Try-It-On:
Developing Self-Care through Hands-On Techniques

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Expected Learning Outcomes

• Recognize signs of stress, anxiety, and burn-out
• Learn skills to prevent anxiety and burn-out
• Utilize hands-on immersion techniques to experience self-care
• Develop a tool kit for holistic, integrative direct patient care for treatment of anxiety and stress.
Eustress

“Good Stress”
Motivates
“I’ve got this!”
Performance

Distress

“Bad Stress”
Depletes
“I can’t do this!”
Performance
Stress vs. Anxiety

React external factors
Feel overwhelmed
Forgetful
Resolves w/ events
May drive you forward!

React internal factors
Feel worry or fear
Recurring thoughts
Doesn’t end
Stops your progress
<table>
<thead>
<tr>
<th><strong>Stress</strong></th>
<th><strong>Burnout</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Characterized by over-engagement</td>
<td>Characterized by disengagement</td>
</tr>
<tr>
<td>Emotions are overactive</td>
<td>Emotions are blunted</td>
</tr>
<tr>
<td>Produces urgency and hyperactivity</td>
<td>Produces helplessness and hopelessness</td>
</tr>
<tr>
<td>Loss of energy</td>
<td>Loss of motivation</td>
</tr>
<tr>
<td>Leads to anxiety disorders</td>
<td>Leads to depression</td>
</tr>
<tr>
<td>Primary damage is physical</td>
<td>Primary damage is emotional</td>
</tr>
</tbody>
</table>
44% of physicians experience symptoms of burnout

1/3 of nurses have “high burnout”

$192,000 is the average debt of medical school graduates

29% of physicians say they experience burnout because of insufficient compensation

HALF of workday hours are spent on EHRs

This contributes to burnout rates of over 50%

MORE HOURS worked causes burnout since it leads to less sleep

Less than 7 hours of sleep per night is inadequate

45% of healthcare workers get less than 7 hours of sleep per night

Nearly a quarter of physician burnout is from lack of control
Every month, frontline health responders around the world need these supplies (and more) to protect themselves and others from #COVID19

- 89 million masks
- 30 million gowns
- 1.59 million goggles
- 76 million gloves
- 2.9 million liters hand sanitizer

#COVID19
#coronavirus
Almost Out
Have

Running Low
Have Sufficient Amount

Almost Out

Have

Running Low
Have Sufficient Amount

Survey
March 23-25, 2020

Have

Plenty

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March 23-25, 2020

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45% of healthcare workers get less than 7 hours of sleep per night
Depression 50.4%
Anxiety 44.6%
Insomnia 34%
Distress 71%

Working on the frontline of the pandemic was an independent risk factor.
An ounce of prevention is worth a pound of cure.

-Benjamin Franklin
Acupressure

- A form of Chinese medicine
- Same principles as acupuncture
- Sends a “signal” to “turn on” self-healing or regulatory mechanisms.
- Stimulation of meridians promotes healing and wellness
Acupressure: Pressure Point Extra-1 (Yin Tang) Relieves anxiety

- Sit back in a comfortable position.
- Place your right thumb or forefinger between your eyebrows.
- Apply pressure in a circular motion on this point for 5 to 10 minutes. The pressure should be gentle and shouldn’t cause discomfort.
- You can do acupressure on this point several times a day, or as needed for your symptom to go away.
Acupressure

- Stress
- Anxiety
- Neck pain
- Lower back pain
- Headaches
- Sinus pain
- Dental pain

7, 8, 9, 10, 21, 22
Yoga for Stress

Stabilizes the autonomic system
Reduces stress hormones
Releases endorphins\textsuperscript{7, 8, 9, 10, 11}
Yoga

Highly Indicated:
- Stress management
- Positive mental health
- Depression
- Back pain
- Neck pain
- Knee pain

May Improve:
- Osteoarthritis
- Fibromyalgia
- Migraine

7, 11, 12, 13, 14, 15, 16, 17, 18
Meditation & Guided Imagery

- **Physical Benefits:**
  - Brain growth
  - Serotonin and Dopamine
  - Cortisol
  - BP and HR
  - Aging

- **Mental Benefits:**
  - Increases happiness
  - Increases ability to learn
  - Increases empathy and compassion
  - Reduces stress\textsuperscript{7, 16, 17, 18, 19, 20}
Meditation Literally Rewires your Brain!

Brain scans of people who meditate regularly show:

- Brain tissue density associated with anxiety.
- Blood markers for inflammation
- Loss of brain white matter (aging)

- Brain area associated with empathy
- Brain tissue in relaxation areas 7, 16, 17, 18, 19, 20
Meditation

Anxiety
Depression
Headaches
Knee pain
Back pain
Neck Pain
Fibromyalgia 7, 16, 17, 18, 19, 20
• https://arizona.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=c7fe4e5d-39d6-4ad8-80f8-ab8fo186dc1a
Help is Here!

- National Alliance on Mental Illness at 800-950-NAMI
- SAMHSA Hotline at 800-662-HELP
- National Suicide Hotline at 800-273-TALK

- Covid-19 Anxiety Management Program
  - Free to HCP’s
  - https://www.talkspace.com/

YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE. DON'T LET IT HAPPEN TO YOU EITHER.
SELF CARE IS A PRIORITY, NOT A LUXURY.


Reference


