



EMERALD
FOUNDATION

Stress/Secondary Trauma and How it Affects You and Those Around You

Jennie Morehead, M.S.- The Emerald Foundation

NON-PROFIT DIRECTOR AND CORPORATE TRAINER

Jennie Morehead, M.S.

I am a degreed occupational safety and health engineer. I spent the first 35 years of my career taking care of people through safety, health and wellness programs for industries including heavy industrial construction, law enforcement, inland river corporations, financial institutions, bourbon production, consulting firms and faith-based organizations. I intend to spend the remainder of my career helping people in the same manner and then, as a non-profit, help children, families and first responders that need mental health and wellness education and assistance.



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What we will talk about today

- Mental Health Basics
- Two Types of Stress
- Panic Attacks
- Your Two Brains
- Secondary Traumatic Stress
- Self-Care Strategies
- Where Professional Help Can Help



We are going to **learn the WHY** of
some common mental health topics

Definition of Mental Health



Mental health **is a state of mind** characterized by:

- emotional well-being,
- good behavioral adjustment,
- relative freedom from anxiety and disabling or disruptive symptoms,
- a capacity to establish constructive relationships
- able to cope with the ordinary demands and stresses of life.

"Adapted from APA Dictionary of Psychology"

Definition of Job Stress

Why yes, I am a bit stressed.



Why do you ask?

One-fourth of employees view their jobs as the number one stressor in their lives.

Northwestern National Life



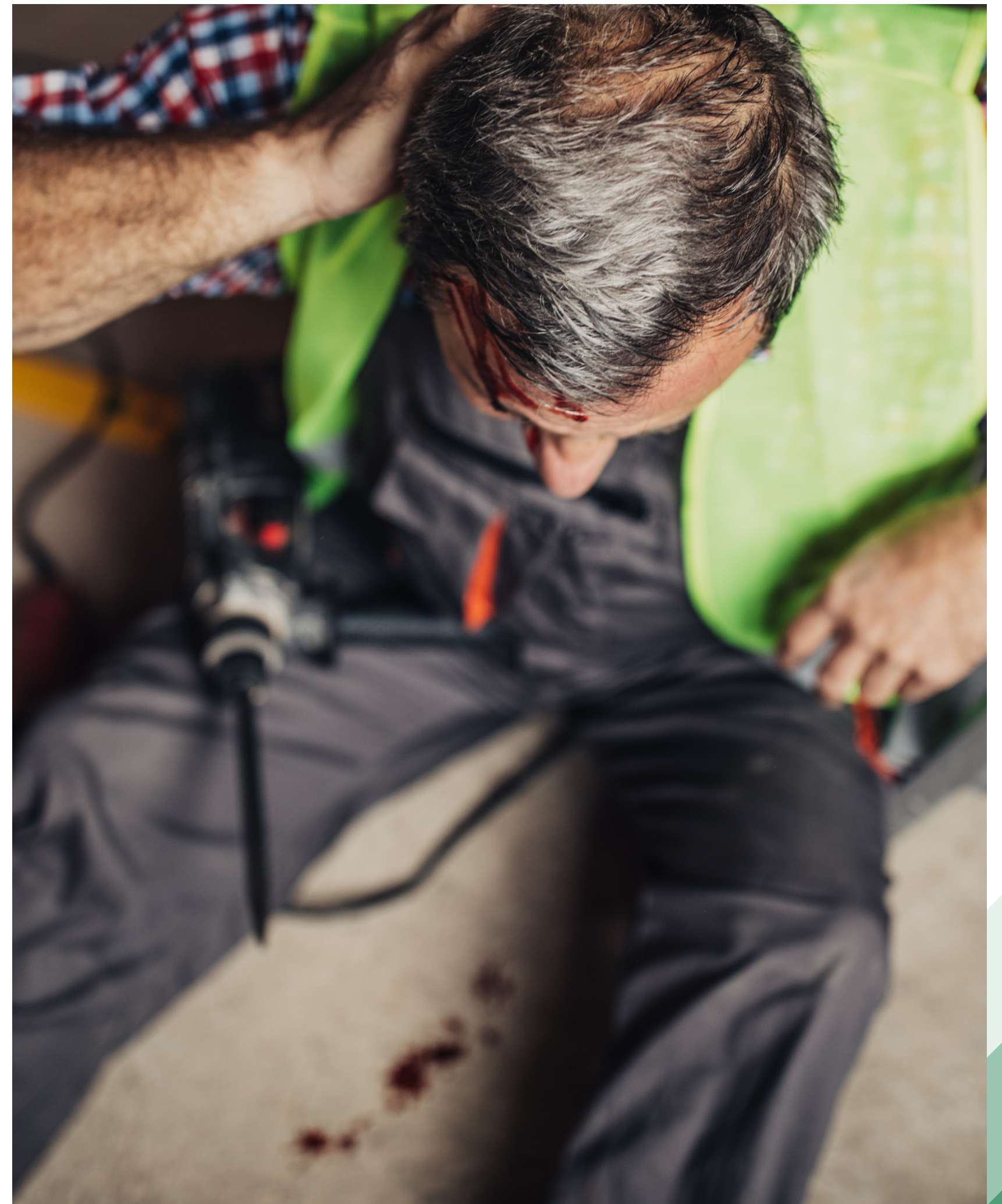
Job stress is the harmful physical and emotional **responses** that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.

"National Institute of Occupational Safety and Health"



Life stress is the harmful physical and emotional **responses** that occur when the requirements of life do not match the capabilities, resources, or needs of the person.

Unmanaged job stress
will lead to poor physical
and mental health and
can even lead to injury on
the job to you or
someone in your care or
you work with.



Unmanaged life stress
will lead to poor physical
and mental health and
can even lead to injury or
illness to you or someone
in your care about.



