

# STRESS, Distress, or *DE-STRESS*?

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# Disclosure Statement

**Activity Title: Stress, Distress, or De-Stress?**

**Activity Date: 6/1/2021**

Disclosure	Action
1) Approval Statement	<i>This activity has been submitted to the Arizona Nurses Association for approval to award contact hours. The Arizona Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.</i>
2) Criteria for Successful Completion	<i>Participants must complete a post test at 80% or greater and an evaluation of the event.</i>
3) Conflicts of Interest	This educational activity does not include any content that relates to the products and/or services of a commercial interest that would create a conflict of interest.
4) Commercial Support	There is no commercial support being received for this even.
5) Expiration date for Enduring Materials	Origination Date: 6/1/2021 Expiration Date: 6/1/2023

**Participants: Please note that it should take approximately 160 minutes (2.67 hours) to complete the continuing education offering.**



# Is This Your World?

## Registered Nurse



What my friends think I do



What the hospital thinks I do



What Hollywood thinks I do



What society thinks I do



What I think I do

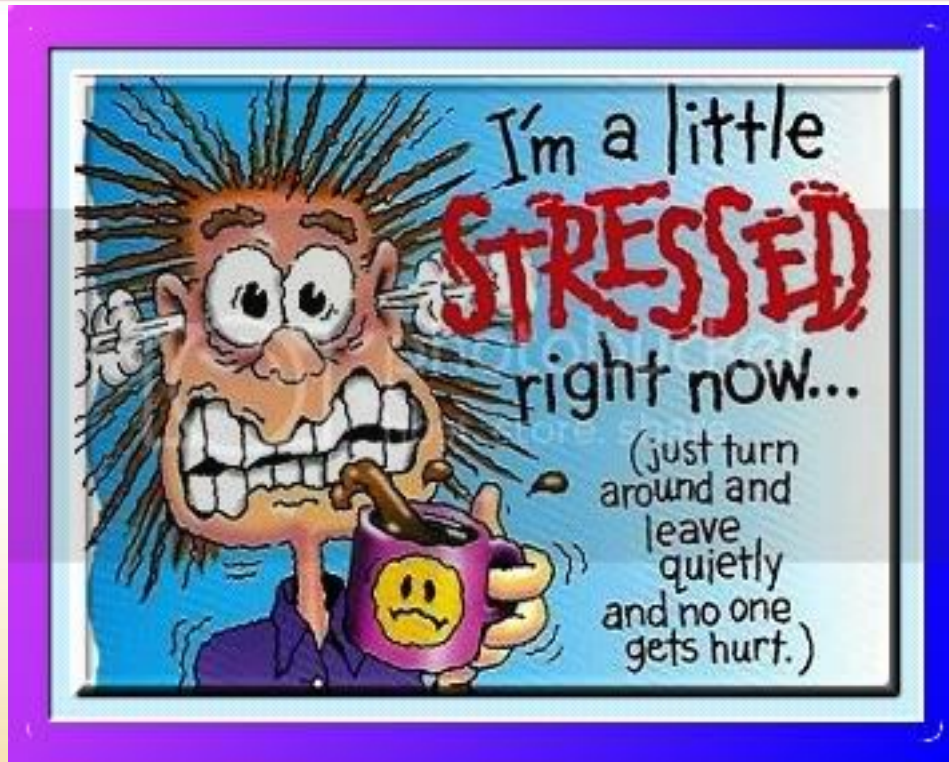


What I really do

[https://www.google.com/search?q=funny+nurse+memes&rlz=1C1GCEB\\_enUS912US913&sxsrf=ALeKk03zneQwAbc3xww4Y2o7PZojXSmkLQ:1613418767470&tbm=isch&source=iu&ictx=1&fir=m\\_BcQgr\\_\\_zwzCM%252Cx5Ry2y6XQlHaWM%252C\\_&vet=1&usg=AI4\\_-kTQrMA-CA7XV1vm4ydKlu\\_ekQPkw&sa=X&ved=2ahUKEwj63oik1ezuAhXHWM0KHyrWBHQ9Q9F6BAgQEAE&biw=1536&bih=754#imgrc=9o3ODEd4vbTDTM](https://www.google.com/search?q=funny+nurse+memes&rlz=1C1GCEB_enUS912US913&sxsrf=ALeKk03zneQwAbc3xww4Y2o7PZojXSmkLQ:1613418767470&tbm=isch&source=iu&ictx=1&fir=m_BcQgr__zwzCM%252Cx5Ry2y6XQlHaWM%252C_&vet=1&usg=AI4_-kTQrMA-CA7XV1vm4ydKlu_ekQPkw&sa=X&ved=2ahUKEwj63oik1ezuAhXHWM0KHyrWBHQ9Q9F6BAgQEAE&biw=1536&bih=754#imgrc=9o3ODEd4vbTDTM)



