

Emotional Survival

Presented by
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Welcome and Introduction

- Give name, position, county and number of years of service.
- Identify one aspect of who you are.
- Your response can be related to any aspect of your life.
- You cannot repeat what has been said by another participant.

Diaphragmatic Breathing

Stress

Stress is the sum of the biological reactions to any adverse stimulus, physical, mental or emotional, internal or external, that tends to disturb a person's normal state of well-being.

Trauma

- Trauma is stress run amok. It is an event or experience that threatens one's sense of physical or psychological safety.
- Trauma can also be an event that makes you feel like someone you are close to or really care about is going to die or be seriously harmed.
- Trauma involves feelings of helplessness.

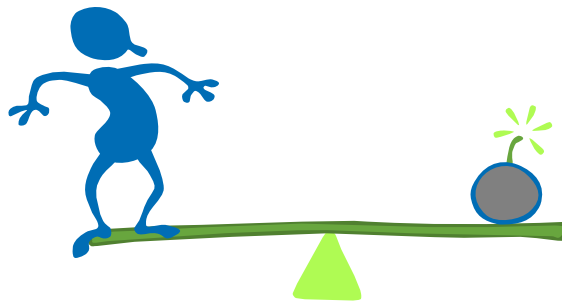
Post-Traumatic Stress Disorder

PTSD occurs when a traumatic event leads to

- re-experiencing
- avoidance
- hyper-arousal
- dysfunction in social or occupational functioning.

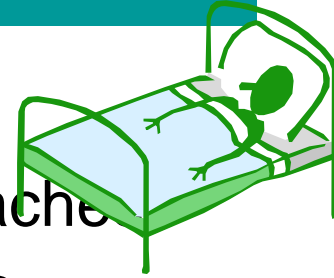
What Makes Your Job/Life Tough?

- Management
- Politics
- Disrespect
- Case load
- People
- The criminal justice system
- Personal life balance
- Change
- Inconsistencies
- Lack of resources
- Work hours
- Technology
- Media attention
- Black and white policies; only gray situations



How Do These Things Affect Us?

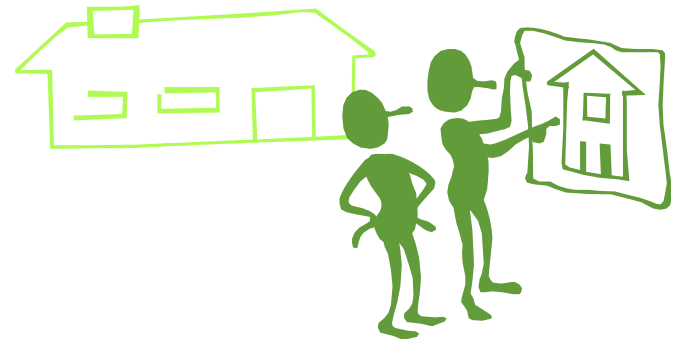
- Anger and cynicism
 - Disillusionment
 - Apathy
 - Bad decisions
 - Personal issues/ family problems
 - Lower quality of life and less fun
 - Lower productivity
- Health
 - Tension headaches
 - Blood pressure
 - Cardio-vascular
 - Stomach problems
 - Substance abuse
 - Over-eating, over-spending, over-drinking, etc.
 - Illness, suicide



What price are you willing to pay?

Ch-ch-ch-ch-changes

- The challenge for each of us is not IF there will be change, but how will I handle it when it comes?



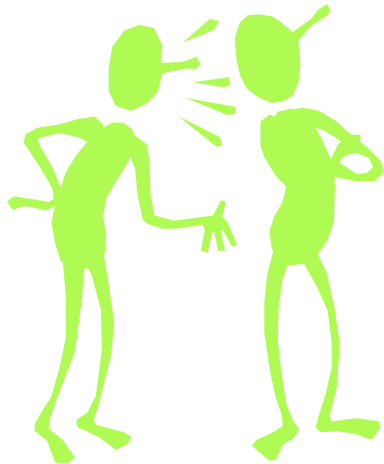
Changes and You

- Does working for the Department of Family and Children Services cause people to see the world differently?
- Have you changed? How?

