



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Thriving Past the Pandemic; Surge Capacity, Mission Stress & Keeping Our Own Batteries Charged

Laura McGladrey, PMHNP, FNP, RN, FAWM

Stress Trauma Adversity Research and Treatment (START) Center

University of Colorado

www.pastthepandemic.org



BRAIN HEALTH for all, for life.



OBJECTIVES

1. Participants will be able to recognize and name stress impact using exposure using an injury model
2. Participants will be able to name complex factors in stress injury formation, including acculturative stress.
3. Participants will be able to identify key aspects of empowerment to reduce instance of injury in their personal lives.
4. Participants will be able to identify key tools for mitigation of overwhelm.



OUR LANGUAGE MATTERS

STRESS INJURIES

**Stress injuries are common,
predictable, exposure injuries
that are reversible and
treatable when recognized**





Occur on a continuum, with PTSD as one of many presentations



Have early and late changing vital signs



Are physical injuries



Are relationship injuries



Can be supported when they are recognized



Are more likely to occur in a state of stress

STRESS INJURIES



STRESS INJURIES ARE PHYSICAL INJURIES

Increased chronic cortisol secretion leads to:

- Increased inflammation
- Sleep disruption
- Central Adiposity
- Pathological Fractures
- Hypertension
- Hyperlipidemia
- Cardiac injuries
- Diabetes
- Cancer





Stress Continuum Model

Stressor

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Effective communication • Socially, spiritually active • Calm and confident • Strong, cohesive units and families • Emotionally and physically healthy 	<ul style="list-style-type: none"> • Changes from normal behaviors • Poor focus, loss of interest • Irritable and pessimistic • Temporary and mild distress 	<ul style="list-style-type: none"> • Unresolved loss, trauma, wear and tear, inner conflict • Social isolation • Sleeplessness and self medicating • More severe and lasting effects 	<ul style="list-style-type: none"> • Constant and disabling distress • Depression, severe anxiety • Symptoms get worse or get better then worse again • Relationships and work suffer
TO STAY MISSION READY	TO RECOVER AND BUILD RESILIENCE	TO BEGIN HEALING	TO GET HELP
Keep fit, eat right, relax	Get adequate sleep, talk to someone you trust	Talk to a chaplain, counselor, or medical provider	Seek medical treatment
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility	Caregiver Responsibility	

USMC STRESS CONTINUUM

COMBAT AND OPERATIONAL STRESS FIRST AID



RESPONDER STRESS CONTINUUM

READY

Sense Of Mission
Spiritually &
Emotionally Healthy
Physically Healthy
Emotionally Available
Healthy Sleep
Gratitude
Vitality
Room For Complexity

REACTING

Sleep Loss
Change In Attitude
Criticism
Avoidance
Loss Of Interest
Distance
From Others
Short Fuse
Cutting Corners
Loss Of Creativity
Lack Of Motivation
Fatigue

INJURED

Sleep Issues
Emotional Numbness
Burnout
Nightmares
Disengaged
Exhausted
Physical Symptoms
Feeling Trapped
Relationships
Suffering
Isolation

CRITICAL

Insomnia
Hopelessness
Anxiety & Panic
Depression
Intrusive Thoughts
Feeling Lost Or
Out Of Control
Blame
Hiding Out
Broken Relationships
Thoughts Of Suicide

+ DEPLETION STRESS

BATTERY SNAPSHOT

— WHAT CHARGES IT? —



— WHAT DRAINS IT? —



STRESS CONTINUUM FOR THE TEAM

READY

Transparency
Vulnerability
Requests for help met with Support
Connection
Team approach to overwhelm
Curiosity Culture
Mission Satisfaction

REACTING

Normalizing depletion
Staff dreading work
Mistakes are personal
Transactional communication
Requests for help are criticized
Mission drift

INJURED

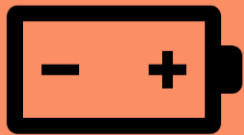
Resources scarce
Rigid perspectives
Members undervalued
Communication
Silos
Suffering in silence
Helplessness
Mission fatigue

CRITICAL

Cliques and hierarchy
Lack of trust
Gas lighting
Culture of blame
Vulnerability punished
Fear at work
Hopelessness
Moral Injuries

+ STRESS INJURY EQUATION

Depletion
Stress



Mission
Stress



Traumatic
Stress



STRESS
INJURY



NUMBING AND SURVIVAL TOOLS

If you know how you numb, you'll know when you're numbing.



Exercise
Sleep
Relationships
Eating
Drinking



Busyness
Control
Technology
Anger/blame towards others



What helps;

Green Choices

1. One person you tell what's really happening (who knows what you do)
2. Measure for vitality and participation in life
3. Identify numbing tools so you know if you're using them
4. Sleep commitment
5. Exercise to decrease arousal
6. Early warning system to recognize injury formation
7. **Space for integration.**
8. Plan for exposure
9. Low tolerance for emotional pain
10. Family and community involvement

+ YOU, GREENER | Do More of What Works

RECHARGE	CONNECTION	MISSION	SPACE	NUMBING Tools
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3

Resources

- **Well-being Support Line** (for Healthcare Workforce)
 - 303-724-2500
 - Staffed by trained volunteers from AMC and UC Denver
- www.pastthepandemic.org
- www.responderalliance.com
- <https://medschool.cuanschutz.edu/psychiatry/programs>
- pastthepandemic@cuanschutz.edu



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