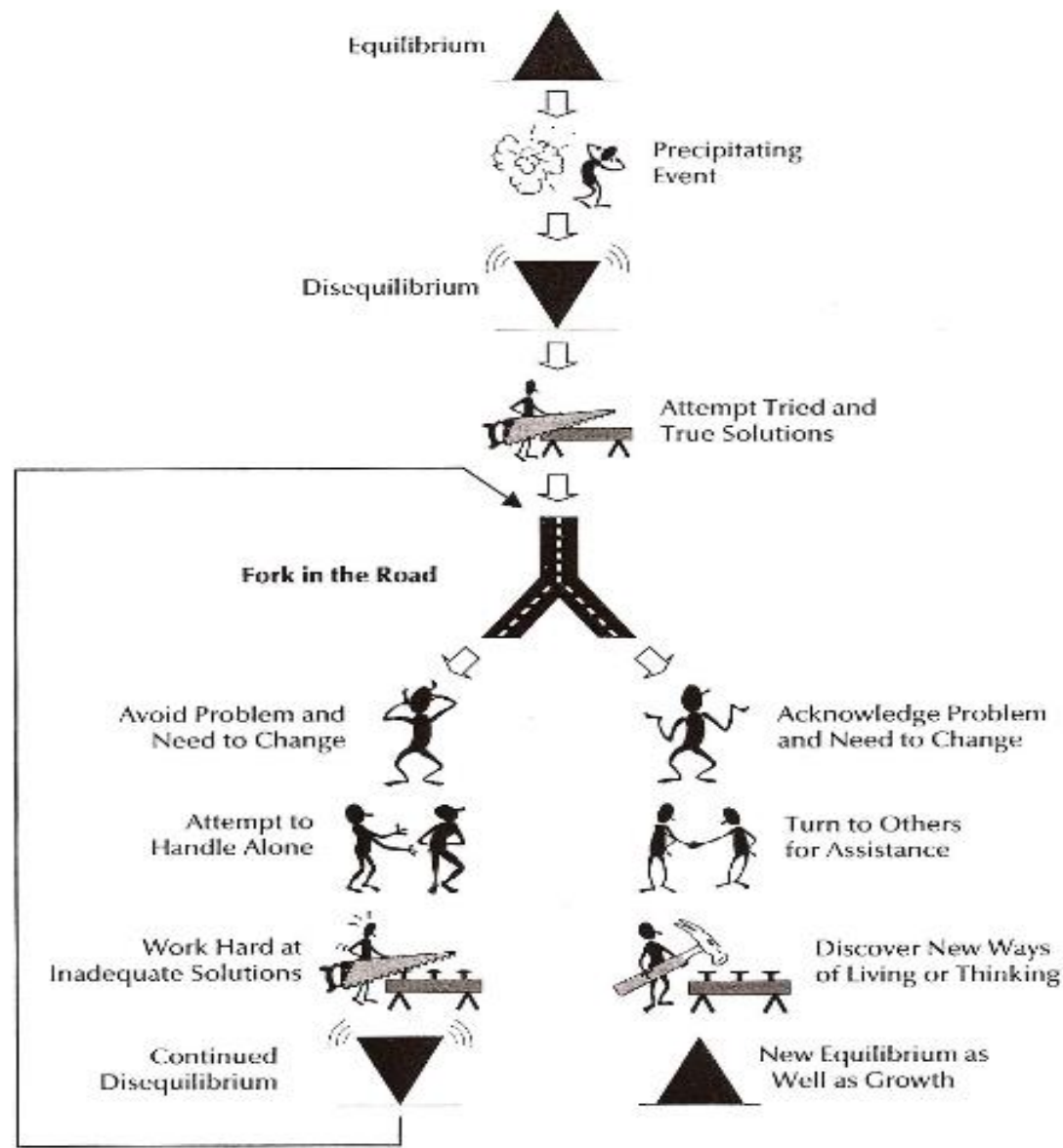
“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Rachel Naomi Remen

# The Crisis

An unstable or crucial time or state of affairs in which a decisive change is impending; *especially* : one with the distinct possibility of a highly undesirable outcome.





# Resilience

Able to recover quickly from misfortune; able to return to original form after being bent, compressed, or stretched out of shape. A human ability to recover quickly from disruptive change, or misfortune without being overwhelmed or acting in dysfunctional or harmful ways.

# What Helps?



- Physical: exercise, nutrition, sleep & rest
- Emotional: acceptance, pace & processing, talk it out
- Cognitive: variety—not just work
- Social: engagement while physically distancing
- Spiritual: prayer, ritual, meditation
- Balance structure & routine with variety
- Gratitude
- Measured exposure to media and social media

• 6 TIPS FOR •

# WORKING FROM HOME



## MAINTAIN REGULAR HOURS

Set a schedule, and stick to it! Having clear guidelines for when to work and when to call it a day helps many remote workers maintain work-life balance.



