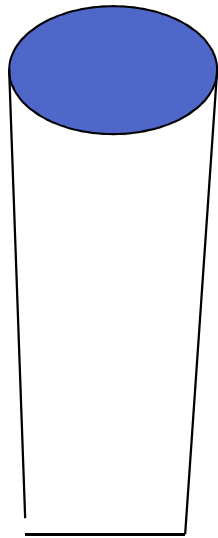


\* Acknowledging &  
Managing Stress -  
Taking Care of Yourself  
and Your Team

Sue Brandy, LCSW  
May 19, 2015.

**\*“A moment of self  
compassion can change an  
entire day. A string of such  
moments can change the  
course of your life.”**

**-Christopher K. Germer**



**How heavy is this  
glass of water?**

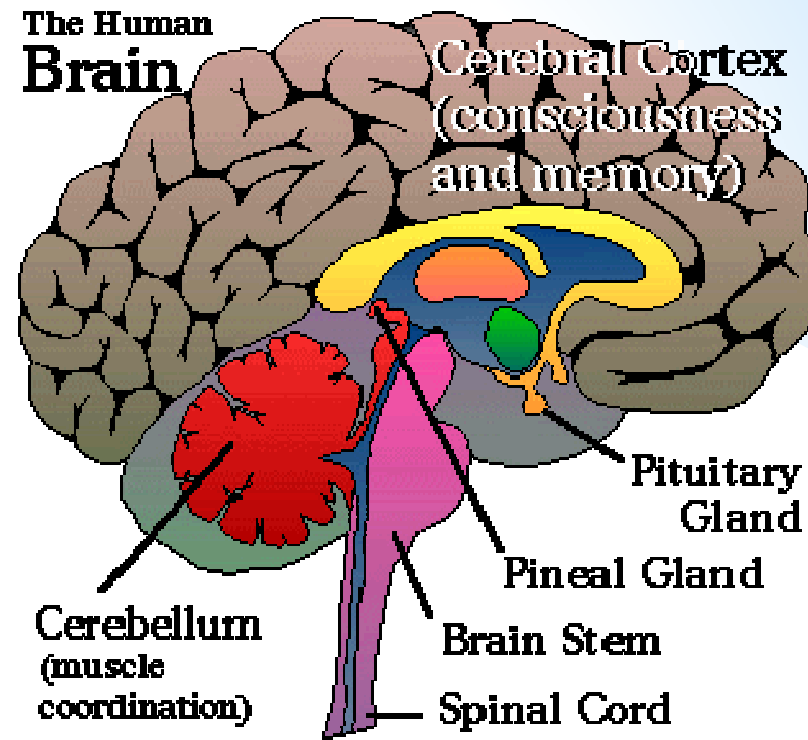
# \*What is stress?

- \*Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.
- \*Stress can come from any situation or thought that makes you feel frustrated, angry, nervous or anxious.
- \*Stress is any uncomfortable “emotional experience accompanied by predictable biochemical, physiological and behavioral changes”.

\* Reptilian  
Brain  
brain stem

Mammalian  
Brain  
amygdala &  
hippocampus

New  
Mammalian  
Brain  
cortex





**BRAINSTEM**  
(Reptilian  
brain)

**MOST  
PRIMAL**

Fight  
Flight  
Freeze

Evolutionarily programmed to react, expect the worse, think about all the possible “what if’s”

## LIMBIC SYSTEM (old mammalian brain)

amygdalla  
hippocampos

Evaluates current situation  
emotions  
relationships

**\*\*Stimulates release of cortisol to put entire metabolism on high alert to meet stressful challenge**



## CORTEX (new mammalian brain)

Allow us to think about thinking

Location for ideas

concepts

insight

empathy

sense of self

sense of senses



**\*\* Necessary for REGULATING brain stem & limbic system; MANAGING STRESS!**



# \*Types of Stress

## \*Personal Stress - direct experience

- \*Work
- \*Family
- \*Finances
- \*Leisure
- \*Health

## \*Secondary Stress

- \*What you see, hear, experience through someone else

# \*Types of Stress

## \*Cumulative Stress

- \* Repeated exposure to same stressor
- \* Multiple exposures to different stressors

