



Mental Health of Nurses: Supporting You and Your Nursing Colleagues when They Need it Most

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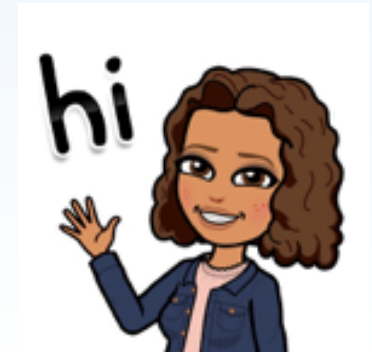


Who is Dr. Josey?

- Co-Founder of YOUr Center, LLC and Phoenix Center for Health and Wellness, LLC in Wilmington, DE
- President, Psychiatric Mental Health Nursing, Minority Fellowship Graduate Association



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Learning Objectives

- Recognize signs of mental health distress in yourself and co-workers
- Recognize signs of compassion fatigue, PTSD, and chronic stress
- Apply at least one mental health coping strategy to support yourself and your colleagues



Building on Previous Webinars

How to Survive the Pandemic with an Unbroken Spirit – Actions to Take Right Now to Stay Strong and Focused

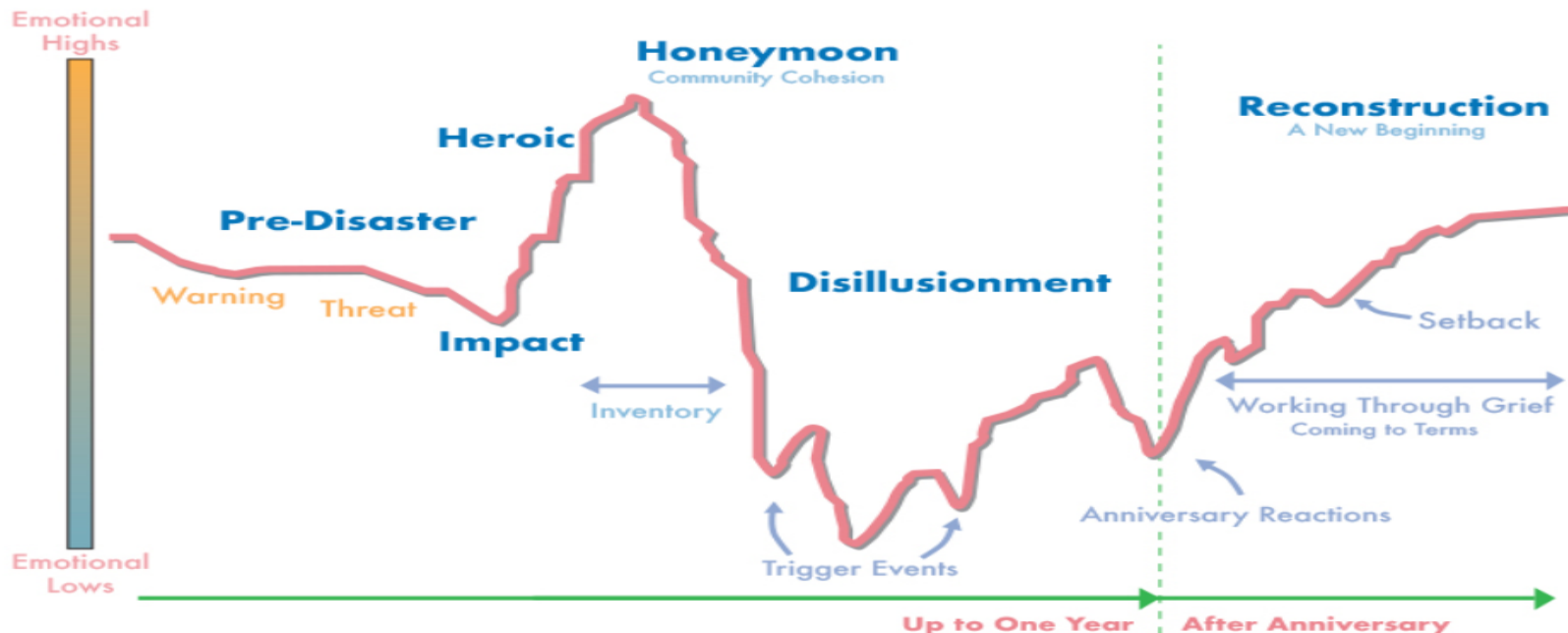
Sattaria “Tari” Dilks, DNP, APRN, PMHNP-BC, FAANP

