TEAM AUDIT:
How is YOUR team & what is YOUR plan to help keep everyone going?

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HELLO!

- Kerry Appleton, MAN, RN, CCRN-K, Clinical Education Specialist

- Who am I?
  - I’m a nurse, a mom, a friend, a colleague, a wife, a sister & a nature bather.

- I am here with you today…
  - because I have experienced the value of being supported by my team, but have also felt the devastating effects of self isolating & trying to pretend that the stress was not impacting me.
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How have you defined self care?
A critical incident or traumatic event is any event that causes unusual disruption or distress. The signs and symptoms of a stress reaction may last a few minutes or hours. Understanding and support of loved ones usually cause the stress reaction to subside, but assistance may be necessary. This does not imply mental instability or the need for professional assistance. Individuals should then seek professional assistance.

Common signs and signals of a stress reaction:

<table>
<thead>
<tr>
<th>Physical</th>
<th>Cognitive</th>
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<tbody>
<tr>
<td>Chills</td>
<td>Confusion</td>
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<tr>
<td>Throat</td>
<td>Nightmares</td>
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<tr>
<td>Fatigue</td>
<td>Uncertainty</td>
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<tr>
<td>Nausea</td>
<td>Hypervigilance</td>
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<tr>
<td>Fainting</td>
<td>Suspiciousness</td>
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<tr>
<td>Twitches</td>
<td>Intrusive images</td>
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<tr>
<td>Vomiting</td>
<td>Blaming someone</td>
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<tr>
<td>Dizziness</td>
<td>Poor problem solving</td>
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<tr>
<td>Weakness</td>
<td>Poor abstract thinking</td>
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<tr>
<td>Chest pain</td>
<td>Poor attention/decisions</td>
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<tr>
<td>Headaches</td>
<td>Poor concentration/memory</td>
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<tr>
<td>Elevated blood pressure</td>
<td>Disorientation of time/person/place</td>
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<td>Rapid heart rate</td>
<td>Difficulty identifying objects or people</td>
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<tr>
<td>Muscle tension</td>
<td>Heightened or lowered alertness</td>
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<tr>
<td>Shock symptoms</td>
<td>Increased/decreased awareness of surroundings</td>
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<tr>
<td>Grinding of teeth</td>
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<tr>
<td>Visual difficulties</td>
<td></td>
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<tr>
<td>Profuse sweating</td>
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<tr>
<td>Difficulty breathing</td>
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</table>

**My S.E.L.F. care Plan** A proactive strategy to attend to yourself when experiencing stress reactions

**PART 1.** Identify your common stress reactions and list below:

**PART 2.** Create a menu of options to be utilized when experiencing stress reactions at work and at home:

**WORK**

- **My S.E.L.F. care plans**

  During the shift or workday, ask yourself: "Is there anything I can do or change right now to make this situation better?"

  My S.E.L.F. care options to consider are:

**HOME**

- **My S.E.L.F. care options to consider are:**

  After your shift or workday has ended, identify activities that can help you to reduce stress reactions and not amplify them.

  My S.E.L.F. care options to consider are:
Reactions to stress come in many shapes and forms:
Treatment ideas for your Reactions
MENTAL & EMOTIONAL support for employees during COVID-19

Children’s Minnesota|Be Well
Looking for someone to **LISTEN**… call PEER SUPPORT

Peer Support team members:

- Are employees who understand daily challenges
- Are trained to provide emotional first aid
- Can provide suggestions for additional support services
- Provide confidential conversations

• In April, peer volunteers supported 42 call-in support sessions

• In May, Be Well Live sessions available upon request for teams looking to come together, to support one another and feel heard.

Creating a moment to **PAUSE**

- *Going Home Checklist*, is a concrete tool intended to help ALL staff reflect and re-center before changing gears for life at home.
Employee Resource Support Center

• A dedicated space for employees to relax & recharge
• Open 24/7, staffed by members of the Child & Family Services department
• Provides services, resources and amenities in a calm and soothing environment
• To-go resources also available

I HAVE COME TO BELIEVE THAT CARING FOR MYSELF IS NOT SELF INDULGENT. CARING FOR MYSELF IS AN ACT OF SURVIVAL…

AUDRE LORDE
References


Questions:
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