## \*Vicarious Stress

- \* Continuous exposure that changes perception of the world

## \*Critical Incident Stress

- \* A strong emotional response to an unusual event

- \* A situation that is traumatic for the students/employees involved
- \* Causes the student/employee to experience a stress reaction
- \* May be different for each organization and each individual

**\* What is a Critical Incident?**

# POLICE HOLD STUDENT ON VEHICULAR HOMICIDE CHARGE

*By the time they were here, the police got him within five seconds. Other people were fighting with him. A hundred or so people were psychologically damaged within that one moment.*

*— Nicholas Gadouas  
I.V. resident and witness*



JASON SCHOCK / DAILY NEXUS

*Three unidentified women mourn at a temporary memorial. The site was composed of flowers, candles and momentos left for the victims of Friday night's car accident on Sabado Tarde Road.*

## Community Marks Site of Accident With Makeshift Memorial on Sabado Tarde Road; Residents Gather to Remember Victims

**BY MARISA LAGOS  
AND JENNIFER B. SIVERTS**  
*Staff Writers*

The Isla Vista community was shattered this weekend when four people were killed and another critically injured Friday night after UCSB freshman David Attias allegedly struck them with his car while driving at approximately 50 to 60 mph on the 6500 block of Sabado Tarde Road.

Ruth Levy, a 20-year-old Santa Barbara City College student and Elie Israel, a 27-year-old San Francisco resident, were all pronounced dead on the scene.

Albert Levy, Ruth's 27-year-old brother, was

See DEATHS, p.6

**Web Forum:** Read what people are posting on the Web. See p.4

For up-to-date information or to post your own comments

# “De Anza Bloodbath Foiled” - January 31, 2001

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De Anza College Bloodbath Foiled — Photo Clerk Calls Cops

**De Anza Student  
Accused of Plot  
To Bomb Campus**



DeGuzman planned to use this super-bomb, containing 18 tanks and several pipe bombs, to begin his attack. PHOTO COURTESY OF CALIFORNIA AG

**DE ANZA COLLEGE WAS TARGET**

- \* A number of interventions for dealing with traumatic events

  - \* Formal

  - \* Structured

  - \* Professionally recognized

- \* Helps those involved in a critical incident to share their experiences, vent emotions, learn about stress reactions and symptoms

- \* Confidential, voluntary, educative process

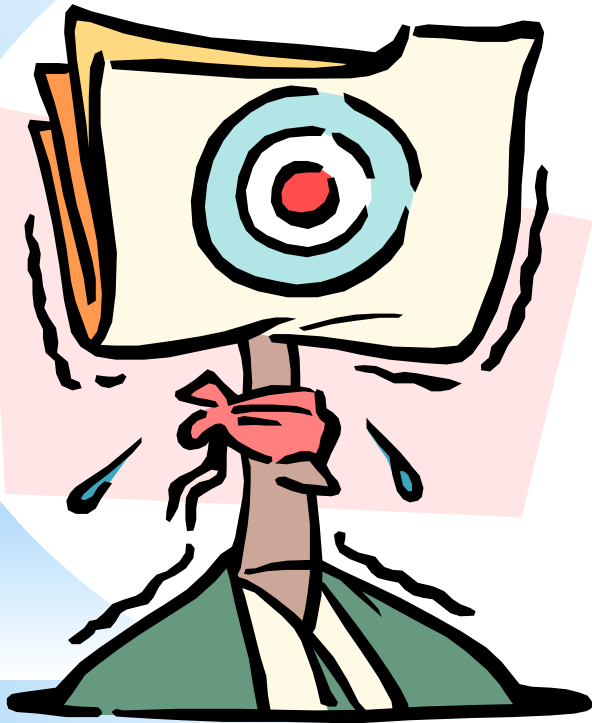
- \* **NOT therapy**

\* **Group Crisis Intervention  
(AKA -Critical Incident Stress  
Management, CISM)**

**WHERE DO YOU EXPERIENCE  
STRESS IN YOUR LIFE?  
HOW DOES IT MANIFEST FOR YOU?  
WHAT DO YOU DO ABOUT IT?**



- \* Physical Reactions
- \* Cognitive Reactions
- \* Emotional Reactions
- \* Behavioral Reactions