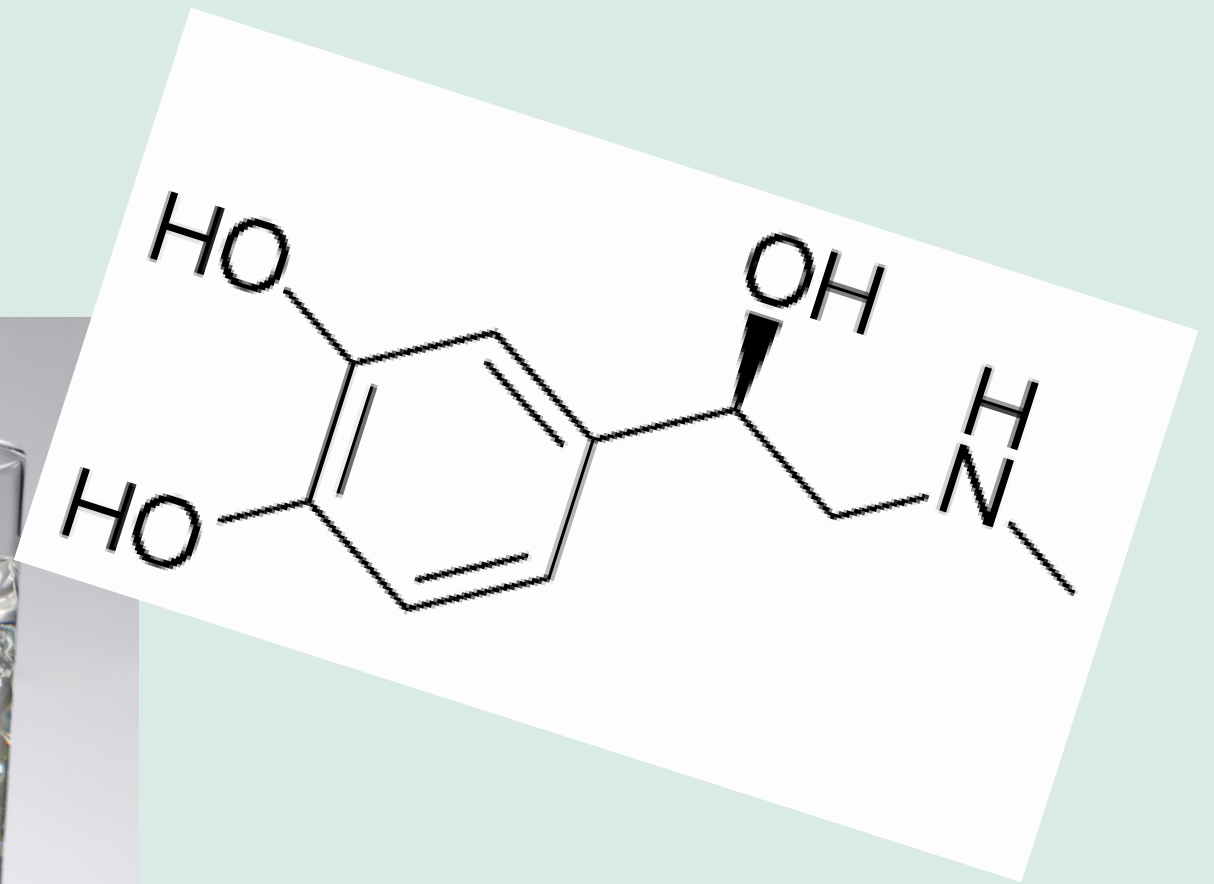
The high levels of stress can lead to:

- chemical dependency,
- technology dependency to escape,
- physical illness,
- emotional adjustment problems,
- post-traumatic stress disorder (PTSD), and
- poor inter-family relationships including divorce.

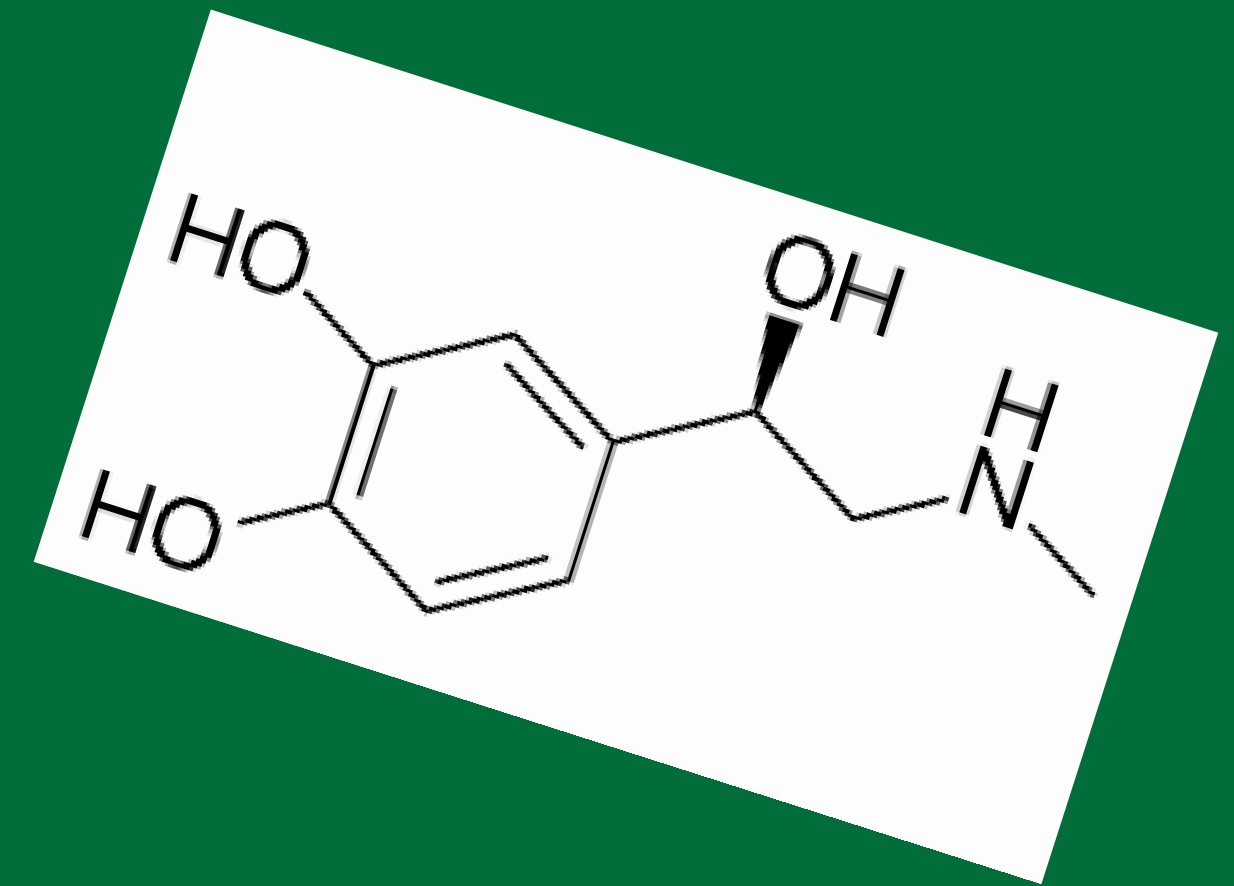
Chemical Dependency



Name Examples.....



ADRENALINE



What can stress feel like to you?



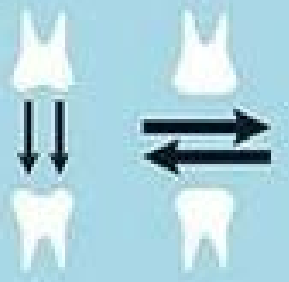

PHYSICALLY

- Headaches with no real pinpoint cause
- Muscle tension typically in lower back or across shoulders
- Chest pain/tightness
- Fatigue that sleep won't fix
- Change in sex drive or performance
- Constant upset stomach/acid reflux





