SELF-CARE IN HELPING PROFESSIONS DURING TIMES OF CRISIS

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Footprints Consulting Services, LLC

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RESULTS OF COVID-19 IN THE COMMUNITY

- Increase in depression and depressive symptoms
- Increase in anxiety and related symptoms
- Increase in prescribing of psychiatric medications
- Triggering PTSD symptoms
- Increase in attempted and completed suicides
- Increase in domestic violence
- Increase in alcohol and other drug misuse
- Increase in SUD relapse
- Increase in overdoses and deaths by overdose
- Worsening of chronic health problems

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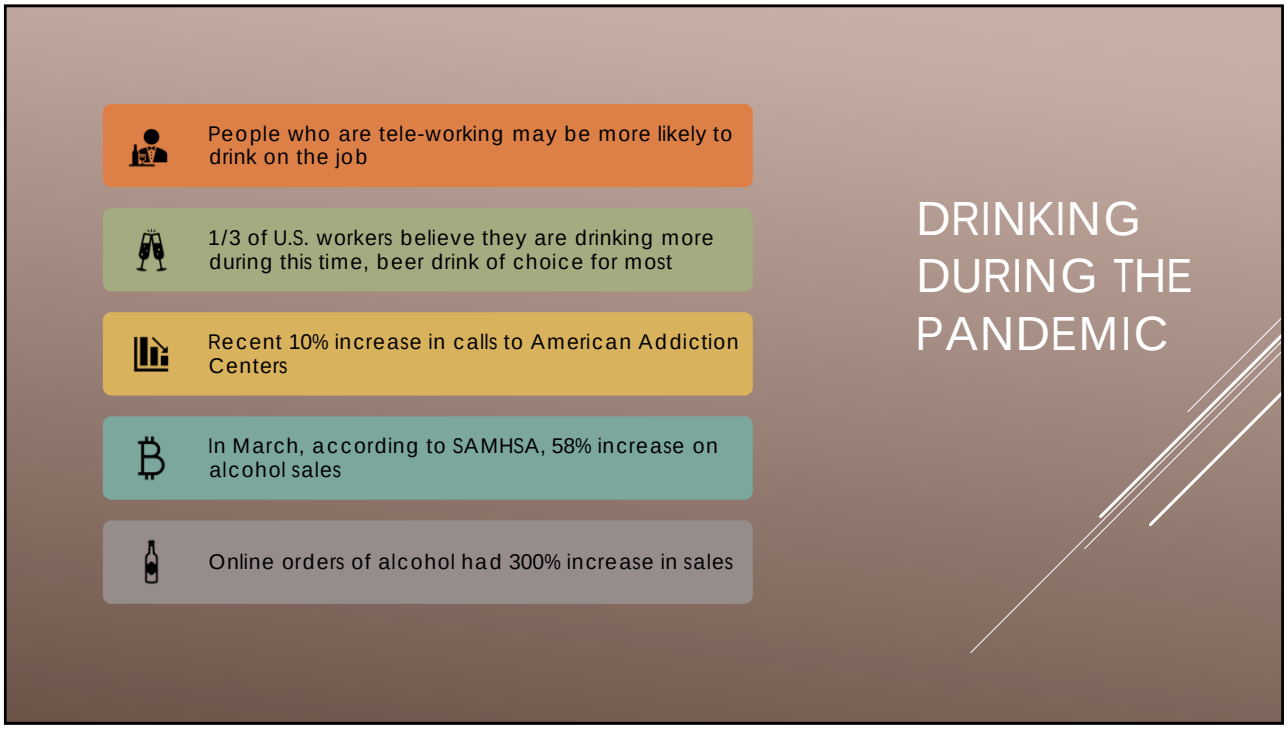