Cynicism

- Contemptuous distrust of human nature and motives

--Webster's New Collegiate Dictionary



Break

Pat's Story

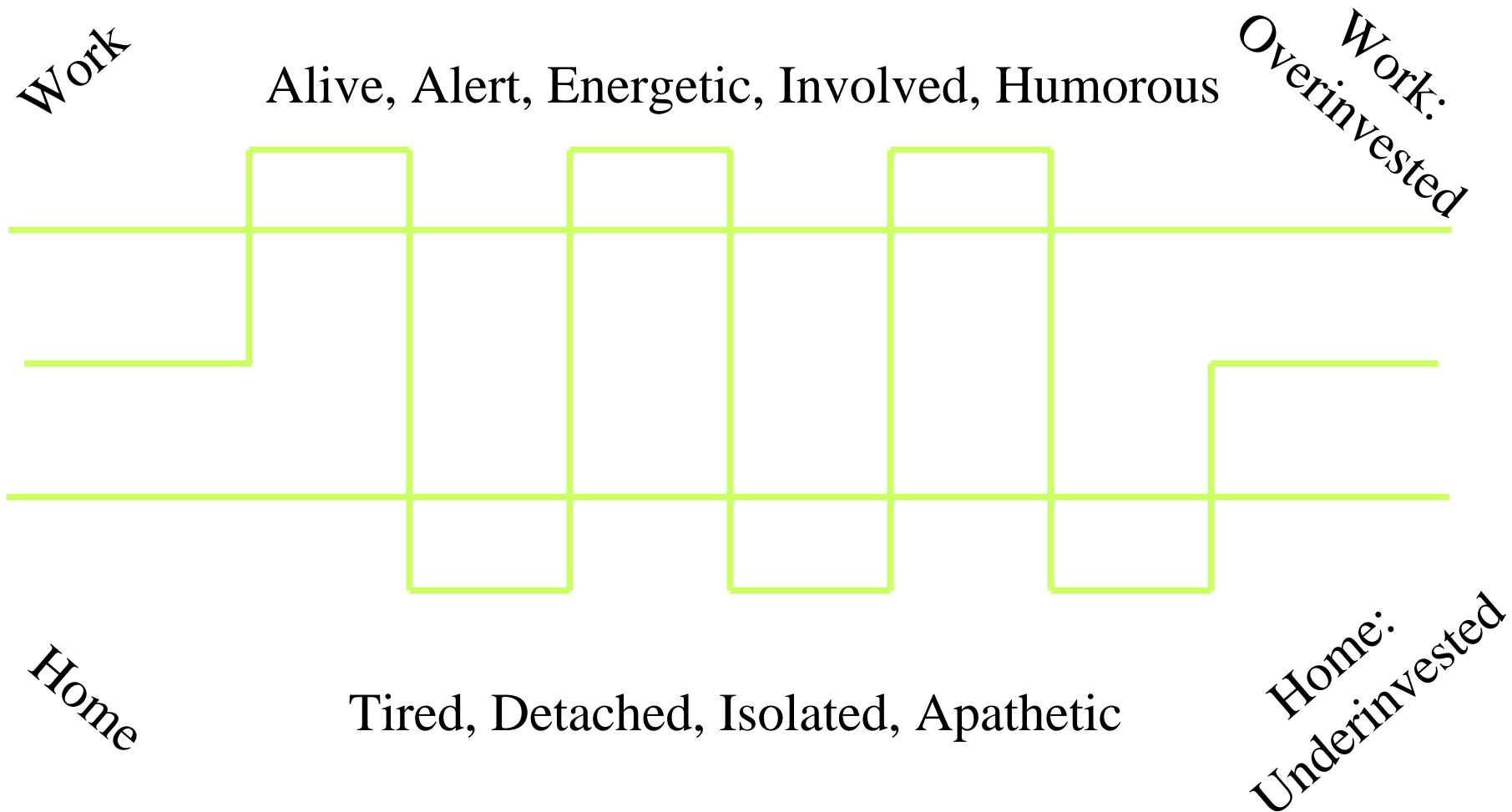


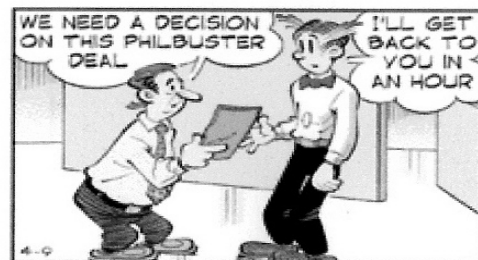
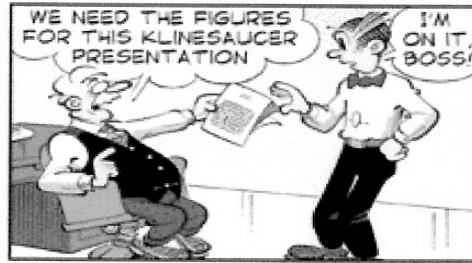
Pat's Story



The Biological Roller Coaster™

(K. Gilmartin)





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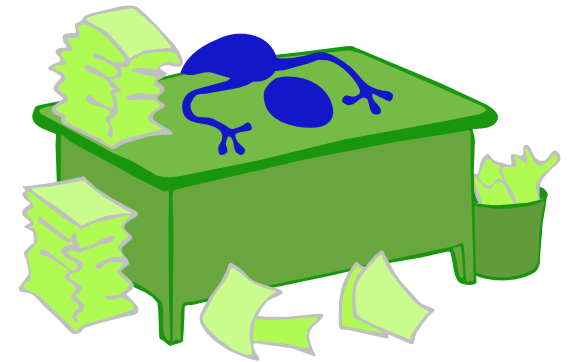
Burnout

The syndrome of . . .

overinvestment

That leads to . . .

