### My signs of stress (circle those that apply):

**Physical:** Back pain, muscle tension, stomachache, headache, changes in appetite, sleep disturbance, fatigue, other: ________________________________

**Emotional:** Worry, irritability, sadness, anger, anxiety, fear, depression, guilt, sadness, mood swings, hopelessness, other: ________________________________

**Cognitive:** Difficulty concentrating, trouble remembering things, feeling confused, catastrophizing, etc.

Other: ________________________________

**Behavioral:** Snapping at others, overworking, withdrawing, poor self-care, increased substance use, pacing, increased conflicts, other: ________________________________

### Which aspects of the response are likely to be most stressful for you (circle those that apply)?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Cognitive</th>
<th>Behavioral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proper use of PPE / infection control protocols</td>
<td>Lack of organization and role clarity</td>
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<tr>
<td>Altered standards of care/ethical conflicts (moral injury)</td>
<td>Limited resources/supplies</td>
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<tr>
<td>Safety and security</td>
<td>Separation from usual colleagues</td>
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<tr>
<td>Witnessing the death of patients</td>
<td>Challenging team dynamics</td>
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<tr>
<td>Illness or death in colleagues</td>
<td>Fear of contracting illness</td>
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<tr>
<td>Separation from family</td>
<td>Feel misunderstood; pressure to justify work</td>
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<tr>
<td>Stress with re-entry to home / regular unit</td>
<td>Stigmatization, lack of appreciation</td>
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<td></td>
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<tr>
<td>Fatigue and limited rest time</td>
<td>Concerns for safety of family and friends</td>
<td></td>
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</tbody>
</table>

### What techniques already work for you (circle those that apply)?

- Reading a book
- Games on smartphone
- Taking a walk
- Yoga
- Socializing
- Hobby
- Listening to music
- Journaling
- Writing poetry
- Knitting
- Puzzles
- Alone time

Other: ________________________________

### Additional tips:

- Take frequent short breaks
- Limit media consumption
- Keep a gratitude journal

- Spend time outdoors

### Formal relaxation techniques you may want to learn:

- Deep breathing
- Body scan
- Mindfulness
- Visualization
Deep breathing
- Inhale through the nose for 3 seconds
- Pause for 2 seconds
- Exhale through the mouth for 4 seconds
- Fill the bottom of your lungs
  - Stomach moves, not chest
  - “Belly breathing” or diaphragmatic breathing
  - Two-hand test
- Takes practice!
  - Still works if can’t belly breathe
- Useful and portable tool for countless situations

On the web:
Three 2-3 minute lessons on deep breathing (Harvard Vanguard Medical Associates):
https://www.youtube.com/watch?v=gAkjx25o4eI
2 minute deep breathing lesson (Be the Change)
https://www.youtube.com/watch?v=mH7EmmgSZQE

Apps

PTSD Coach (Not just for PTSD!)*
- Tap “Manage symptoms” then “Tools” for exercises in:
  - Deep breathing
  - Guided imagery
  - Muscle relaxation
  - Mindfulness
  - Healthy thinking
  - Tips for sleep

Mindfulness Coach*
- Teaches mindfulness
- Variety of mindfulness exercises, both audio- and self-guided
- Log to track progress
  - Reminders you can set for practice

*Free apps developed by the Veterans Administration and Department of Defense

Healthy Thinking – Watch out for:

Overgeneralizing
Clue words: “never” “always” “nothing” “everything” “nobody” “everybody”
For example, “Nothing ever works out”; “Nobody cares”

Catastrophizing
Exaggerating the importance of negative events, believing they are far worse than they actually are, or that you can’t cope with them.
Healthy Thinking includes:

- Accepting what you can’t change
- Avoiding comparison
- Focusing on mission
- Adapting to the situation
- Maintaining a hopeful outlook
- Sense of humor

**Identify your social supports**

_______________________________________

_______________________________________

_______________________________________

**Eat well, exercise and get sufficient sleep when possible.**

For trouble sleeping, try this app:

![CBT-i Coach](image)

**When should I seek help?**

- Intrusions (nightmares, flashbacks, intrusive thoughts)
- Hyper-arousal (anxiety, insomnia, irritability, etc.)
- Feeling numb, spaced out or like things aren’t real
- Avoiding reminders of a traumatic event
- Avoiding feelings by using substances
- Daily functioning is affected

**Where can I find help?**

- **Peers in Need of Support (PINS) program**
  - Confidential 1:1 support from trained colleague
  - Email PINS@Nebraskamed.com
- **Your supervisor**
- **Federal disaster distress helpline**
  - (800) 985 5990 or text 'talkwithus' to 66746
  - [http://disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)
  - Confidential 24/7 for anyone experiencing distress due to a disaster
- **Arbor Family Counseling**
  - EAP for Nebraska Medicine and UNMC
  - 402-330-0960 or 1-800-922-7379
  - Arborfamilycounseling.com

- **UNMC House Officers**
  - House Officer Assistance Program (HOAP)
  - Confidential 24/7 service
  - Help with stress, burnout, wellness
  - No fees; no insurance filing
  - Call/text Susan Smith at 402.689.1033