



Distress Indicators

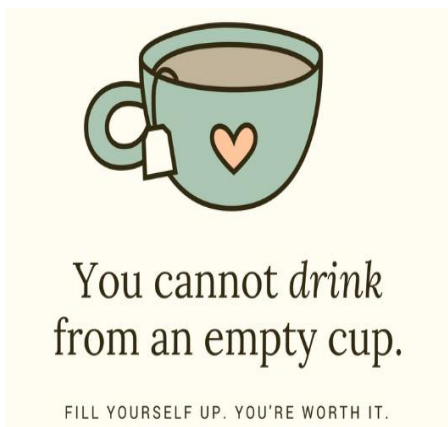
Distress reactions are normal. They are very common in helping professions, especially if we have our own trauma histories. Identifying our own **red flags** and creating a **self-care plan** can help. If a regular self-care plan is not enough, it may be a sign that you need help from a professional.

<p>Emotional Distress Indicators</p> <ul style="list-style-type: none"> <i>Anger</i> <i>Sadness</i> <i>Depression</i> <i>Anxiety</i> <i>Prolonged grief</i> 	<p>Personal Distress Indicators</p> <ul style="list-style-type: none"> <i>Isolation</i> <i>Cynicism</i> <i>Perfectionism</i> <i>Mood swings</i> <i>Irritability</i>
<p>Physical Distress Indicators</p> <ul style="list-style-type: none"> <i>Headaches</i> <i>Stomachaches</i> <i>Fatigue</i> <i>Sleep problems</i> <i>Over/under eating</i> <i>Substance abuse</i> 	<p>Work Distress Indicators</p> <ul style="list-style-type: none"> <i>Avoidance (of tasks, peers, supervisors)</i> <i>Missed appointments</i> <i>Not returning phone calls, emails</i> <i>Tardiness, absenteeism</i> <i>Lack of motivation</i>

Distress Indicators	Steps to Alleviate Your Distress
<p>What are your Emotional Distress Indicators?</p>	<p><i>How can you alleviate your Emotional Distress?</i></p>
<p>What are your Personal Distress Indicators?</p>	<p><i>How can you alleviate your Personal Distress?</i></p>

<p>What are your <i>Physical</i> Distress Indicators?</p>	<p><i>How can you alleviate your Physical Distress?</i></p>
<p>What are your <i>Work</i> Distress Indicators?</p>	<p><i>How can you alleviate your Work Distress?</i></p>

Self-Care - Personal Tips



- Expose yourself to, and consciously be aware of, healthy relationships
- Practice selfishness
- Give yourself time to shut down / shift gears at the end of your work day (go for a walk, listen to relaxing music or a motivational speaker on your way home etc.
- Externalize your feelings, emotions, experiences...what is shareable becomes more bearable!
- Prioritize – be aware of what is most important to you in your life and focus on it! Create your vision, be aware of your needs, dreams, goals, and priorities... authenticity and self-care are vital to a healthy and balanced lifestyle.

Self-Care at Work

- Focus on positives and gains – no matter how small
- Collaborate and engage available supports
- Rotate roles when possible (public education, policy work, networking, committee work etc.)
- Limit the number of trauma clients seen daily (or at least try to balance the severity)
- Take real breaks (away from your desk, vehicle, working space)
- Access supervision, debrief with colleagues, engage in therapy

Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.



- Have each other's backs
- Trust
- Community meeting before staff meetings
- Non-judgmental
- Empathy

MY SELF-CARE PLAN
PRINT & FILL IN

I'm feeling...

I PLAN TO TAKE CARE OF ME BY...

EMOTIONAL

PHYSICAL

PSYCHOLOGICAL

SPIRITUAL

Personal Self-Care

What I Will Do More Of....	What I Will Do Less Of....
What I Might Start Doing Is....	What I Might Try Is....

Self-Care & Support at Work

What I think I do well	What I think I could improve
What I think we do well	What I think we could improve

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