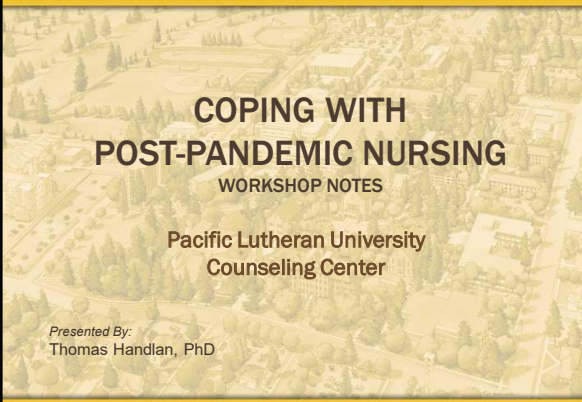


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# COPING WITH POST-PANDEMIC NURSING

WORKSHOP NOTES

Pacific Lutheran University  
Counseling Center

Presented By:  
Thomas Handlan, PhD

March 2023

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## Overview

- Coping With Post-Pandemic Nursing
- Stress Categories
- Adverse Childhood Experiences (ACEs)
- Positive and Adverse Childhood Experiences (PACES)
- Transitions To Trauma-Informed Care (TIC)
- Organizational Considerations
- Advanced Emotion Regulation
- Role Of Emotion: Brain, Body, And Behavior

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## Coping With Post-Pandemic Nursing

- **Aging Population**
  - Longer Lives, More Chronic / Complex Care
- **Aging Workforce**
  - Retired: Planned, Early, Protective
- **Nursing Shortages**
  - Long Hours, Understaffed Units, Patient Care
- **Nursing Burnout**
  - Anxiety, Depression, PTSD
  - Compassion Fatigue

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### Stress Categories

How Does Stress Affect Us?

- Body**
  - Headaches
  - Fatigue
  - Breathless
  - Tight Muscles
  - Infections
  - Skin
  - Abdomen
- Mind**
  - Worry
  - Indecision
  - Negativity
  - Muddled Thinking
  - Impaired Judgment
- Emotion**
  - Apprehension
  - Irritability
  - More Fussy
  - Apathy
  - Depression
  - Alienation
  - Low confidence
- Behavior**
  - Appetite Changes
  - Drinking More
  - Insomnia
  - Sex Drive Changes
  - Ruinous
  - Substance use

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### Stress Categories

- Toxic Stress: Too Much For Too Long**
  - 'Raging Bear' Comes Home From Bar, **Recurrent**
  - Brain / Body Produce **Excess Stress Hormones**
    - Cortisol, Adrenaline
  - Harm Structure / Function Of Brain**
  - Living From Months To Years With Toxic Stressors

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### PACE Science 101

- Health Consequences**
- Toxic Stress** → Short / Long-term Health
- Can Impact Every Part Of Body
- Autoimmune Diseases

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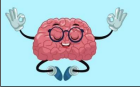
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**PACE Science 101**

- **Resilience** Research / Practice
  - Positive Experiences
- **Brain Is Plastic**
- **Body Designed To Heal (Wants To)**
  - Evidence-Based Practice
  - Practice-Based Evidence
- **Integrating Trauma-Informed And Resilience-Building Practices**

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**PACE Science 101**

- **Emotional Resilience**
- How We **Manage** Our Emotional Response To Challenges and **Deal With** Our Feelings Like Anger, Fear, Vulnerability, and Sadness
- Key: **Emotional Intelligence**
  - Awareness
  - Understanding
  - Acceptance

So We **DON'T JUST H.I.D.E.**



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**Workshop Exercise**  
**Perception Of Control**

**OUT OF MY CONTROL**

The Past

**IN MY CONTROL**

The Future

The Actions Of Others


The Opinions Of Others

What Happens Around Me

What Other People Think Of Me

The Outcome Of My Efforts

How Others Take Care Of Themselves



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**Transitions To Trauma-Informed Care (TIC)**

- Substance Abuse and Mental Health Service Administration (SAMHSA, 2014)
- Principle For A TIC Workplace:
  - Safety (Physical And Emotional)
  - Trustworthiness and Transparency
  - Empowerment, Voice, Choice
  - Use Of Peer Support
  - Cultural, Historical, And Gender Responsiveness



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**Advanced Emotion Regulation**  
Role Of Emotions

<b>Medical Model</b>	<b>Creators of Old Habits</b>	<b>Creators of New Habits</b>	<b>Holistic Model</b>
<ul style="list-style-type: none"> <li>▪ Unimportant</li> <li>▪ Peripheral</li> <li>▪ Distractions</li> <li>▪ Avoid</li> <li>▪ Bury</li> <li>▪ Deny</li> <li>▪ Dissociate</li> </ul>		<ul style="list-style-type: none"> <li>▪ Salient</li> <li>▪ Central</li> <li>▪ Survival</li> <li>▪ Re-Claim</li> <li>▪ Re-View</li> <li>▪ Re-Solve</li> <li>▪ Re-Integrate</li> </ul>	