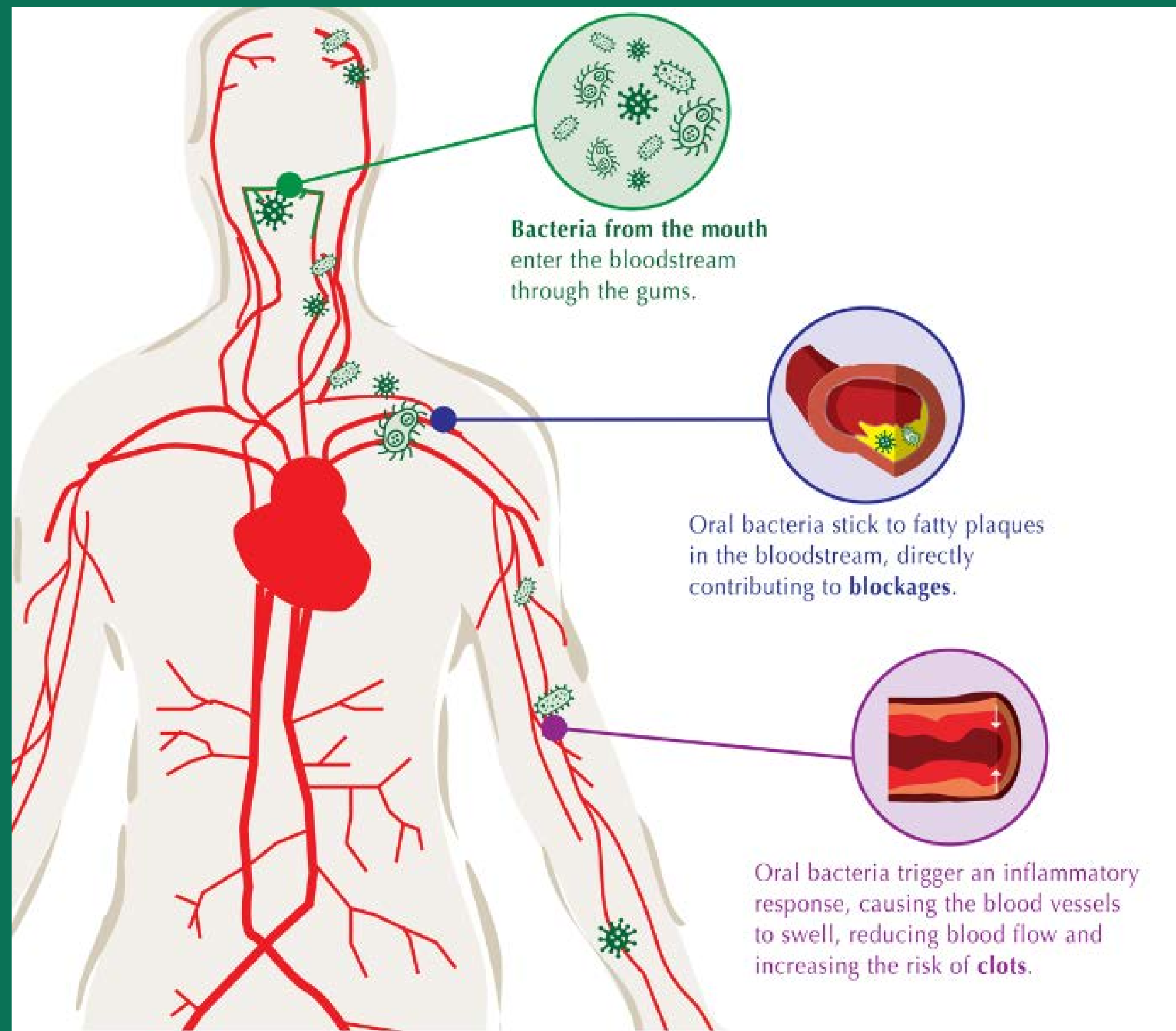
Symptoms of Bruxism

| | |
|--|---|
| <p>ACHING OF THE JAW MUSCLES.</p> <p>TENDERNESS AND FATIGUE IN THE JAW.</p>  | <p>SENSITIVE TEETH AND GUMS.</p> <p>BREAKAGE OF TEETH, ESPECIALLY ONES WITH PREVIOUS DENTAL WORK.</p>  |
| <p>GRINDING OR CLICKING SOUNDS IN YOUR JAW.</p> <p>TEETH CHANGING SHAPE OVER TIME.</p>  | <p>HEADACHES.</p> <p>TRISMUS, OR DIFFICULTY IN NORMAL MOUTH MOVEMENTS.</p> <p>INDENTATIONS, OR TEETH MARKS, ON THE TONGUE.</p>  |

Increased stress may lead to Gingivitis & Periodontal Disease

—2014 studies at University of North Carolina, State University in New York and University of Michigan





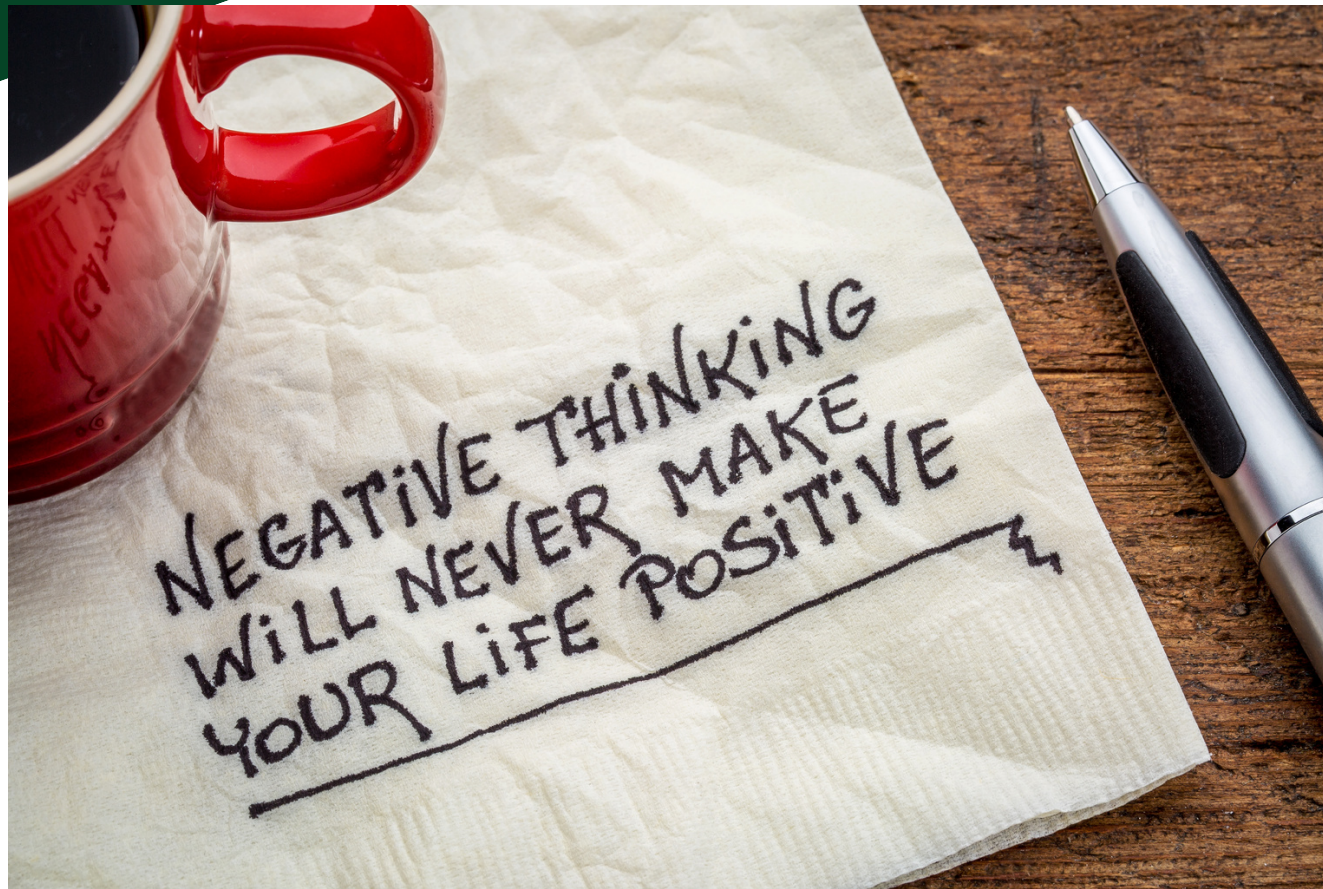
Proactive Prevention: Oral Health Affects Total Health



What can stress feel like to you?