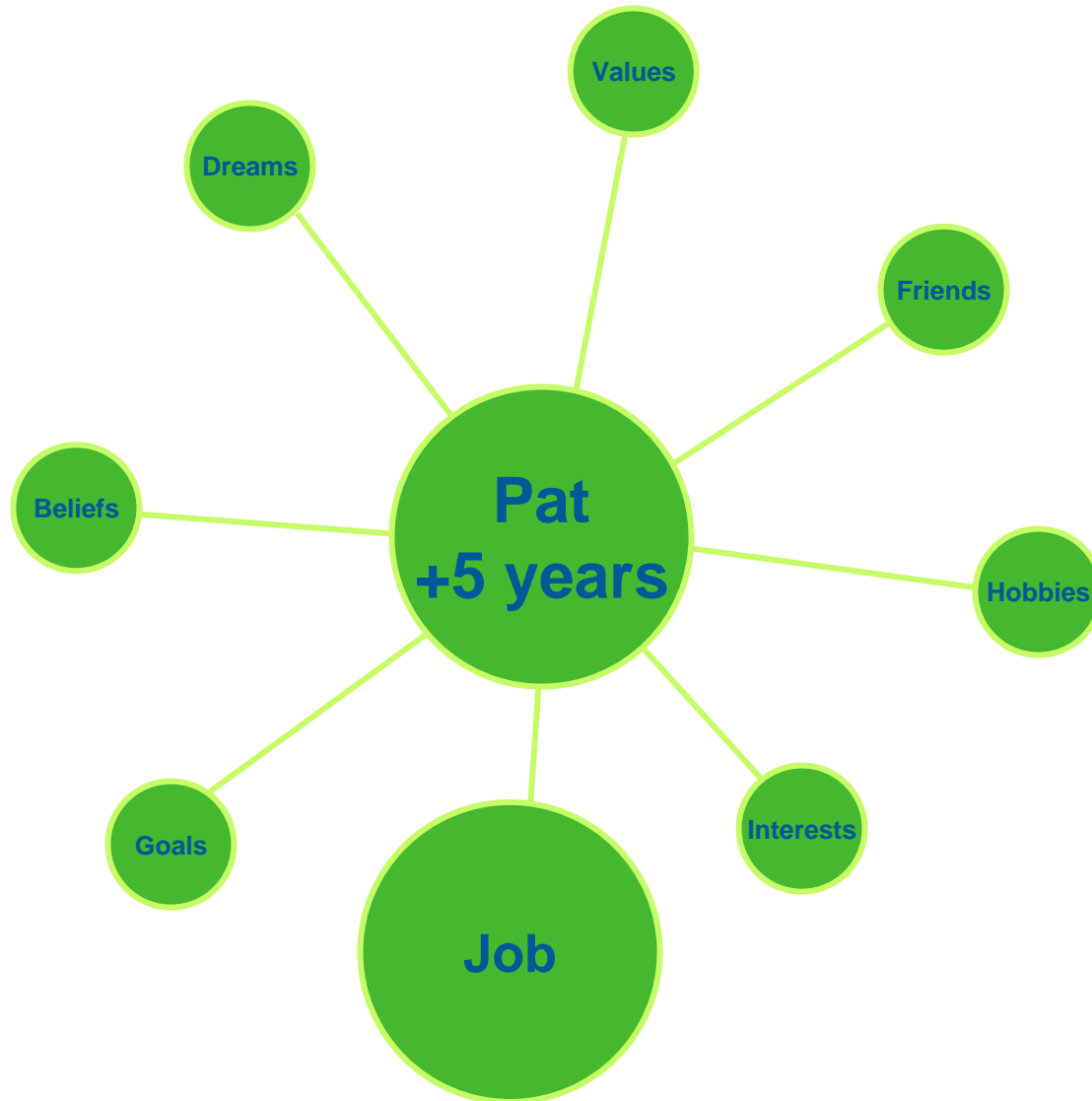
under-productivity



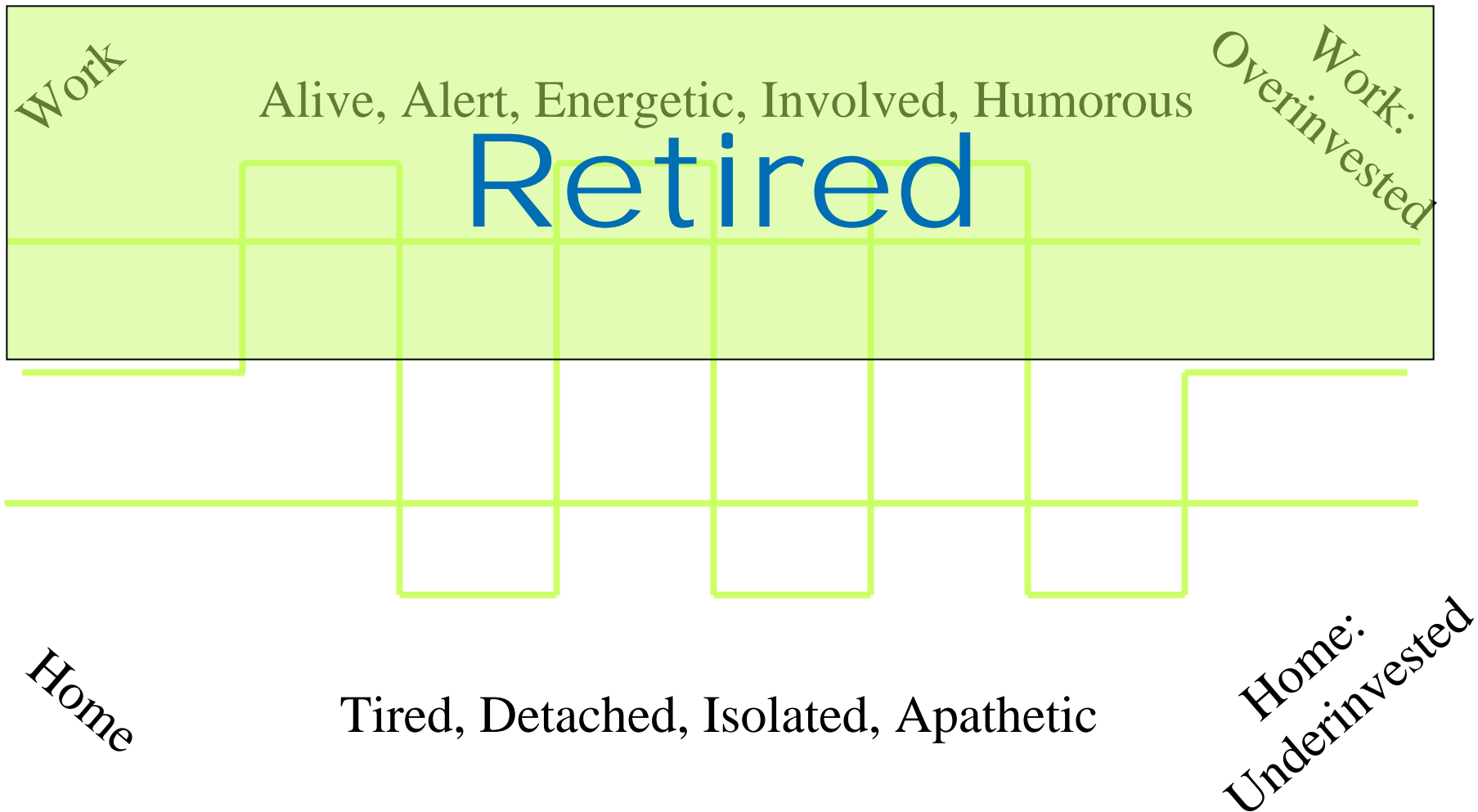
Warning Signs for Roller Coaster

- Find yourself saying, *“I used to. . .”* (go to church, work out, meet with friends)
- Find yourself saying, *“I’m gonna. . .”* (learn to roller blade, take yoga, go to Mexico)

Pat's Story, + five years



Pat's Retirement



Group Summary

- On a sheet of paper I want each of you to identify three important elements that we have talked about so far.
- Share them with the rest of the class

Be Realistic

- Your personal happiness and quality of life depends on how well you evaluate situations in terms of reality. . .
- Not how things used to be, should be, or might be



Guided Imagery - Forest

Lunch

Stress Relief

What do you do to relieve stress?

Survival Mode

Survival Mode is the typical way any of us responds to a threat.