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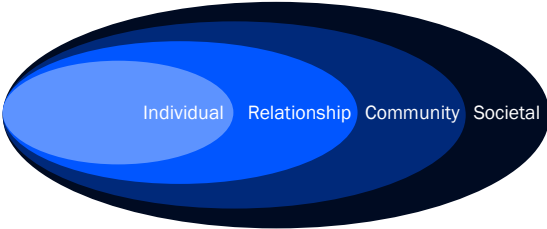
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**Role Of Emotion: Brain, Body, And Behavior**  
We Are All A Part Of Larger Systems



**Time To Re-View And Re-Solve**

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### Role Of Emotion: Brain, Body, And Behavior

- Complex Trauma
- Not Integrated**
  - Hyper-Alert, Scan
- Empty, Numb
- Alexithymia

**Alert System**  
Hypervigilance  
Anticipate, Scan, Check

**Numb  
Empty  
Aimless**

Thoughts, Feelings, Body  
Avoiding  
Distancing

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### Role Of Emotion: Brain, Body, And Behavior

- Don't Just **H.I.D.E.** Your Emotions
  - H** = Holding: What Are Your Dark Anchors
  - I** = Identify: Name The Emotions
  - D** = Describe Dynamics / Meanings
  - E** = Express Appropriately

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### Role Of Emotion: Brain, Body, And Behavior

**Need for Perfection**  
Urgent Need To Over-perform

GPA = 3.7, 3.8, 3.9

**DARK ANCHORS** = 'NOT ENOUGH'  
LOW SELF-ACCEPTANCE

PAST MEMORIES ————— IMAGINED FUTURE

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### Role Of Emotion: Brain, Body, And Behavior

#### Old Emotion Habits

```

    graph TD
      Trigger --> Emotion
      Trigger --> Flooding
      Flooding --> Emotion
      Emotion --> Enemy
      Enemy --> Avoid
      Avoid --> Distraction
  
```

**Excessive Busy-ness**

- Media
- TV
- Radio
- Internet
- Phone
- Activities
- Friends
- Relationships
- Family
- Alcohol
- Food
- Exercise
- Study
- Sleep
- Religion
- Work
- Volunteer

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### Role Of Emotion: Brain, Body, And Behavior

#### New Emotion Habit

```

    graph TD
      Emotion --> Ally
      Ally --> Approach
      Approach --> Explore
      Explore --> Reframe
      Reframe --> Resolve
      Resolve --> Emotion
  
```

- Information
- Energy
- Motivation
- Direction

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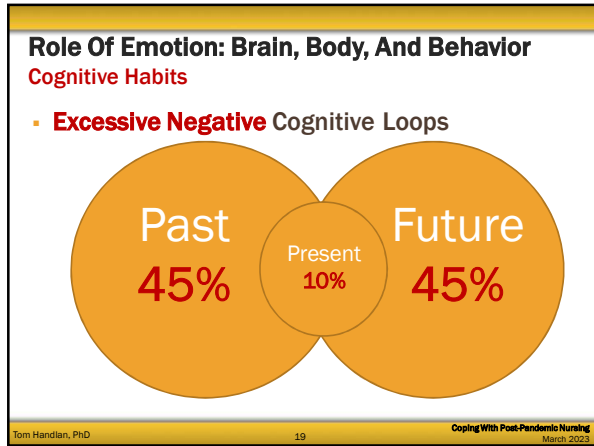
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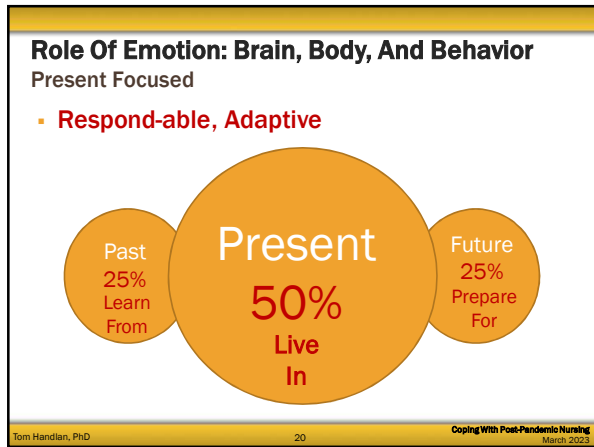
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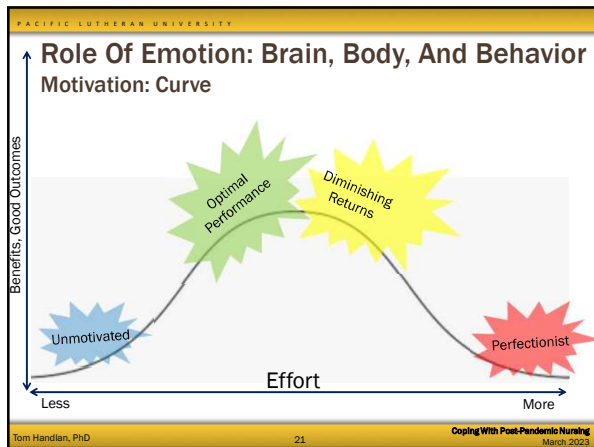
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