EMOTIONALLY

- Anxiety
- Restlessness
- Lack of Motivation and Focus
- Irritability
- Anger Outbursts
 - With yourself internally or when alone
- Depression



What can stress look like to you?

Behaviorally



- Anger Outbursts
 - With others outwardly
- Substance Abuse abuse
- Tobacco Use
 - Heavy Vaping
- Social Withdrawal
- Overeating or Loss of Appetite

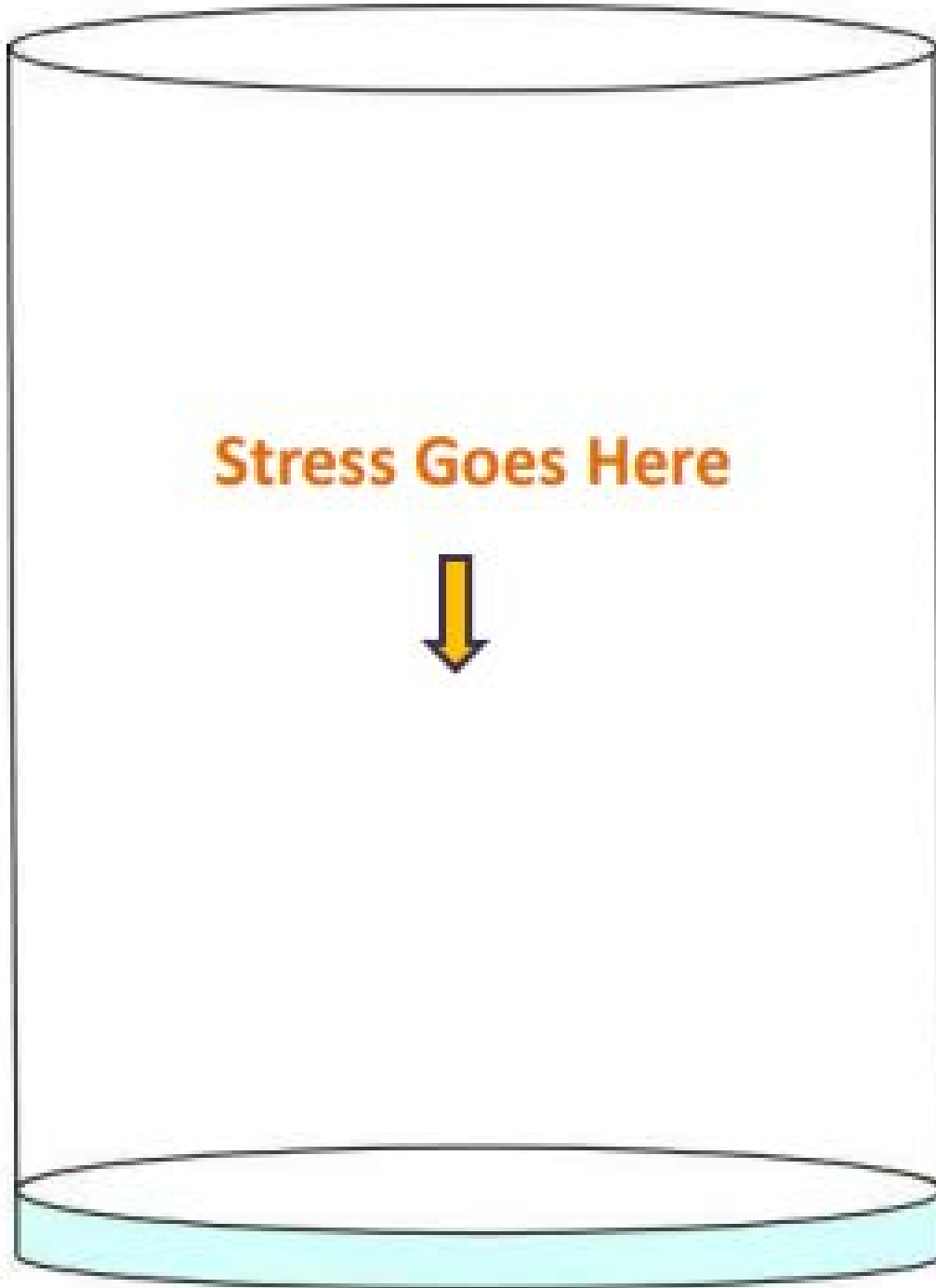
stress container



Stress Level Limit



Stress Goes Here

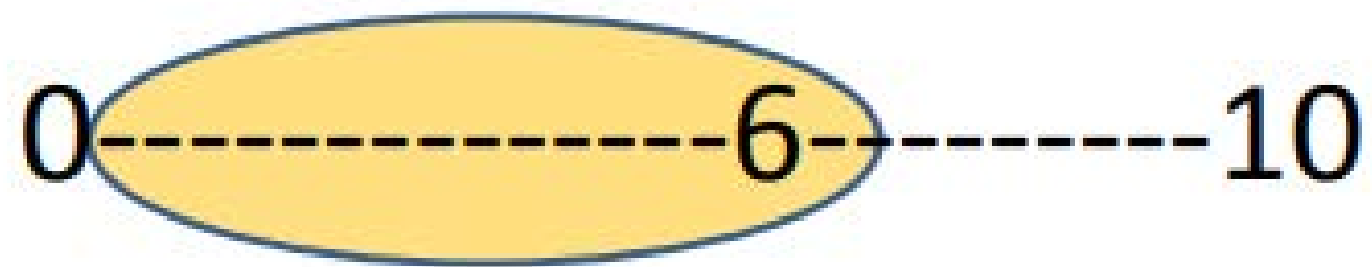


Psychological Coping Container

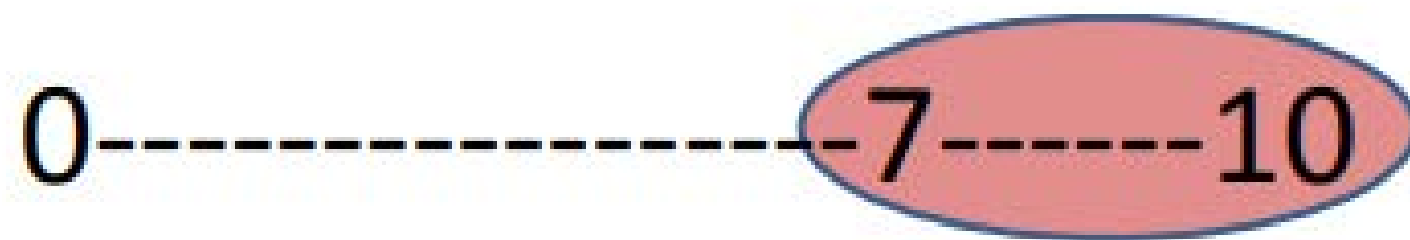
Whether your capacity
for containing stress is
small, medium or large,
everyone has their limit.

