

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

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?





Stop. Evaluate. Learn. Find your path.



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A critical incident or traumatic event is *any event that causes unusual* normally. The signs and symptoms of a stress reaction may last a few understanding and support of loved ones usually cause the stress real assistance may be necessary. This does not imply mental instability or on their own. Individuals should then seek professional assistance.

Common signs and signals of a stress reaction:

Physical*	Cognitive
Chills	Confusion
Thirst	Nightmares
Fatigue	Uncertainty
Nausea	Hypervigilance
Fainting	Suspiciousness
Twitches	Intrusive images
Vomiting	Blaming someone
Dizziness	Poor problem solving
Weakness	Poor abstract thinking
Chest pain	Poor attention/ decisions
Headaches	Poor concentration/memory
Elevated blood pressure	Disorientation of time/person/place
Rapid heart rate	Difficulty identifying objects or people
Muscle tremors	Heightened or lowered alertness
Shock symptoms	Increase/ decrease awareness of surroundings
Grinding of teeth	
Visual difficulties	
Profuse sweating	
Difficulty breathing	

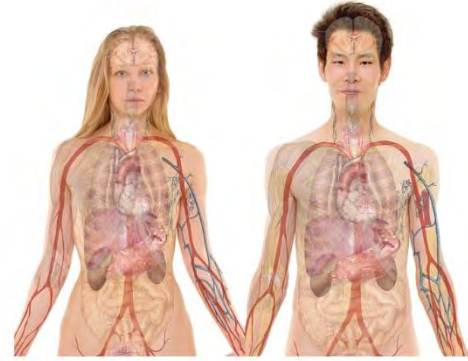
*Any of these symptoms may indicate the need for medical evaluation. When in doubt,

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:

MY S.E.L.F. CARE PLANS	
WORK	HOME
<p>During the shift or workday, ask yourself: "Is there anything I can do or change right now to make this situation better?"</p> <p>My S.E.L.F. care options to consider are:</p>	<p>After your shift or workday has ended, identify activities that can help you to reduce stress reactions and not amplify them.</p> <p>My S.E.L.F. care options to consider are:</p>



http://commons.wikimedia.org/wiki/File:Female_with_organs.png
http://commons.wikimedia.org/wiki/File:Male_with_organs.png

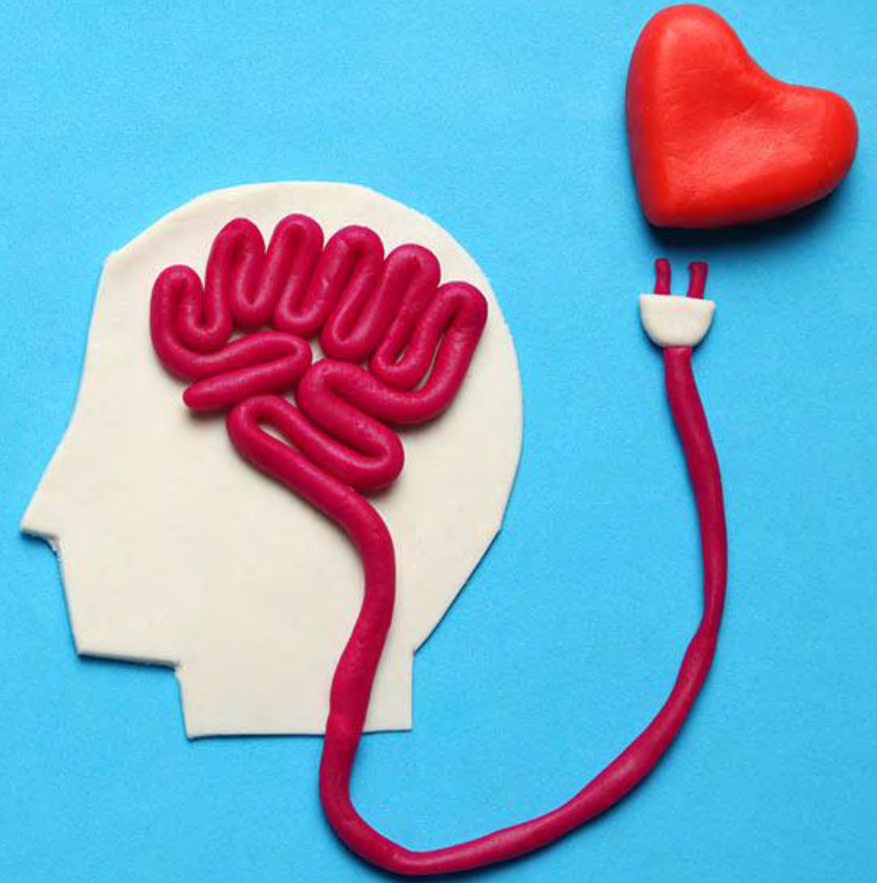
Reactions to stress
come in many shapes and forms:





Treatment ideas for your Reactions





Pause (n.d) <https://dailyrindblog.com/prioritizing-your-mental-health-wellness-during-covid-19-and-beyond/>

MENTAL & EMOTIONAL
support for employees
during COVID-19



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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



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- 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.



Support Group. (n.d.). <https://namiwheeling.org/wp-content/uploads/sites/186/2018/01/support-group-2.jpg>

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.



GOING HOME CHECKLIST

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift: let it go
- Be proud of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave: are they OK?
- Are you OK? Your peer support team is here to listen and support you
- Now switch your attention to home:
Rest and Recharge

For peer support email:
p2psupport@childrensmn.org



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M1373 3/20

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

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Questions:

Kerry.Appleton@childrensmn.org





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