Two major survival mode systems

- External life-threat detection system
- Social system

Impact of Survival Mode

➤ Physiologic

➤ Cognitive

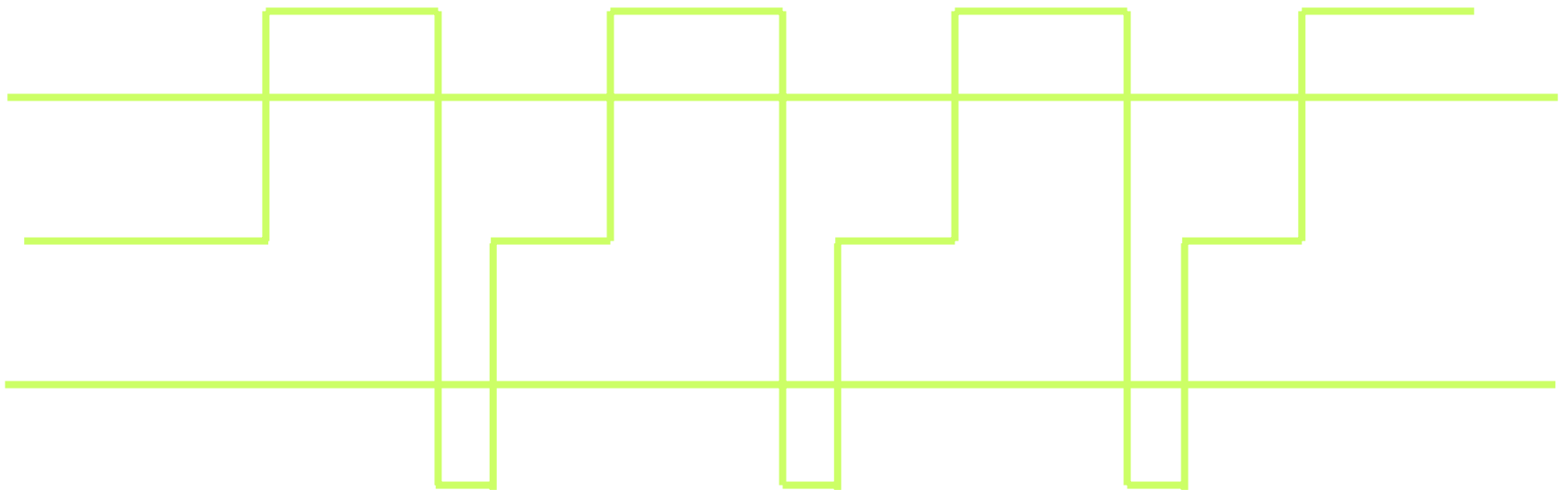
➤ Social

Emotional Cost of SM

- Emotional Numbing
- Emotional Volatility

Changing The Bio Coaster

Alive, Alert, Energetic, Involved, Humorous



Tired, Detached, Isolated, Apathetic

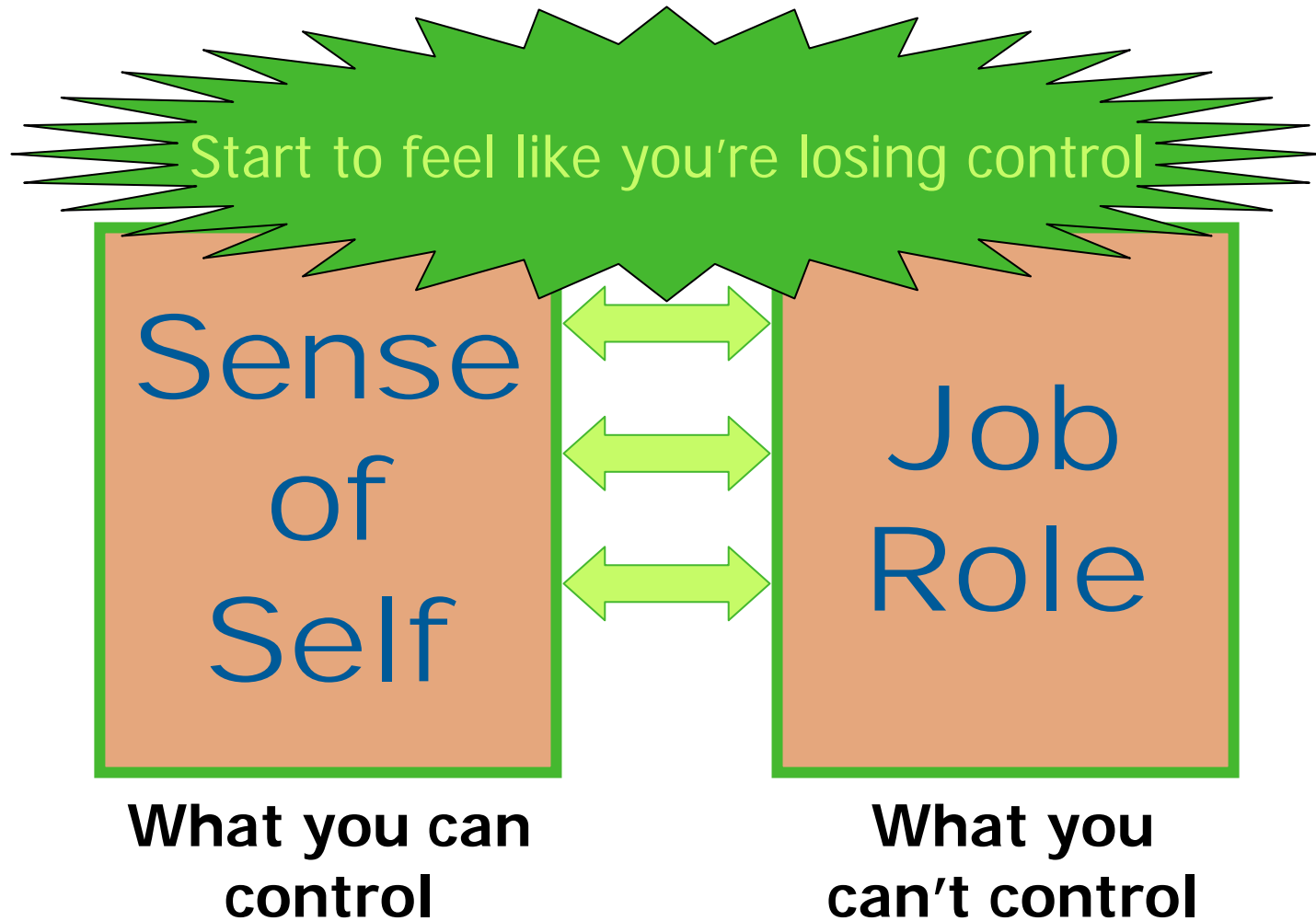
Who Controls Your Job Role?