Two Types of Stress

Routine Stress

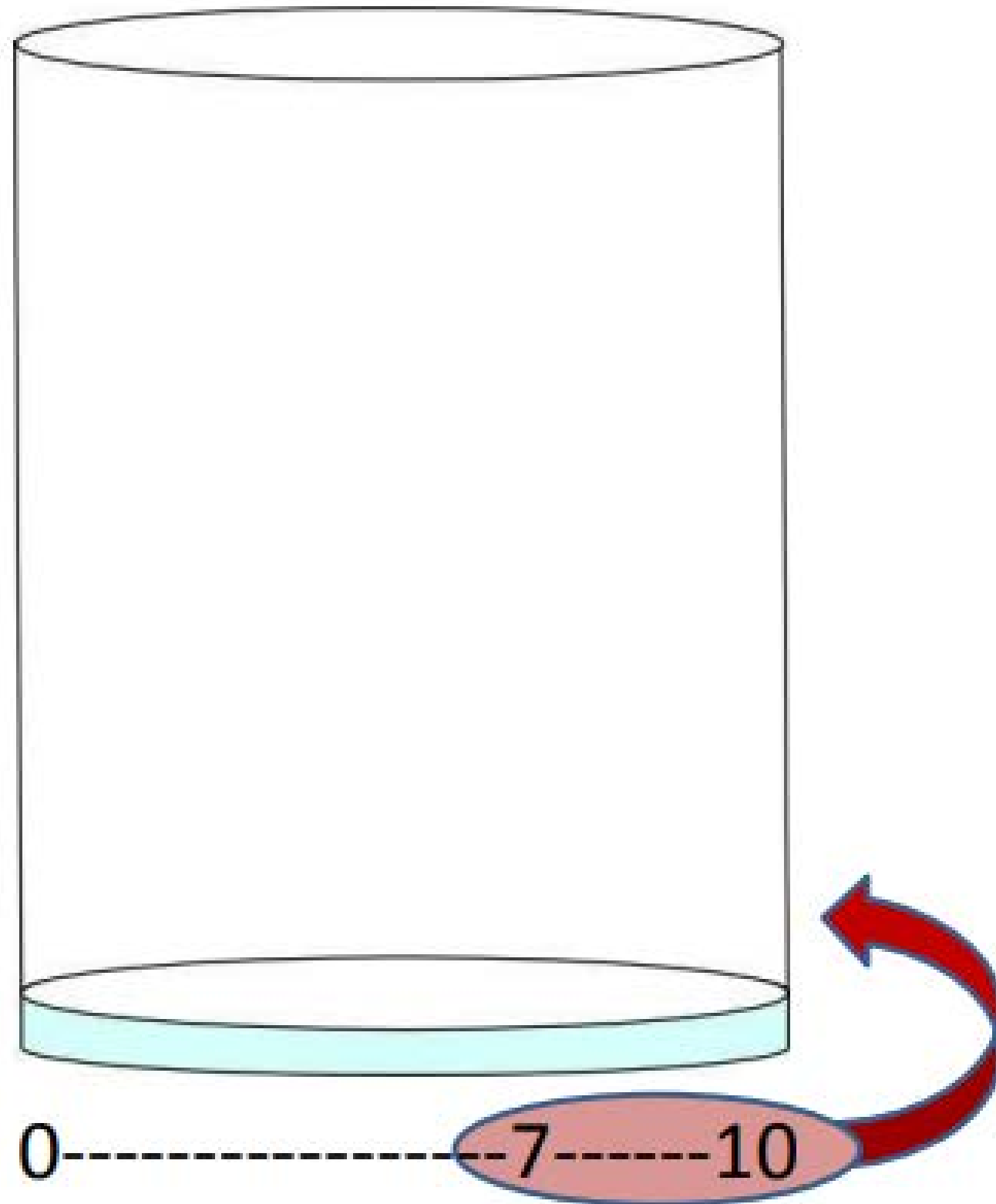


Traumatic Stress



Both types of stress can have adverse effects if not handled in a mentally healthy way.