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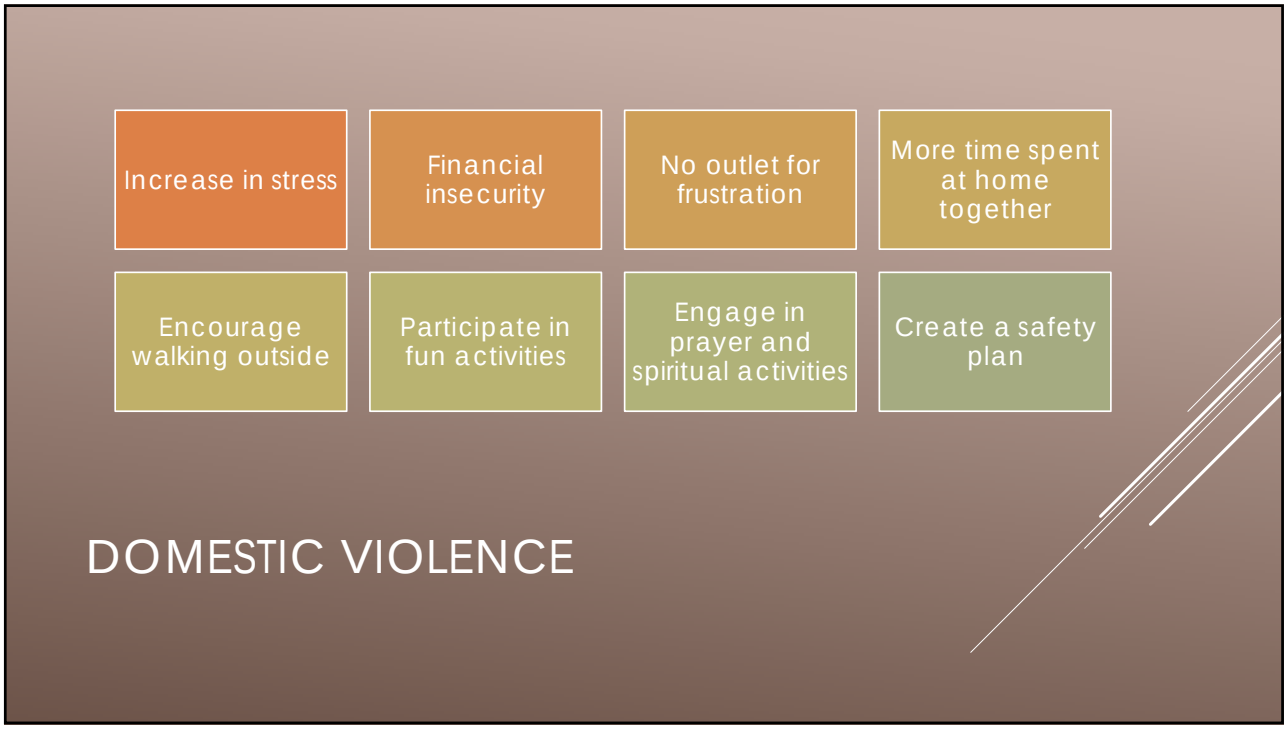

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WHAT TO EXPECT FROM PATIENTS

- Remember that mental health problems can present as physical complaints
- Uncertainty, frustration
- Loneliness
- Anger
- Boredom
- Ambivalence
- Increased use of alcohol and other drugs
- Depression
- Anxiety
- Symptoms of PTSD due to fears created from watching too much news

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THE PROBLEM FOR THE HELPING PROFESSIONAL

- Feeling unsupported
- Overworked and "Zoom Fatigue"
- Short staffed, shortage of supplies
- Personal health concerns
- Safety of family concerns
- Fear
- Seeing to personal needs at home
- Need to destress