Job
Description

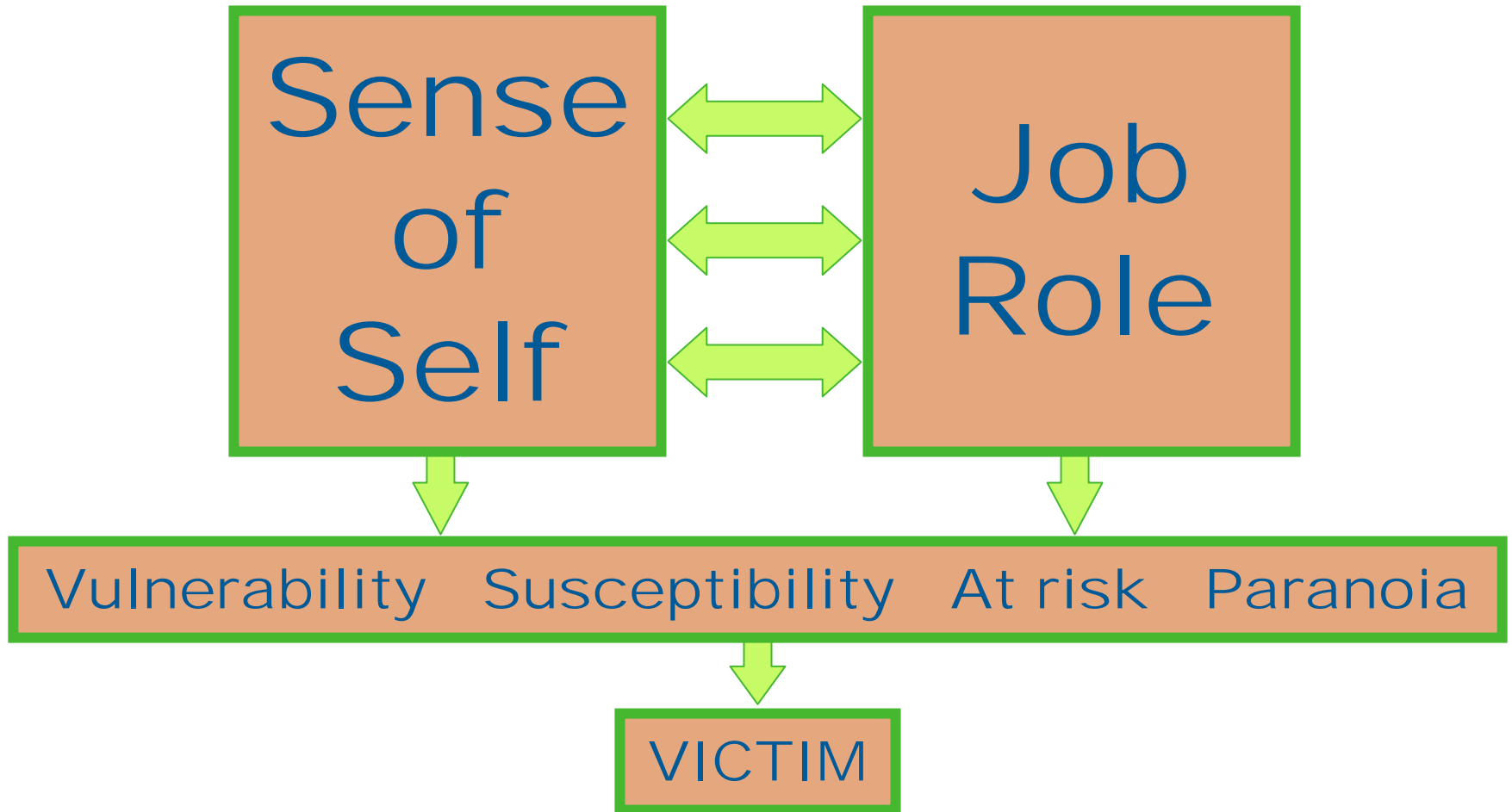
Who Controls Your Sense of Self?

