Stress Reduction: Simple Steps You Can Take for Better Living

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Learner Objectives

• Recognize how learning to reduce stress can provide personal and professional benefits to yourself and your team

• Reproduce demonstrated stress reduction techniques into your professional life
Discussion Outline

• Definition of stress
• Stress as it relates to home and work life
• The cost of stress
• Stress-related illnesses
• How to build resilience
What is stress?
Definition of Stress

• Stress (noun) is defined as:
  • Pressure or tension exerted on a material object
  • A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

• Stress (verb) is defined as:
  • Give particular emphasis or importance to (a point, statement, or idea) made in speech or writing
  • Subject to pressure or tension
Stress

• Stress is natural
• Stress is **unavoidable**
• Stress can be motivational
• Stress can be devastating
Stress is Natural

“A normal adaptive coping response that evolved over hundreds of millions of years to help our ancestors avoid sticks and get carrots.” – Rick Hanson, PhD
Job/Life Stressors

• Deadlines
• Internet
  • Social Media
• Cell Phone
  • Text Messaging
• Email
  • How many accounts do YOU have?
Social Media

Facebook  Google +
Twitter  Skype
Snapchat  Pinterest
Instagram  LinkedIn
Tumblr  MeetMe
Flickr  Meetup
Yelp  Tinder
Waze  Grindr
Approximately 40 million American adults suffer from anxiety disorders.

National Institute of Mental Health (2008)
The Cost of Stress

• $26 billion paid annually in disability claims
• Estimated that $300 billion lost annually due to job related stress and diminished performance and absenteeism. (2009)
• 60-80% of all work-related accidents

www.americaninstituteofstress.org
The Cost of Stress

• Up to 90% of all PCP visits
• More than 50% of lost work days
• Of all workers, almost 14% say stress caused them to quit or change jobs in the last 2 years

www.americaninstituteofstress.org
CDC’s Definition of Job Stress

• Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.

https://www.cdc.gov/niosh/docs/99-101/default.html
Stress Traps

• Saying “YES” before realizing how much time it would take

• Wasting time on things that are not important or do not make you happy

• Not being busy does not equate to being lazy or being irresponsible

• “Tomorrow I’ll get that done” or “Next summer I’ll take that trip”

Tunajek, S., 2012, pg. 36
Workplace Stress

• It’s not the job, it’s the person-environment fit that matters
• Sense of control
• Decision-making latitude
Work Stress

• Daily work pressures:
  • Quick turnovers
  • Overtime
  • Trauma cases
  • Layoffs
  • Anesthesia group takeovers
CRNAs

• We are constantly exposed to a variety of stressors

• Prolonged stress can have negative physical and mental consequences sometimes to the point of disability and may even affect patient care
Early Warning Signs of Job Stress

• Sleep disturbances
• Headaches
• Difficulty concentrating
• Short temper
• Upset stomach
• Job dissatisfaction
• Low morale
TOO MUCH STRESS can cause:

- Fatigue/Insomnia
- Headaches/inflammation
- High Blood Pressure
- Gastrointestinal disturbances
- Weight loss or gain
- Anxiety/Depression
- Relationship problems
- Addictive behaviors
Why Stress is Bad

• We all know prolonged HTN may lead to heart disease, heart attack and stroke

• Long term inflammation may lead to weight gain, diabetes, kidney disease, and maybe even cancer
• A healthcare provider who is fatigued, anxious, depressed, dealing with turmoil, life-event, or maybe addicted is not fit for duty
AANA Code of Ethics

• According to The Code of Ethics for the Certified Registered Nurse Anesthetists, set forth by the AANA, anesthetists must be fit for duty to ensure that the high level of care can be delivered as promised
CRNA/Student Reported Stress

Student mean = 7.9
CRNA mean = 5.1
Educator mean = 6.3
More than just a state of mind...

Physical components of stress include:

- tight muscles, headaches, difficulty falling asleep and restless sleep,
- abdominal pain,
- allergies, asthma, inflammation and HTN.
What do you use to manage stress?

- Alcohol
- Antidepressants
- Benzodiazepines
- Beta blockers
- H2 blockers
- Over counter
- Opioids
- Prescription
- Proton Pump Inhibitors
- SSRI

Legend:
- Student
- CRNA
- Educator
It is Impossible to Avoid Stress

• Stress is natural and unavoidable!