# This?



[https://www.google.com/search?q=funny+nurse+meme+i%27m+a+little+stressed+right+now&rlz=1C1GCEB\\_enUS912US913&sxsrf=ALeKk0270CtI9Z74XV9vNBGOd6HL4POWdg:1613420674369&tbm=isch&source=iu&ictx=1&fir=R06OtuAmaBBAzM%252COJmilibZ7ITOSWM%252C\\_&vet=1&usg=AI4\\_-kRAmvAViywm4gO6MSMTNpa\\_ttn\\_qA&sa=X&ved=2ahUKewjd3ayx3OzuAhXaaM0KHSeGAtYQ9QF6BAgOEAE#imgsrc=R06OtuAmaBBAzM](https://www.google.com/search?q=funny+nurse+meme+i%27m+a+little+stressed+right+now&rlz=1C1GCEB_enUS912US913&sxsrf=ALeKk0270CtI9Z74XV9vNBGOd6HL4POWdg:1613420674369&tbm=isch&source=iu&ictx=1&fir=R06OtuAmaBBAzM%252COJmilibZ7ITOSWM%252C_&vet=1&usg=AI4_-kRAmvAViywm4gO6MSMTNpa_ttn_qA&sa=X&ved=2ahUKewjd3ayx3OzuAhXaaM0KHSeGAtYQ9QF6BAgOEAE#imgsrc=R06OtuAmaBBAzM)



Or this?



<https://nurseslabs.com/wp-content/uploads/2020/06/funny-nurse-meme-autoclaved-showering.jpg>

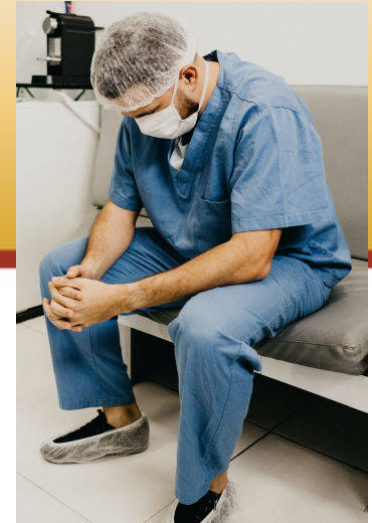


# How are YOU doing today?

- How do YOU manage your stress?
  - . Think about that now....
- How is that working for YOU?
  - . Think about that now.....
- Has something ever worked better for YOU?
  - . Think about that now....
- How you manage YOUR stress matters.....







- Stress vs Distress – the **Distinction**
- The Run-Away Mind of the Nurse.....the Possibilities are Endless
- The Consequences of the Run-Away Mind
- The Effects of the Run-Away Mind on Mind, Body, & Spirit
- Stress  $\neq$  Distress

# Why this should matter?



# The Well-Being Initiative -- ANA

- What is The American Nurses Association Well-Being Initiative?
- <https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>
- Free Tools to Support the Mental Health & Resilience of Nurses
  - ❖ Moodfit (mental health app download)
  - ❖ Happy App (text & chat support app download)
  - ❖ Podcasts: A Nursing State of Mind
  - ❖ Join Healthy Nurse, Healthy Nation Connect for Health Assessment, Health Risk Heat Map & Focused Tools and Support in Five Key Areas of Life (Activity, Rest, Nutrition, Quality of Life, & Safety)





# The mind and stress

- Stress/Distress Inventory  
<https://www.bemindfulonline.com/test-your-stress>
- Identify cognitive tools to use in stress reduction
- Identify Primary Triggers for Powerlessness
- Cognitive De-Stress Exercise
- Process Exercise



# *De-stress* instead of distress

- Visual Imagery Exercise
- Identify Feelings and Thoughts After Exercise
- Identify Level of Powerlessness after Exercise
- Identify Usual Response to Powerlessness
- How is That Working for You?
- Identify What Could Change with Response to Powerlessness?



# The Body De-Stress

- Review Body De-Stressing Exercises
  - . Relaxation breathing
  - . Tense/Relax muscle technique
- Reflections



# Build Your Own De-Stress Toolkit

- In a toolkit you will find....
- All the tools we use have a purpose
  - .. build, remove, repair, rebuild
  - .. different tools for different purposes
  - .. Hammer (pound), wrench (tighten)
- What De-stress tools do you need in your kit?
  - .. Cognitive & Body Work

***POST TEST next slide...***



# Post-test instructions

Please complete the Post-test for the Stress, Distress, or De-Stress CNE at the Survey Planet link below, and upon completion, proceed to the next slide for Evaluation Survey instructions:

<https://s.surveyplanet.com/IX1rJxMVW>



# Evaluation Instructions

Please complete the Evaluation Survey for Stress, Distress, or De-Stress CNE at the SurveyPlanet link below:

<https://s.surveyplanet.com/ypBQBWSiw>





# Instructions for CNE

Your certificate will be emailed to you upon completion of the ***post test*** and ***evaluation***

***Thank you for participating!***

***We wish you the very best***