Traumatic Stress



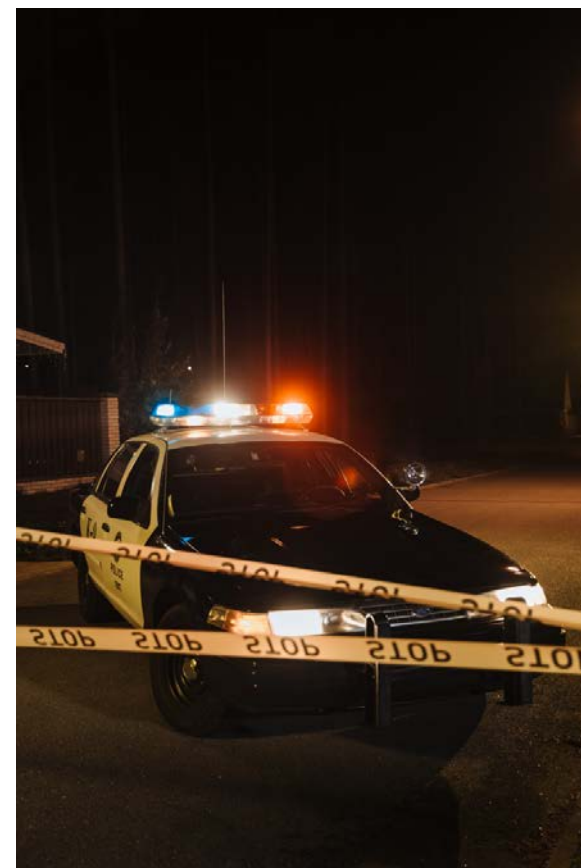
Is too Intense
To Handle

Routed Into the
Bottom of the
Coping Container

**Everyone's container is different and
Traumatic Stress is defined differently for
everyone**

Traumatic Stress

EXAMPLES

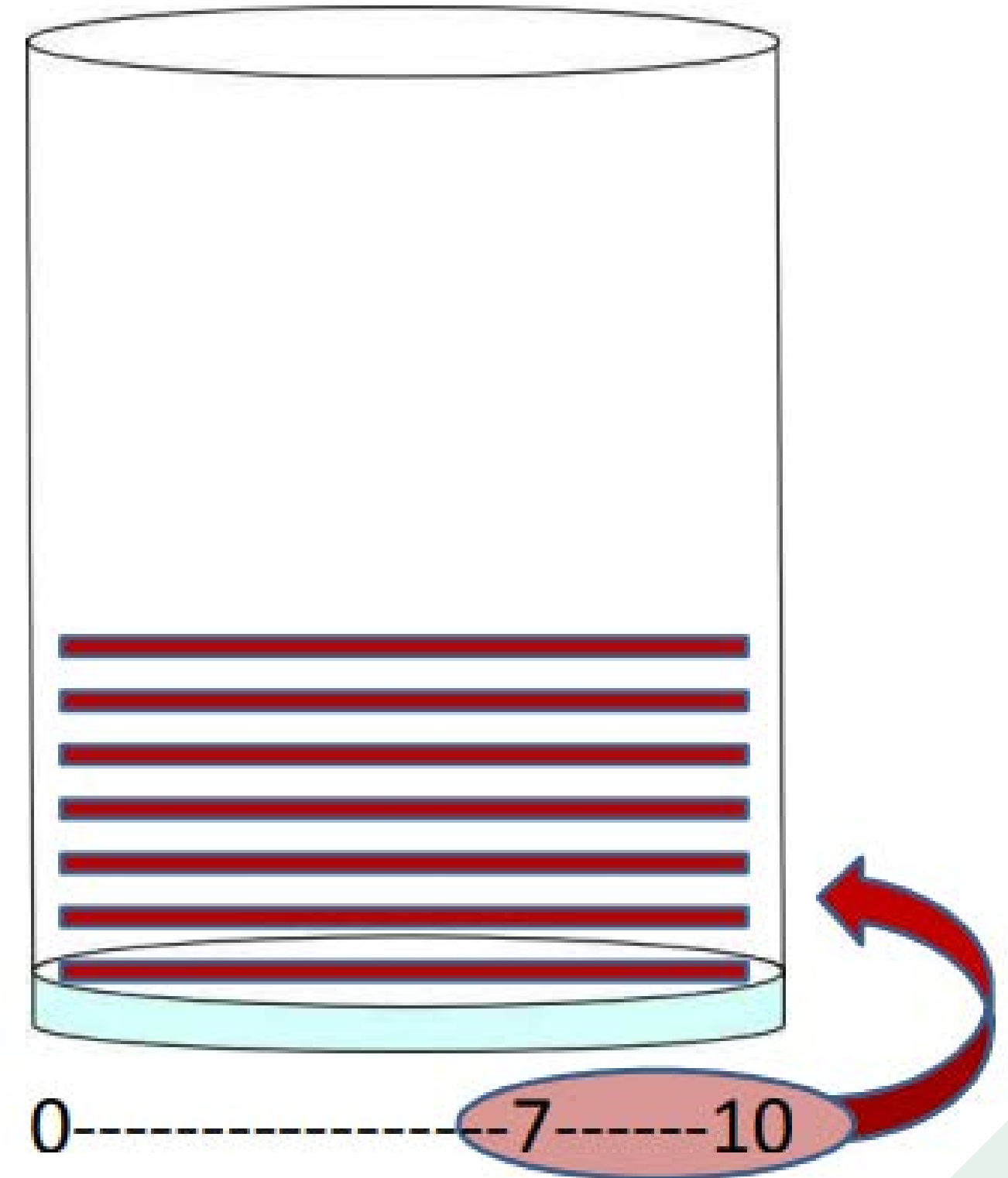