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Phases of Disaster

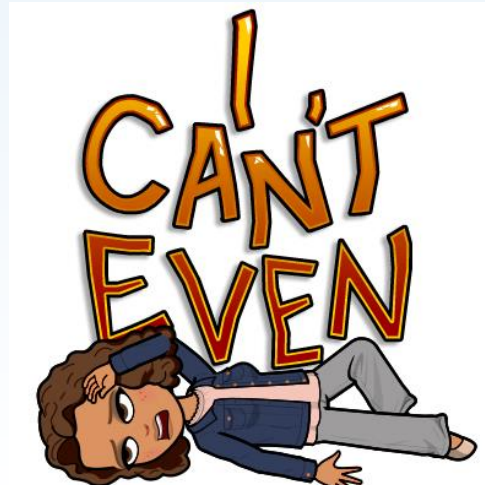


Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.
<https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>



Chronic Stress and Ambiguity

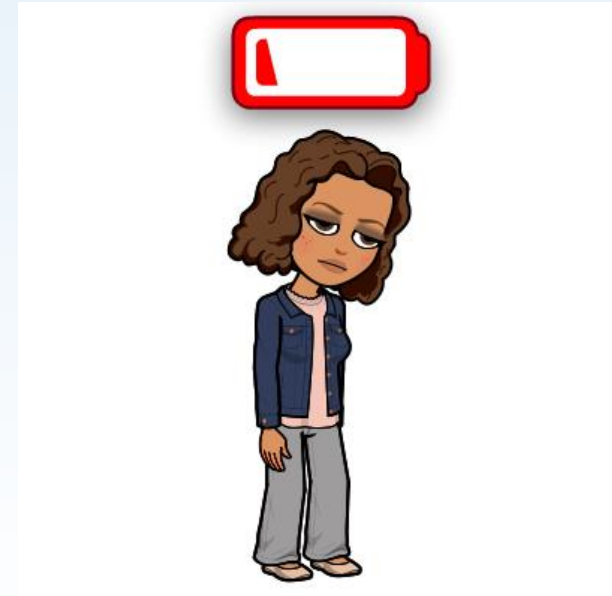
- Repeated exposure to events that cause wear and tear on the mind and the body





Physical Effects of Chronic Stress

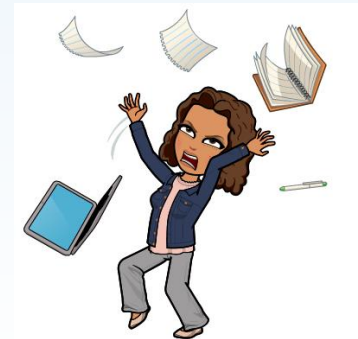
- Muscles tighten
- Breath shortens
- Blood pressure elevates
- Sleep disturbances
- Fatigue





Emotional Effects of Chronic Stress

- Irritability
- Feelings of sadness
- Withdrawal or disconnection from situations that cause stress
- Difficulty experiencing pleasure in activities
- Seeking methods of coping that may be harmful (e.g. excessive alcohol use, substance abuse)





What is Trauma?

- Literally: a wound
- Definition: A deeply distressing or disturbing experience
- Medicine: physical injury
- Mental health: a psychological, emotional response to an event or experience that is deeply distressing or disturbing



Post-Traumatic Stress Disorder (PTSD)

- Recurrent intrusive thoughts, memories, or dreams
- Flashbacks
- Avoidance of stimuli associated with the traumatic event
- Hypervigilance



We Are Grieving

- Loss of lives
- Loss of employment
- Loss of milestones –
proms, graduations,
weddings, funerals
- Loss of a sense of
normalcy and
knowing what to
expect
- Left with a feeling of
unfairness and
anger





