

## Moving Forward:

### *Finding Your Comfort Zone in Times of Uncertainty*

## Moving On...

- Change
- How we are affected
- Educate and prepare
- Taking care of yourself
- Where to find help

## Life Is All About Change First Advantage<sup>®</sup>

- It will never be September 10, 2001 again
- Change means an opportunity for growth
- Re-prioritize your goals
- Don't make any snap decisions

## Compassion Fatigue First Advantage<sup>®</sup>

*"A state of fatigue or frustration brought about by devotion to a cause, a way of life, a relationship that failed to produce the expected reward."*

## Trauma First Advantage<sup>®</sup>

- A behavioral state resulting from mental or emotional stress
- A shock to your whole system
- Overwhelming danger, loss of security
- Perceived or imagined threat which is as emotionally disturbing as a real one

## Normal Responses to Abnormal Events First Advantage<sup>®</sup>

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>▪ Physical<ul style="list-style-type: none"><li>• <i>Insomnia</i></li><li>• <i>Fatigue</i></li><li>• <i>Hyperactivity</i></li><li>• <i>Appetite changes</i></li><li>• <i>Headaches</i></li><li>• <i>Heart palpitations or pains in the chest</i></li><li>• <i>Dizzy spells</i></li></ul></li></ul> | <ul style="list-style-type: none"><li>▪ Emotional<ul style="list-style-type: none"><li>• <i>Flashbacks or reliving the event</i></li><li>• <i>Tendency to be startled</i></li><li>• <i>Irritability</i></li><li>• <i>Anger</i></li><li>• <i>Feelings of anxiety</i></li><li>• <i>Feelings of helplessness</i></li></ul></li></ul> |
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### Normal Responses to Abnormal Events



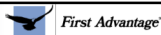
- Behavioral
  - *Social withdrawal*
  - *Loss of interest in activities*
  - *Emotional outbursts*
  - *Increase in alcohol/ drug use*
  - *Inability to perform previously common tasks*
- Intellectual
  - *Forgetfulness*
  - *Short attention span*
  - *Poor concentration*
  - *Negative self-talk*
  - *Confusion*
  - *Difficulty making decisions*
  - *Dulled senses*

### Anticipatory Stress



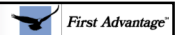
- "Autonomic Arousal" – a constant state of alert
- Needed for survival "Fight or Flight"
  - *Fatigue*
  - *Immune system*
  - *Blood Pressure*
  - *Debilitating*

### Notes About Stress & Anxiety



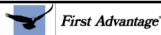
- Caffeine
- Drugs including OTC
- Genetic predisposition
- Poor breathing habits
- Trauma, real and perceived danger
- Prolonged, acute stress

### Coping With the Stress



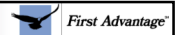
- Coping skills
  - *History*
- Coping styles
  - *Prepare*
  - *Escape*
- Control

### Anger



- Causes
  - *Fear*
  - *Helplessness*
  - *Frustration*
  - *Sadness*
  - *Lack of control*
- Results
  - *Blaming*
  - *Acting out*
  - *Threats*
  - *Stereotypes*
  - *Discrimination*

### Serenity Prayer



Help me to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

## Finding Comfort



- Talk to someone
- Anticipate and prepare
- Eat well
- Limit caffeine intake
- Exercise
- Do not over commit yourself
- Confront anxieties

## Educate and Prepare

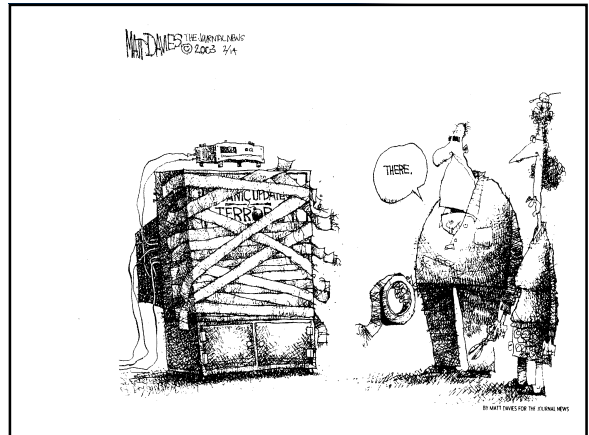


- Educate yourself
  - Assess the potential risk
  - Confirm your sources
- Prepare
  - Create an emergency plan with family
  - Verify school protocols for emergencies
  - Create a supplies kit

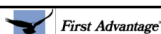
## Do Something



- Get involved in your community
- Write letters
- Maintain routine
- Hobbies
- Exercise/ relax
- Divert your brain
- Use humor
- Turn off the TV

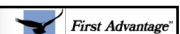


## QUICK TIPS for Helping Children Cope



- Remain calm
- Provide reassurance and support
  - Children need to know they are safe; stick to routines and schedules
- Talk to your children
  - Encourage questions and talk about their sadness and fear
- Be honest
  - Respond to your children in a simple, honest, and age appropriate manner

## QUICK TIPS for Helping Children Cope



- Turn off the television
  - If children do watch T.V., they should do so with an adult or parent
- Show your children you love them
- Let your children express themselves
- Kids should be kids

### When to Seek Professional Help



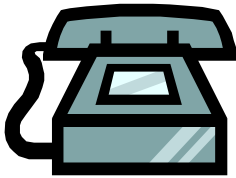
- Normally, the feelings, behaviors and reactions associated with trauma and stress will grow less intense
- If the reaction interferes with your ability to carry on your life normally, you may want to seek help

### When to Seek Professional Help



- If you have prolonged reactions that disrupt your daily functioning..
  - *Lack of sleep, appetite*
  - *Fear of leaving your home, being with others*
  - *Lack of ability to function at work or in relationships*

### Where to Find Help



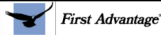
- Primary Care Physician
- Minister/ Rabbi/ Clergy
- EAP 1-800-935-9551
- Professional counseling

### Resources



- The Healthy Mind Healthy Body Handbook by David Sobel, MD and Robert Ornstein, PhD
- When Bad Things Happen To Good People by Harold Kushner
- Overcoming Panic, Anxiety & Phobias by Shirley Babior, LCSW, MFCC and Carol Goldman, LICSW
- How You Feel Is Up To You by Gary McKay, PhD and Don Dinkmeyer, PhD
- The Daily Relaxer by Matthew McKay, PhD and Patrick Fanning

### Resources



- [www.cdc.gov](http://www.cdc.gov)
- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org) & (202) 728-6401
- poison control center: 800-222-1222
- [www.volunteermatch.org](http://www.volunteermatch.org)
- FEMA: 800-480-2520
- [www.ap.org](http://www.ap.org)

### The Relaxation Response



#### Procedure:

1. Sit quietly in a comfortable position;
2. Close your eyes;
3. Deeply relax all your muscles, (including the stomach which should not be in). Begin at your feet and progress up to your face. Keep them relaxed;
4. Breathe through your nose normally. Become aware of your breathing. As you breathe out, say the word "ONE" silently to yourself. For example, breathe IN...OUT, "ONE"; IN ... OUT, "ONE"; etc. Breathe easily and naturally;

Adapted from Benson, M. The Relaxation Response, WM Morrow & Co., New York (1976).



### **Procedure:**

5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes;
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling on them and return to repeating "ONE". With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours of any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

Adapted from Benson, M. *The Relaxation Response*. WM Morrow & Co., New York (1976).