Traumatic Stress

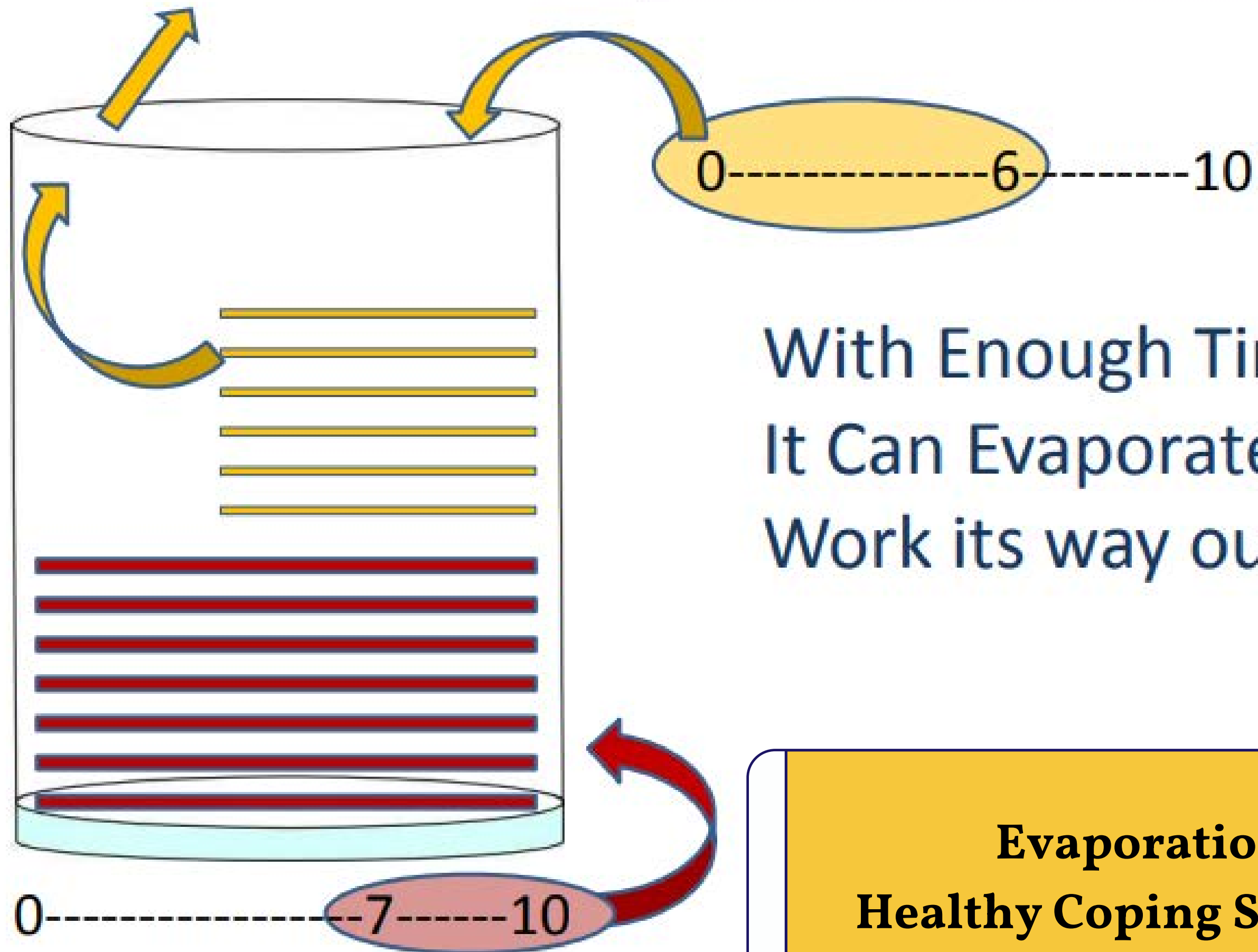
Compartmentalized
for
Long-Term Storage

Does Not Heal
Remains Painful

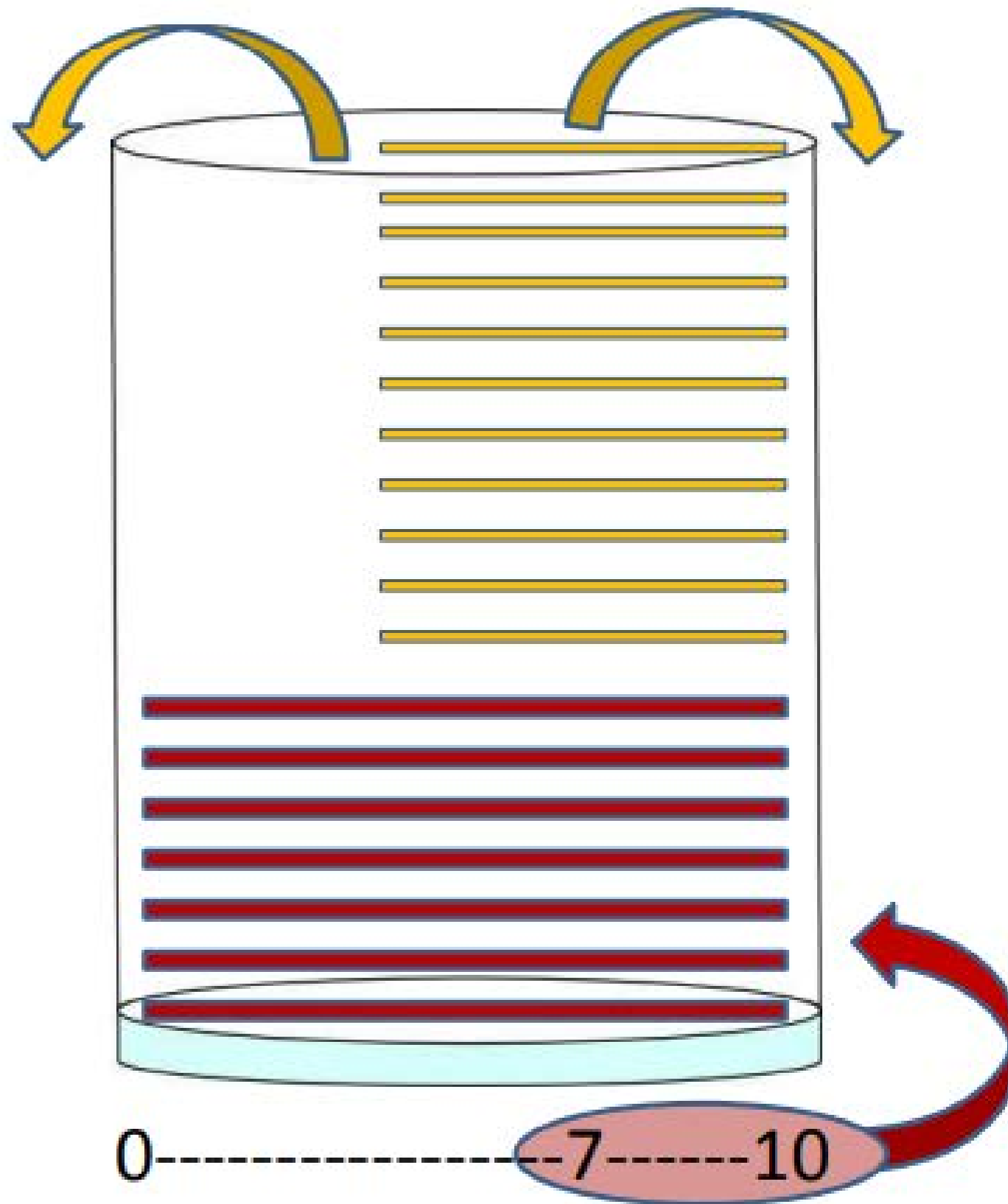
Will not resolve itself on its own



Routine Stress



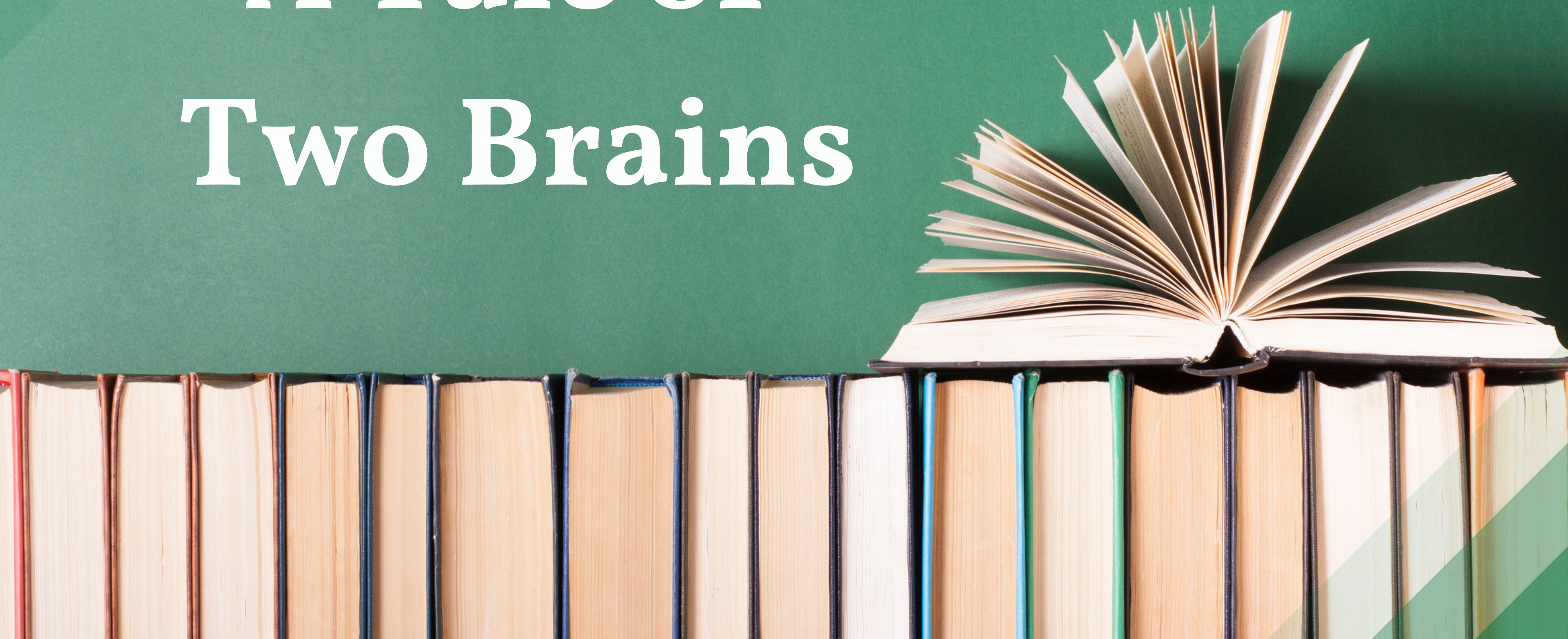
Routine Stress



0-----6-----10