## \* Individual Stress Reactions



- \* Fatigue
- \* Elevated blood pressure
- \* Rapid heartbeat
- \* Headaches
- \* Chest pain
- \* Difficulty breathing
- \* Grinding of teeth

- \* Thirst
- \* Visual difficulties
- \* Profuse sweating
- \* Nausea
- \* Muscle Cramps
- \* Twitches

\* Physical

- \* Poor problem solving
- \* Poor attention
- \* Poor decisions
- \* Poor concentration
- \* Hypervigilance

- \* Memory problems
- \* Heightened or lowered awareness
- \* Blaming someone else
- \* Nightmares
- \* Loss of time, place, or person orientation

\* Cognitive

- \* Emotional outbursts
- \* Anti-social acts
- \* Increased alcohol & drug use
- \* Change in activity
- \* Change in speech patterns
- \* Withdrawal
- \* Startle reflex intensified

- \* Change in sexual functioning
- \* Erratic movement
- \* Suspiciousness/paranoia
- \* Pacing
- \* Increase or decrease in appetite

\* Behavioral

- \* Anxiety
- \* Severe Panic
- \* Depression
- \* Feeling overwhelmed
- \* Intense Anger
- \* Irritability

- \* Guilt
- \* Grief
- \* Fear
- \* Apprehension
- \* Agitation
- \* Uncertainty

\* Emotional

\* **HOW DO YOU MANAGE  
STRESS?**



*Although they restricted themselves to one drink at lunch time, Howard and Tom still found they were not at their most productive in the afternoons*

## \* MINDFULNESS

- \* BREATHING

- \* THOUGHT PROCESS (how you think about it)

- \* BALANCE IN LIFE

- \* OTHER COMPONENTS:

- \* Talk

- \* Support

- \* Exercise

- \* Good eating habits

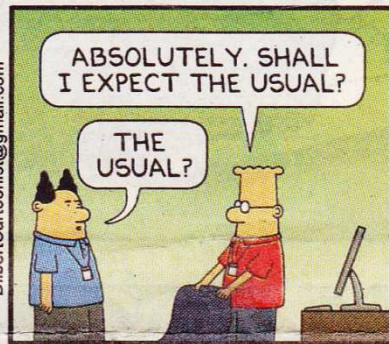
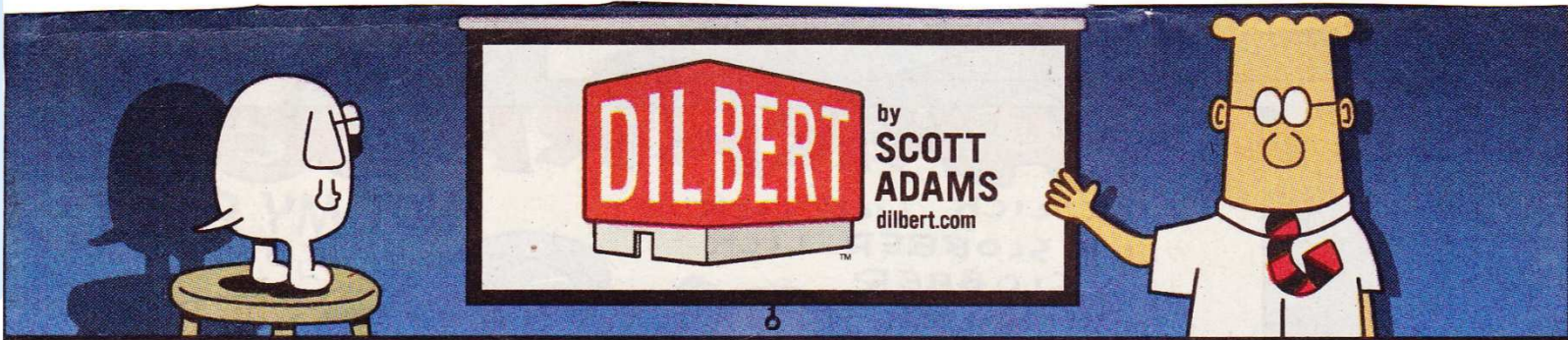
- \* Hydrate