## CREATE A MORNING ROUTINE

It might be making a cup of coffee or it might be getting dressed (wearing pajama pants to work is a perk for some, but a bad strategy for others). A routine can be more powerful than a clock at helping you get started each day.



## SOCIALIZE WITH COLLEAGUES

Loneliness, disconnect, and isolation are common problems in remote work life. Give your coworkers a call or even use that webcam for some face to face interaction.



## DON'T BE TOO HARD ON YOURSELF

Everyone lets their attention drift sometimes and find themselves distracted, it's okay! Cut yourself some slack.



## GET SOME FRESH AIR

As long as you are practicing self-distancing while you're out, there is no reason not to get outside! Take some time to go on a walk and get some fresh air.



## MAKE IT PERSONAL

Above all else, figure out what works best for you and do it! Only you know the best way you work.

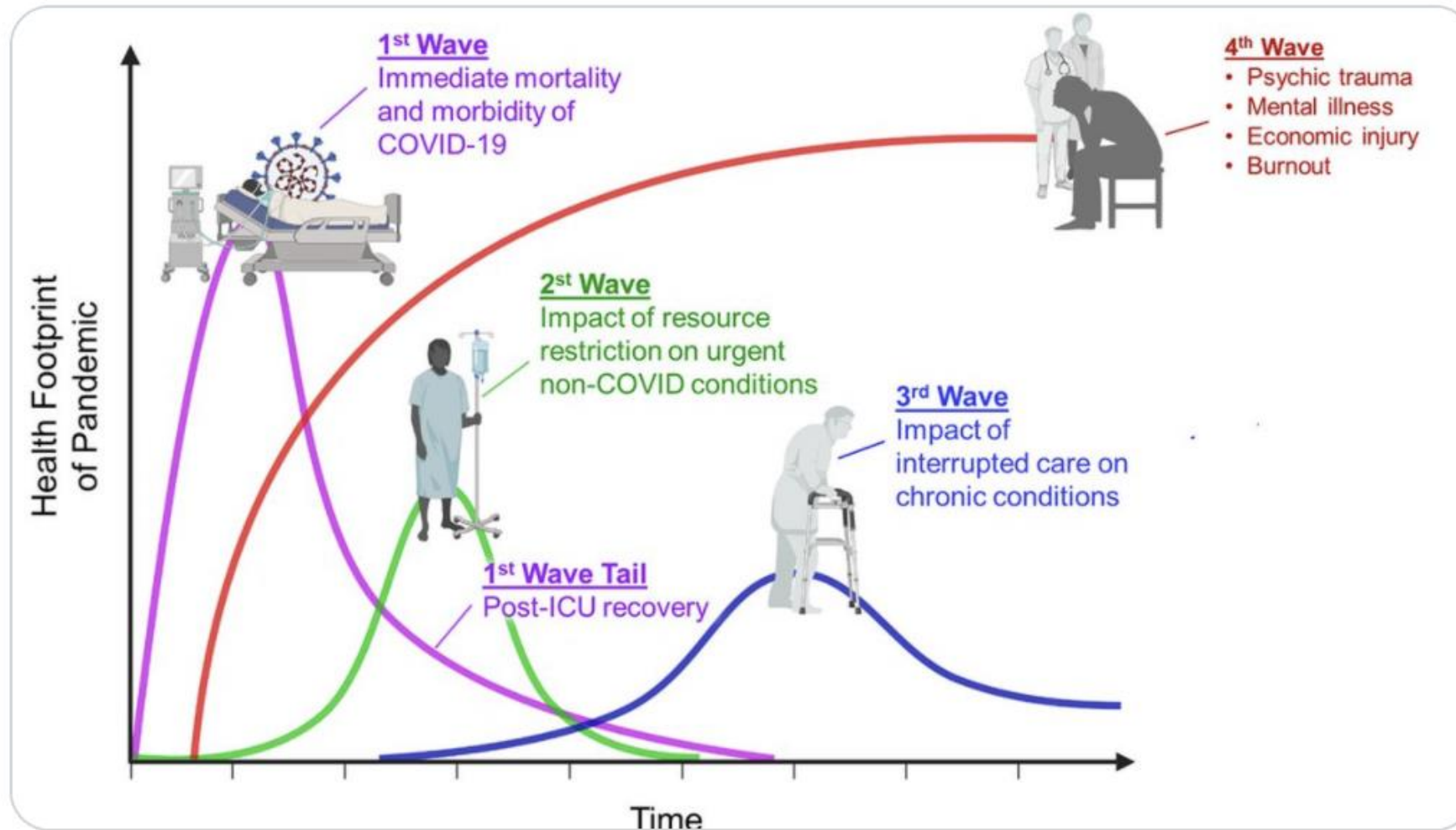
Resilience is not enough...systems must change



Reflect on how  
to become part  
of the  
transformation

**THANK YOU**  
DOCTORS, NURSES &  
TEAM MEMBERS!

# What's coming





Let's spread instead...