Burnout

- “A syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals that work with people.”
 - Can lead to compassion fatigue - which is sometimes referred to as the “cost of caring”



When to Seek Help

- If having thoughts to harm yourself, call 911 or go to nearest emergency room
- If symptoms are negatively impacting your ability to function on a day to day basis



Where to get immediate help

- **Call 911**
- **Call a hotline:**
 - **National Suicide Prevention Lifeline**
 - 800-273-8255
 - <https://suicidepreventionlifeline.org/>
- **Crisis Text Line**
 - Text HOME to 741741
 - <https://www.crisistextline.org/>
- **SAMHSA Disaster Distress Helpline**
 - 800-985-5990
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **National Domestic Violence Hotline**
 - 800-799-7233
 - <https://www.thehotline.org/>
- **Childhelp National Child Abuse Helpline**
 - 1-800-4-A-CHILD (1-800-422-4453)
 - www.childhelp.org
- **National Sexual Assault Telephone Hotline**
 - 1-800-656-4673
 - <https://www.rainn.org/>



How to connect with a mental health provider

- Contact your insurance to find out who may be in network for you to go to
- Primary Care Provider may be able to assist with a referral
- Contact your local Community Mental Health Center
- Substance Abuse Mental Health Services Administration (SAMHSA) Treatment Locator
 - <https://www.samhsa.gov/find-treatment>
- National Alliance on Mental Illness (NAMI) HelpLine
 - 1-800-950-NAMI (6264)
 - <https://nami.org/help>



Ways to Take Care of Yourself

- Some of the most helpful ways to feel better come from self-knowledge and recognition of “where you are” in that moment.





Hypervigilant?

- Limit time on phone and social media
- Create a "safe space" in your home or work area that contains items that bring comfort

Socially Isolated?

- Find / create opportunities to connect with colleagues that may have similar experiences in safe spaces



Overwhelmed?

- Schedule self-care
- Practice grounding techniques
- Create a manageable to-do list

Disconnected?

- Sometimes people hold some feelings at bay to protect themselves.
- Grounding techniques that create physical sensations



Let's Practice: Equal Breathing

- Think of something that makes you feel grateful. Breathe in slowly over a count of 4, pause, then breathe out over a count of 4. One minute can reduce heart rate, relax muscles, and help clear the mind



Let's Practice: Abdominal Breathing

- Breathing in slowly through the nose, expanding the belly (not the chest) to draw the breath in and down, and then contracting the abdominal muscles to move the air out through the mouth. This technique allows us to take deeper breaths and circulate air more fully down to the bases of our lungs. This is especially important to help clear old air out from our lungs.



Let's Practice: Progressive Muscle Relaxation

- Start at your feet / toes and focus on tensing and relaxing each muscle group for 2 - 3 seconds
- Move up from your feet through your legs, abdomen, chest, arms, and head
- Try inhaling through your nose while tensing your muscles and exhaling through your mouth when relaxing them



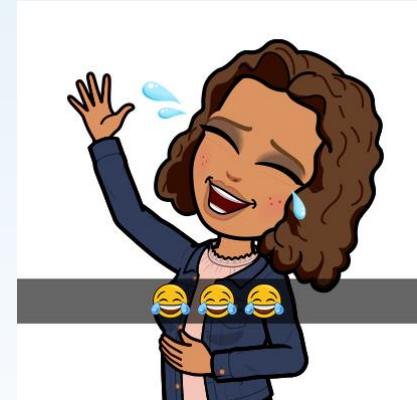
Other Apps That May Be Helpful

- Calm
- Headspace
- Aura
- Stop, Breathe, and Think
 - Most have free versions, especially for healthcare providers



Find Reasons to Laugh

- “Laughter is the best medicine”
 - Joke of the day app
 - Cute Animal videos
 - Schedule time with your funniest friend





Find Reasons to Hope

- During the quarantine people:
 - Implemented ways to provide care remotely
 - Discovered ways to reconnect with family in our homes
 - Discovered ways to deliver educational content to people remotely
 - Rediscovered hobbies they may have put aside





THANK YOU!!!





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Selected References

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