- \* Vacation

- \* Crying

- \* Humor

# \* Coping with Stress



DilbertCartoonist@gmail.com

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www.dilbert.com  
1:29:15



- \* Breathe
- \* Body scan for tension
- \* Walk
- \* Talk

**\* One minute Stress Relief**

\***THINKING**

## \* Neuroplasticity

- \* Pull Weeds and Plant Flowers
- \* Turn positive facts into positive experiences
- \* Savor the experience

## \* Change the Thought; Change the Brain

- \* Lifts Mood
- \* Increases Optimism
- \* Increases Resilience
- \* Increases Resourcefulness

**\* Taking in the Good**

**\* Rick Hanson, PhD**

# \* BEWARE THE “ANT”

Daniel G Amen, MD

## \* ALL OR NOTHING THINKING

- \* Focusing on the negative
  - \* About self, others, situation
- \* Mind reading
- \* Guilt beating (should, must, etc.)
- \* Personalizing
- \* Blaming others for your problems

\*BALANCING

\* Jon Kabat-Zinn's definition of mindfulness:

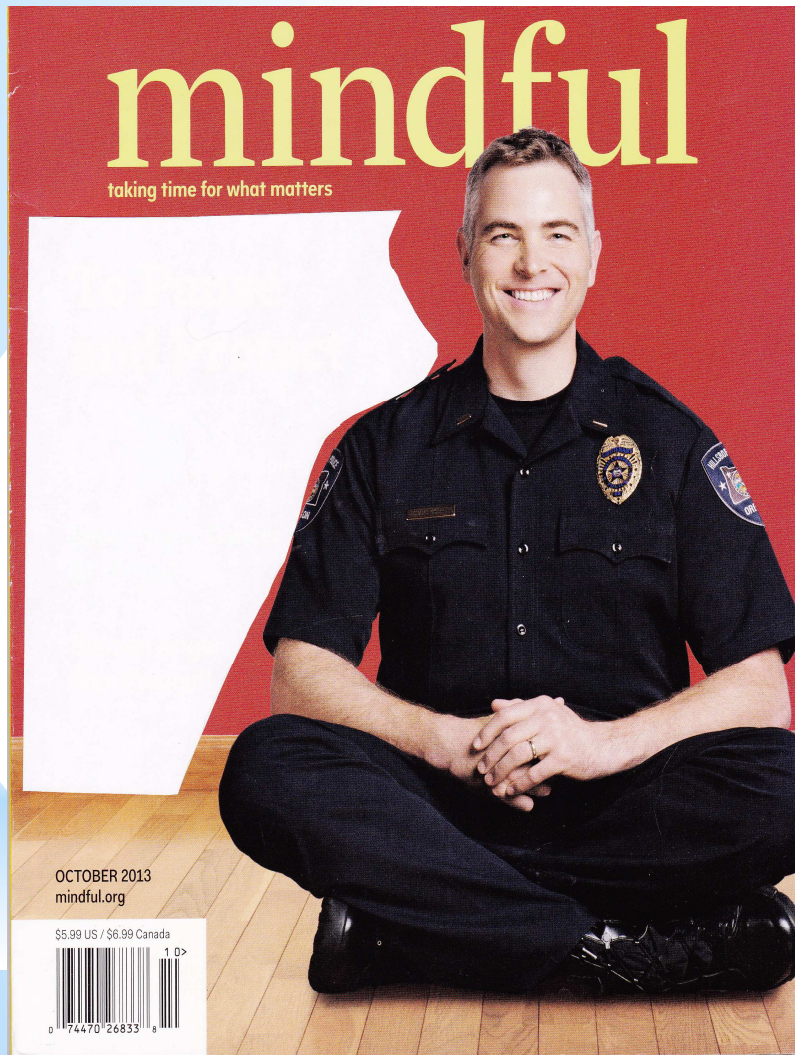
Mindfulness means paying attention in a particular way;

On purpose,  
in the present moment, and  
nonjudgmentally.”

\* **MINDFULNESS**

\*How can Mindfulness help?

