Building Resilience Through Self Care During Times of Trauma

FEYZA BASOGLU MD
Stress
headaches
Stress can trigger and intensify tension headaches.

heartburn
Stress increases the production of stomach acid, which could lead to heartburn or make it worse.

rapid breathing
When you’re stressed, the muscles that help you breathe tense up, which can leave you short of breath.

risk of heart attack
Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.

pounding heart
Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.

fertility problems
Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.

erectile dysfunction
Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.

missed periods
Fluctuating hormones can throw your menstrual cycle off, or in severe cases stop it altogether.

increased depression
Chronic stress can wear you down emotionally and lead to depression.

insomnia
Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

weakened immune system
Long-term stress weakens your immune system’s defenses, leaving you more vulnerable to infections.

high blood sugar
Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

high blood pressure
Stress hormones tighten blood vessels, which can raise your blood pressure.

stomachache
Stress affects your body’s digestive system, which can lead to stomachaches, nausea, and other tummy troubles.

low sex drive
Stress — and the fatigue that often comes with it — can take a toll on your libido.

tense muscles
Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.
resilience

noun

re·sil·ience | \ri-ˈzil-ən(t)s\

Definition of RESILIENCE
1: an ability to recover from or adjust easily to misfortune or change

Be like the bamboo, bend but do not break

https://www.merriam-webster.com/dictionary/resilience
YOU HAVE TO PUT IT RIGHT!
Locus of Control

Internal
I control the consequences of my behavior

External
The consequences of my behavior are outside my control

- better academic achievement
- better interpersonal relations
- greater efforts to learn
- positive attitudes to exercise
- lower cigarette smoking
- lower hypertension & heart attacks

Julian Rotter

- more resigned to conditions “as they are”
- lower efforts to deal with health
- lower levels of psych adjustment
  BUT
  IN NONRESPONSIVE ENVIRONMENTS
- greater sense of satisfaction
THINGS I CAN CONTROL

my words
my boundaries
my response
learning from mistakes
my thoughts
taking good, kind care of my feelings
my attitude
my beliefs and opinions
my actions
my effort
choices I make
the weather

THINGS I CAN'T CONTROL

what other people do
other people's opinions and beliefs
the past
what other people say
how other people feel
other's mistakes
what other people think
SELF CARE

You can't pour from an empty cup.
Take care of yourself first.
During late June, 40% of U.S. adults reported struggling with mental health or substance use.

ANXIETY/DEPRESSION SYMPTOMS: 31%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS: 26%

STARTED OR INCREASED SUBSTANCE USE: 13%

SERIOUSLY CONSIDERED SUICIDE: 11%

*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020
†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

CDC.GOV

bit.ly/MMWR81320
“Me!”

What’s a Mental Illness?
A mental health condition that has a negative effect on the way an individual thinks, feels, and behaves.
Stigma word map

shame

Stigma

vulnerability

weakness
Stigma by the numbers
Percentage of Americans reporting they are definitely or probably unwilling to have a person with mental illness:

Move next door: 38%
Spend an evening socializing with you: 56%
Make friends with you: 33%
Work closely with you: 58%
Marry into your family: 68%

Self-Care Assessment


The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

Rate the following areas according to how well you think you are doing:

- 3 = I do this well (e.g., frequently)
- 2 = I do this OK (e.g., occasionally)
- 1 = I rarely or rarely do this
- 0 = I never do this
- ? = This never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- Take time to be sexual - with myself, with a partner
- Get enough sleep
- Wear clothes I like
- Take vacations
- Other:

Psychological Self-Care

- Take day trips or mini-vacations
- Make time away from telephones, email, and the Internet
- Make time for self-reflection
- Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- Have my own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which I am not expert or in charge
- Attend to minimizing stress in my life
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- Be curious
Is your lifestyle causing you stress?

The way you live your life can have a big impact on your health, well-being, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage your stress in the future.

<table>
<thead>
<tr>
<th>Lifestyle Behaviors</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>When you are under stress, do you:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoke/use tobacco</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day)</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Drink alcohol (more than recommended levels of 1-2 per day)</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Overuse over-the-counter medications</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Overeat or under eat</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Spend too much money (e.g., do you have a lot of credit card debt and have trouble making payments?)</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Abuse/overuse tranquilizers or other over-the-counter medications</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Watch too much television (more than 3-4 hours per day)</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Have angry outbursts</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Take illegal drugs</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Withdraw from people</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Ignore or deny stress symptoms</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Engage in self-destructive relationships</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Engage in physical activity at least three times a week for 30 minutes each day</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Get six to eight hours of sleep every night</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Maintain good eating habits</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Make time to relax</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Maintain a sense of humor</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Play</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Maintain healthy rituals and routines</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Be optimistic. Engage in positive thinking</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Spend time with family</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Spend time with friends</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Make plans for the future</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Figure out ways to manage stress</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Reward yourself for your accomplishments</td>
<td>□</td>
<td>□</td>
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</tbody>
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(Source: Unknown)
- Gratitude
- Compassion
- Acceptance
- Forgiveness
- Meaning
Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude.

-A.A. Milne
Acceptance and Compassion

Self-Acceptance
Self-Compassion
FORGIVENESS