• By practicing wellness, we develop RESILIENCY and this enables us to combat stress
Defining Resilience

• Resilience is:

“The ability to adapt well in the face of adversity, trauma, tragedy, or stress”
Defining Resilience

• Resilience is:

“Resilience is bouncing back to be the best we can be through perseverance, positivity, and adaptation”

Spiri, C. (2017) pg. 28
Resilience

• The capacity to recover quickly from difficulties; toughness
• The capacity to withstand stress and catastrophe
• Working through the emotions and effects of stress and painful events
Ways to Build Resilience

• Cultivate social relationships
• Adopt a pet
• Reconcile relationships (forgive or ask for forgiveness)
• Serve one another
• Adequate sleep
• Laugh
• Cry
Ways to Build Resilience

• Create appropriate boundaries
• Picture and strive for a better life/future
• Be thankful
• Be rich in faith
• Above all, love❤️
Wellness

“AANA defines wellness as a positive state of the mind, body, and spirit reflecting a balance of effective adaptation, resilience, and coping mechanisms in personal and professional environments that enhance quality of life”

www.aanawellness.com
Finding Balance

• Need to prioritize time to rejuvenate and rest our bodies

• Develop all the dimensions of our health and well-being:
  • Physical
  • Mental
  • Social
  • Spiritual

Tunajek, S., 2012, pg. 36
Finding Balance

- **Physical:**
  - Exercise
  - Healthy eating

- **Mental:**
  - Visualizing future goals
  - Intellectual vitality
Finding Balance

• Social:
  • Relationships with people

• Spiritual:
  • Faith and core values
  • Beliefs
Finding Balance

• Saying “no” without feeling guilty
• Make quiet time for yourself
• Talk with your friends
• Change up your daily routine
• Learn to better manage your time
• Look at your habits, will your actions impact others or yourself
• If you need help, ask
Rest

• The best way to quiet the body-mind’s “stress response” and support the “relaxation response” is REST
Sleep

• Strive for 7 to 8 hours a night

• Improve your quality of sleep by meditative practices, deep breathing, and/or by exercising early in the day

• Short naps can be helpful
  • 30 to 45 minutes so as not to disturb the sleep cycle
Exercise

• Physical exercise helps us stay resilient:
  • Walk/run
  • Bike
  • Swim
  • Shoot hoops
  • Stretch
  • Yoga

• Vigorous exercise decreases adrenaline
• Gentler exercise lowers cortisol
Nutrition

A WELL FED body is a RESILIENT body
Good Rules of Thumb

• Eating plenty of dark **FRUITS** and **VEGETABLES**
• **EAT WHOLE GRAINS/ NUTS AND SEEDS**
• Drink plenty of **WATER**
• **LIMIT** CAFFEINE AND ETOH
Meditation

• MINDFUL MEDITATION—becoming a calm observer of your thought and emotions stimulates the parasympathetic nervous system

• Meditation can reduce frantic neurological activity in the amygdala, the alarm bell of the brain
Positivity

• “Positivity Ratio” 3:1

• Even with strangers positive connections can improve our health

• Studies have shown that the amygdala-based cell receptors for oxytocin increase when we foster feeling of love, compassion, and connection
Be In Good Company

• Having supportive relationships is one of the strongest predictors of well-being

http://www.cdc.gov/hrqol/wellbeing.htm#five
Laughter

• It’s no JOKE, laughter is a great form of stress relief

• Laughter:
  • Enhances your intake of oxygen-rich air
  • Stimulates your organs
  • Increases endorphins released in the brain
Sing

• Singing releases feel-good endorphins

• A 2010 study, by researchers in the United Kingdom and Australia, found that singing lowers levels of depression and anxiety, and improves general sense of well being
Lifestyle Choices

• Your lifestyle choices hold incredible power over health

• You have the ability to reduce or raise the risk of many preventable diseases

• PRACTICE WELLNESS DAILY
AANA Peer Assistance and Wellness

• Peer Assistance
  • Established in 1983

• Wellness Program
  • Established in 2004
  • Develop and promote wellness, balance, and self-care for AANA members
Help for Drugs and/or Alcohol

• AANA Peer Assistance for CRNAs, SRNAs, administrators, colleagues, or family members for concerns, questions, or to get help for drugs and/or alcohol

• HELPLINE:
  • 1-800-654-5167

• Workplace resources available at:
  • www.aana.com/sudworkplaceresources
References


References


References