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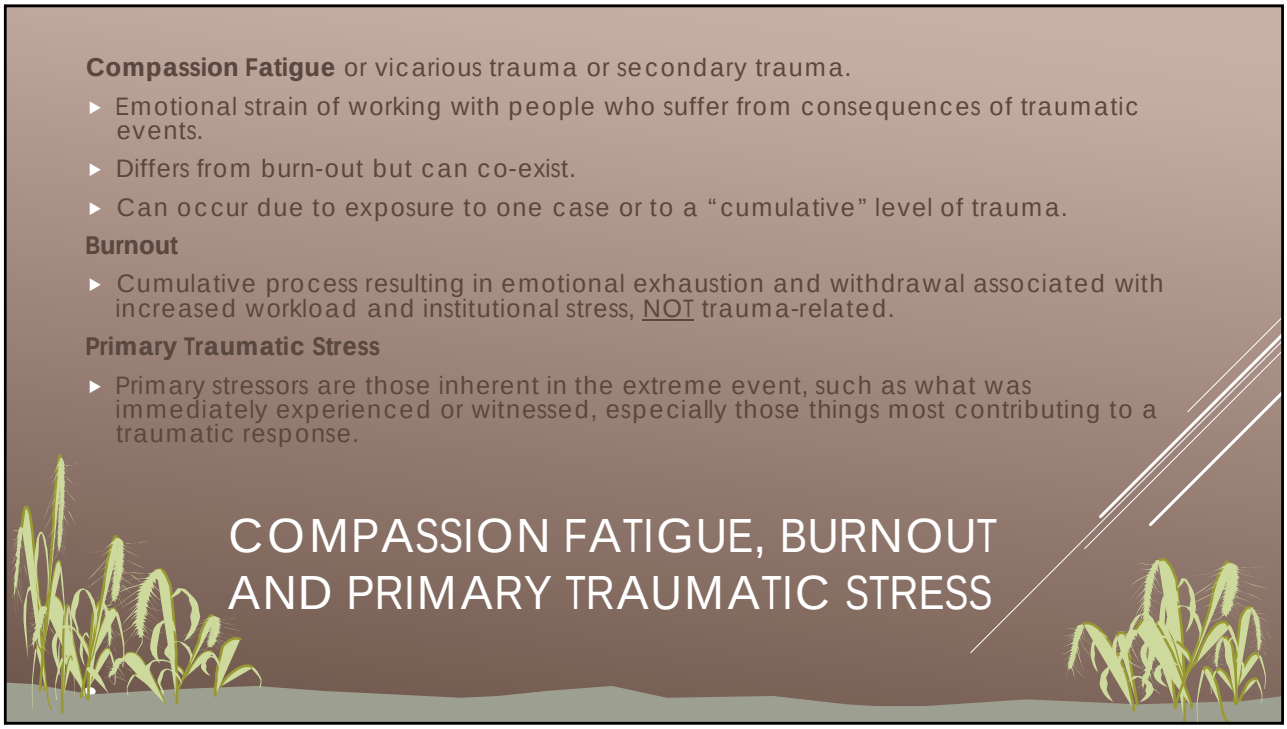

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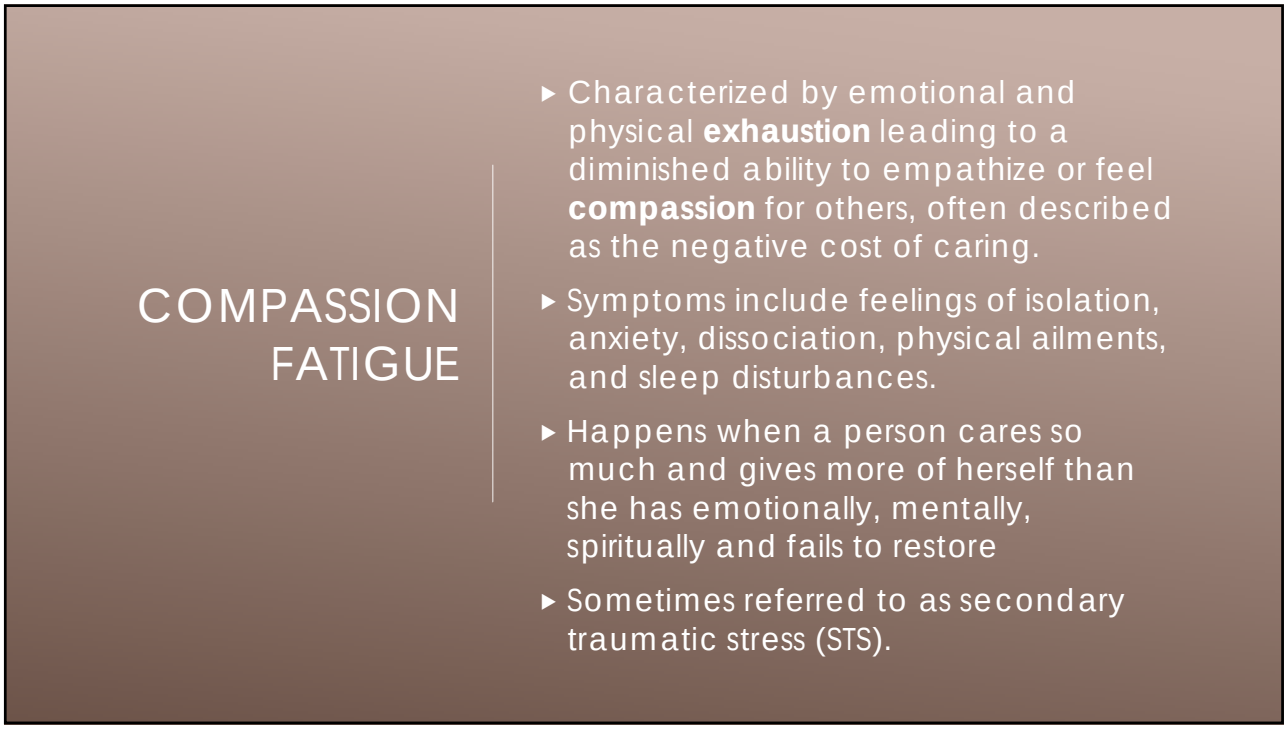