Sense of
Self

A Sense of Singular Identity



A Sense of Singular Identity



Survivor vs. Victim

- Survivors
 - Focus on what they can control
- Victims
 - Focus on what they cannot control

General Coping Strategies

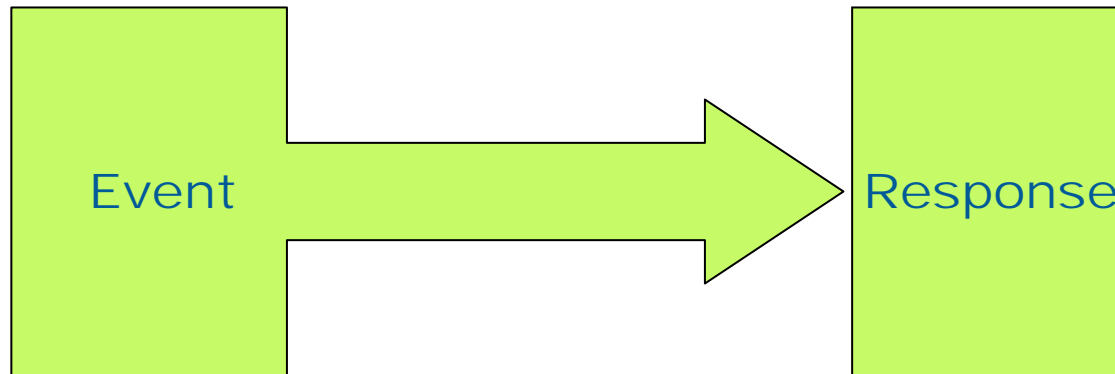
- Focus on things you *can* control: sense of identity
- If you can't control something, set aside time to vent, then don't go beyond it
- Don't "invite an annoying person to dinner"
- Laugh, deliberately find humor
- Spend time on things that are. . .
 - Productive (at work)
 - Fun (at home)
- Beware of "I used to"/"I'm gonna"

Group Activity

Coping Strategies

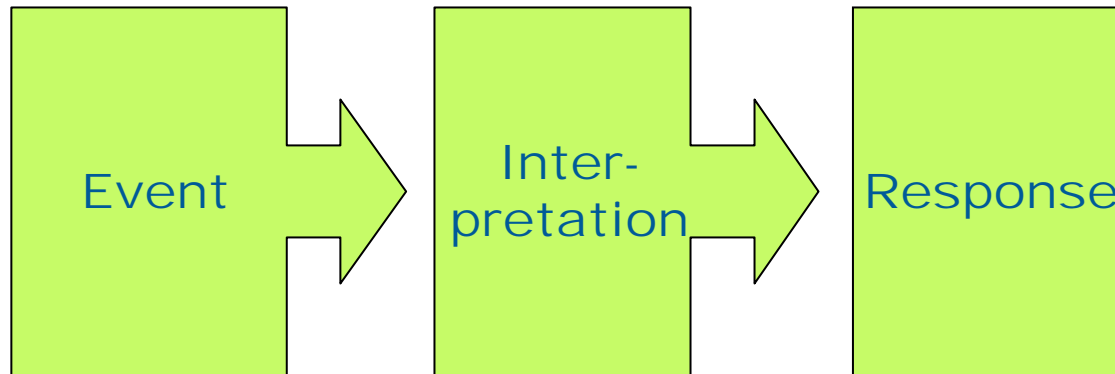
- In teams look at stressful situations and determine
 - What the person can control?
 - What the person cannot control?
 - What are some specific coping strategies?