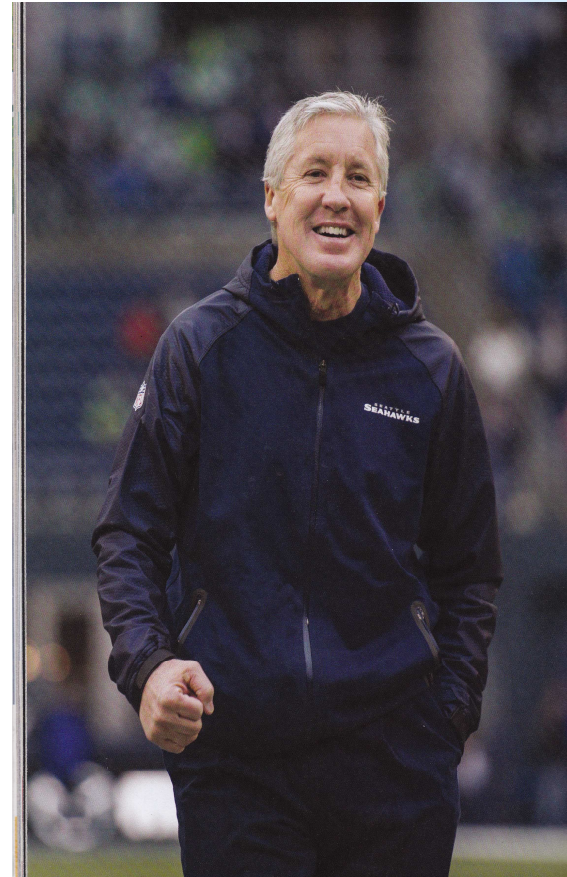
\***WORKPLACE STRESS**

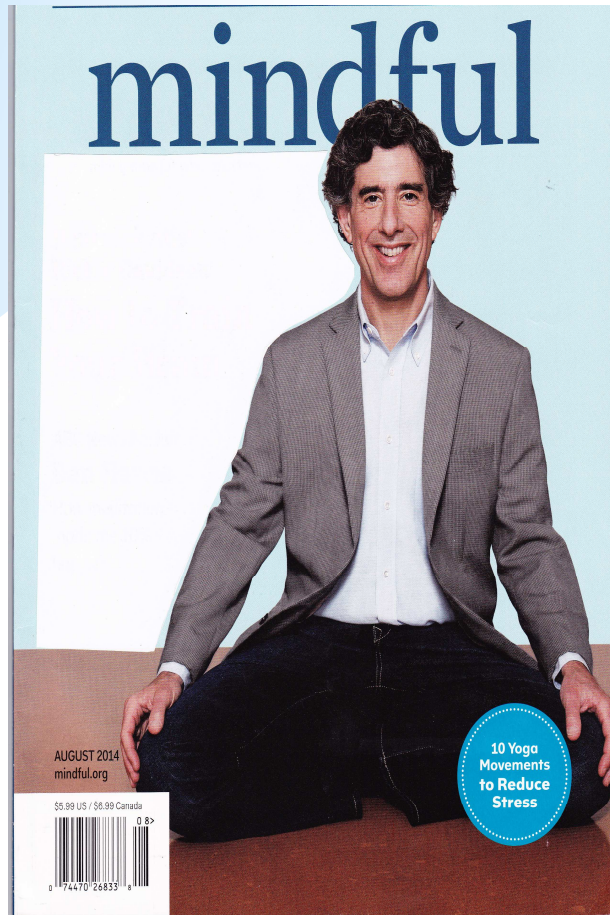


\* Lt. Richard Goerling  
Hillsboro Police  
Department  
Oregon



\* Seattle Sea  
Hawks Coach  
Pete Carroll





\* Neuroscientist  
Richie Davidson

 **MINDSIGHT**

Without understanding, our worries and thoughts create huge unnecessary problems.

*- My life has been filled with terrible misfortunes ... most of which never happened.*

\* Mark Twain

- \* Buddha's Brain by Rick Hanson, PhD
- \* International Critical Incident Stress Management Foundation
- \* Mindsight by Daniel Siegel, MD
- \* Mindful Magazine; 10/13, 08/14, 12/14
- \* Mindful Work by David Gelles

## \* Reference Sources