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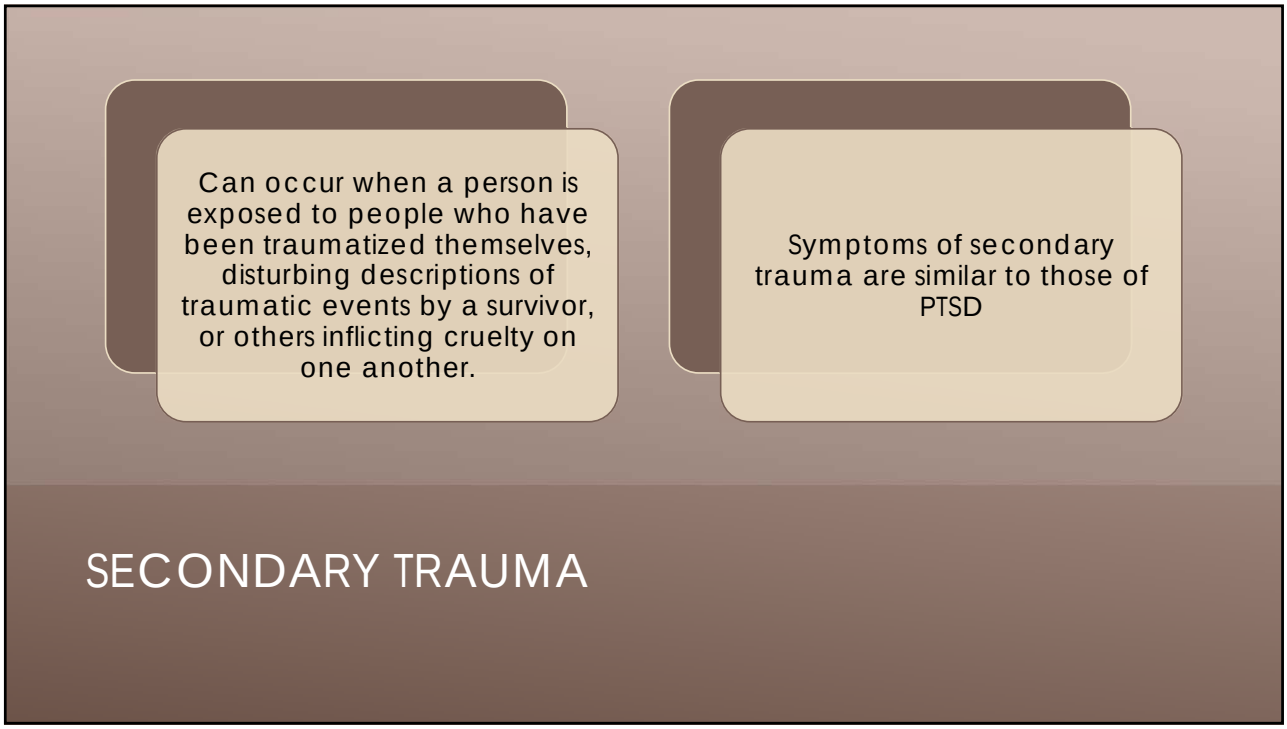