What's Your Response?



If $E \rightarrow R$, then someone can always push your buttons and raise your stress level, because you don't control E

What's Your Response?



However, if you add "I," then you can change your response: $E + I \rightarrow R$.

Have You Ever Heard. . .

Help me to find the:

- Patience to accept the things I cannot change
- Courage to change the things I can
- And the wisdom to know the difference

Success and Happiness

- Your success and happiness will not be determined by what happens to you.
- It will be determined by what you do about what happens to you!

Changes YOU Can Make

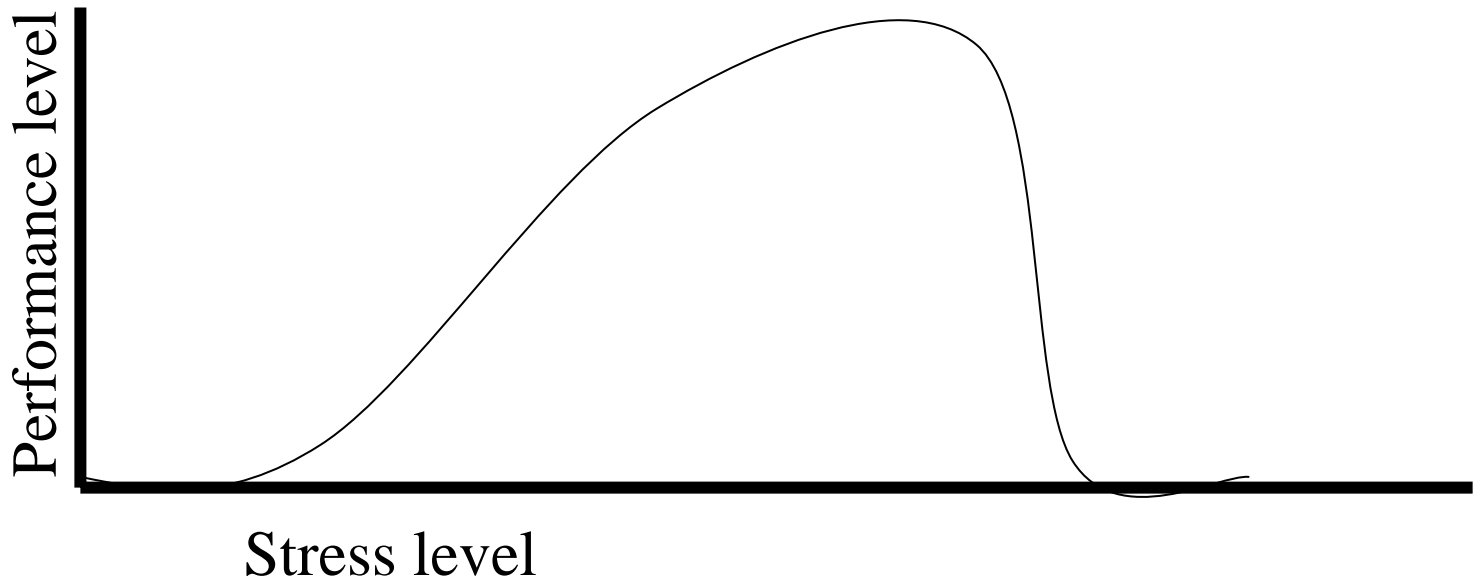
- If you want to stop feeling like a victim:
 - Either change the situation or
 - Change the way the situation affects you
- The choice is yours!

Responsibility

- If you take responsibility for your own life, a terrible thing happens. . .
- There is no one else to blame anymore.

Stress

- Your body does not know the difference between good stress and bad stress—the physiological reaction is the same



Personal Time Management

- Reactive
- Inactive
- Proactive

Keys to Emotional Survival

- Physical fitness
- Beware of Retail Therapy
- Develop and Maintain Other Significant Roles

Caring for Yourself

10 Things to do each day

1. Get enough sleep
2. Get enough to eat
3. Vary the work that you do
4. Do some light exercise
5. Do something pleasurable

Caring for yourself (con't)

6. Focus on what you did well
7. Learn from your mistakes
8. Share a private joke
9. Pray, meditate or relax
10. Support a colleague

Switching On and Off

How to become better at switching on and off.

1. Make this a conscious process.
2. Use images
3. Develop rituals
4. Breathe slowly and deeply

Your Roles



You Choose

- Preventing victim-based thinking is not a matter of chance. . . .
- It is a direct result of the choices you make every day.

Something to Think About

- Don't wait for a personal crisis before you focus on priorities!
- Put things in perspective. We don't go to our death beds saying "I wish I would have spent more time at the office."
- Enjoy life. . . It's the only one you have!