Healing Ourselves, Our Colleagues, Our Communities

Symptoms of Posttraumatic Stress Disorder
(from the National Center for PTSD: PTSD.va.gov)

Reactions to a trauma may include:
- Feeling hopeless about the future
- Feeling detached or unconcerned about others
- Having trouble concentrating or making decisions
- Feeling jumpy and getting startled easily at sudden noises
- Feeling on guard and constantly alert
- Having disturbing dreams and memories or flashbacks
- Having work or school problems

You may also experience more physical reactions such as:
- Stomach upset and trouble eating
- Trouble sleeping and feeling very tired
- Pounding heart, rapid breathing, feeling edgy
- Sweating
- Severe headache if thinking of the event
- Failure to engage in exercise, diet, safe sex, regular health care
- Excess smoking, alcohol, drugs, food
- Having your ongoing medical problems get worse

You may have more emotional troubles such as:
- Feeling nervous, helpless, fearful, sad
- Feeling shocked, numb, and not able to feel love or joy
- Avoiding people, places, and things related to the event
- Being irritable or having outbursts of anger
- Becoming easily upset or agitated
- Blaming yourself or having negative views of oneself or the world
- Distrust of others, getting into conflicts, being over-controlling
- Being withdrawn, feeling rejected, or abandoned
- Loss of intimacy or feeling detached

Resources
- Talk to family, friends, and clergy
- Supervisor; trusted coworker
- Employee Assistance Program
- Counselor through medical benefits
- Local mental health provider

Signs of Burnout in Staff Members
- Notice in team meetings, change of shift, etc.
- Monitor teams and units

Self-Care/Team-Care
- Be creative
- Ask team
- Empower staff

Using Mental Health Services
- EAP Services
- Staff training
  - Mental health of residents
  - Challenging residents and families
- Consulting psychologist
  - Behavioral rounds
  - Open office hours
  - Groups for families
  - End of life support

Unifying Activities

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