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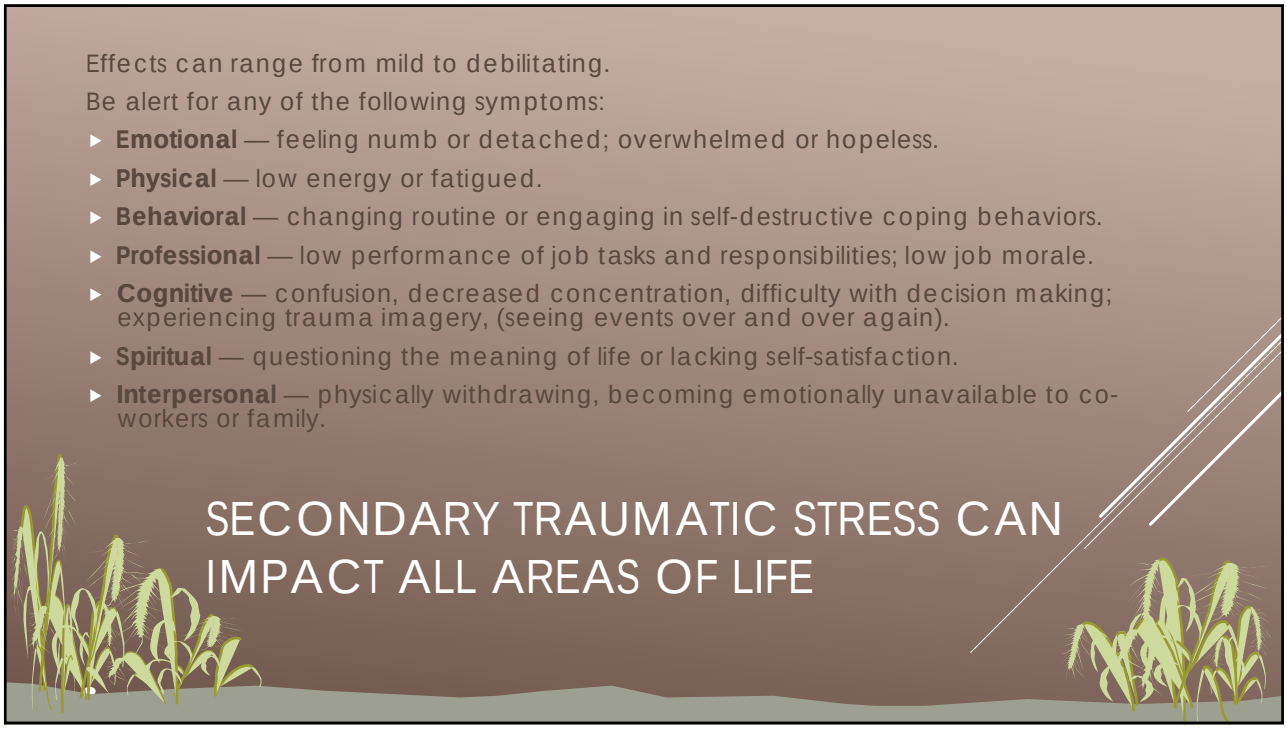

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MANAGING SECONDARY TRAUMATIC STRESS

- Practicing self-care through regular exercise, a healthy diet, and sufficient sleep.
- Activities such as yoga or meditation can be helpful in reducing general stress.
- It is important for staff to take time away from the stress-inducing situation.
- Spending time with family or friends, or focusing on a project or hobby can help.
- This goes beyond regular stress. A counselor can be a resource for strategies to cope with the symptoms and to heal.

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SIGNS OF STRESS - BEHAVIOR

- Increase or decrease in energy/activity levels
- Increase in substance use, including tobacco or vaping
- Increase irritability, angry outbursts, frequent arguments
- Trouble relaxing, sleeping
- Frequent crying
- Excessive worry
- Isolation
- Blaming
- Difficulty communicating, concentrating, listening
- Difficulty giving/accepting help
- Inability to feel pleasure or have fun

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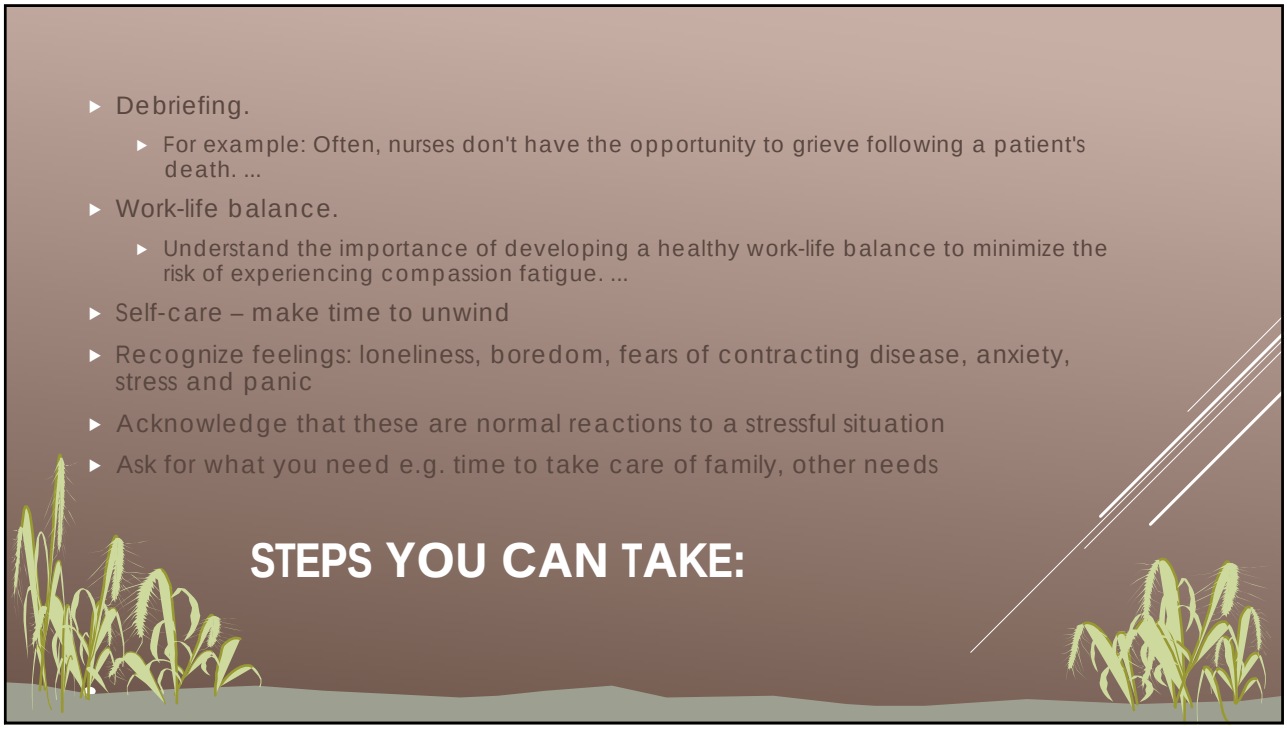

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RESOURCES

- Centers for Disease Control – www.cdc.gov/coronavirus
- World Health Organization – www.who.int/en
- Center for American Indian Health – https://caih.jhu.edu/news/covid19
  - Fact sheets for distribution
- Local Public Health Department
- SAMHSA 24-hour Disaster Distress Line – 800-985-5990
- Suicide Prevention Hotline – 800-273-TALK (8255)
- info@samhsa.hhs.gov
- National Domestic Violence Hotline – 800-799-7233 call or chat
- National Sexual Assault Hotline – 800-656-HOPE (4673) call or chat
- StrongHearts Native Helpline for domestic/sexual violence 7am-10pm CT – 1-844-762-8483
- American Addiction Centers – 1-888-327-6918
- National Indigenous Women's resource Center – www.niwrc.org
- Mental Health America – www.mhanational.org
- National Parent Hotline – 1-855-427-2736
- PTSD Alliance – www.ptsdalliance.org

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