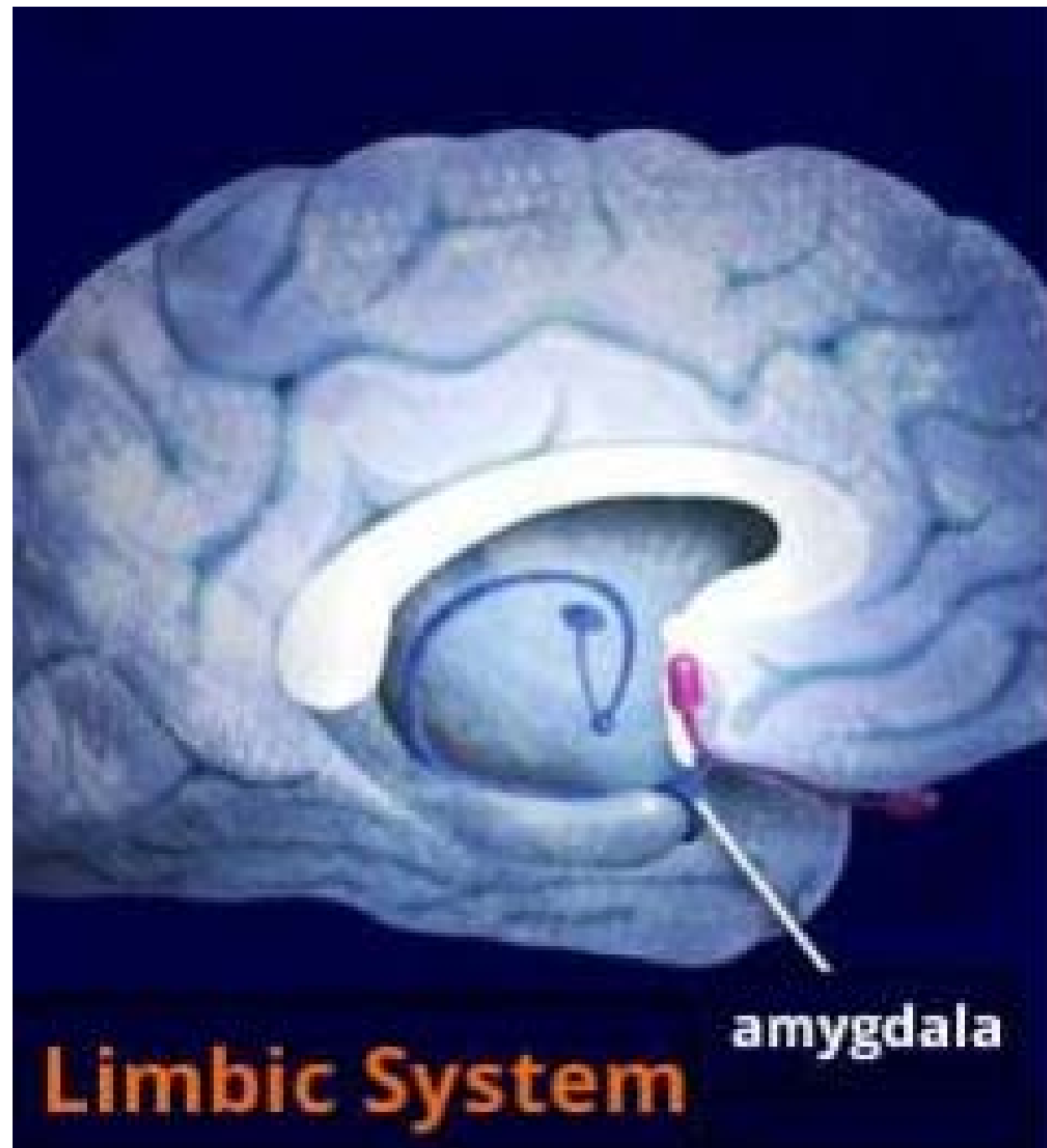
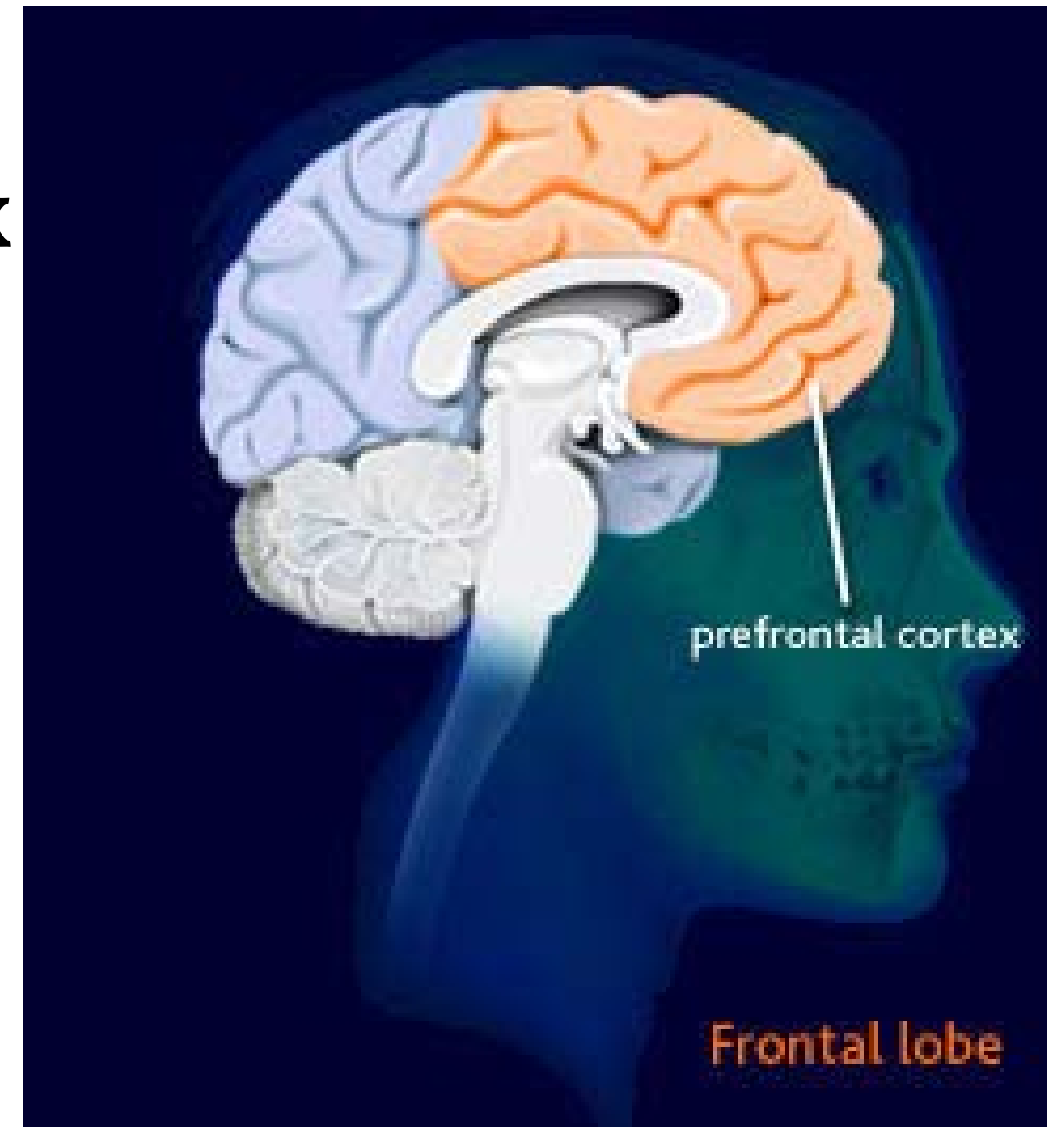
Too Much, Too Soon
Leads to Spillover
Loss of Containment
Overwhelm – Panic
It Feels Traumatic

A Tale of Two Brains



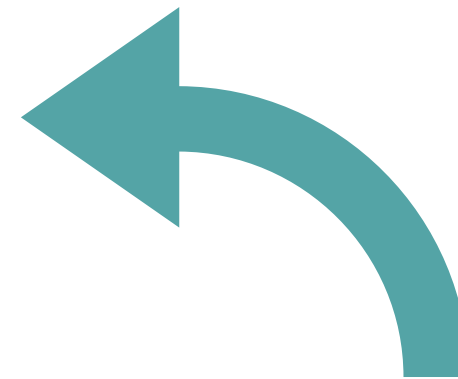
Thinking Brain

Prefrontal Cortex



Emotional Brain

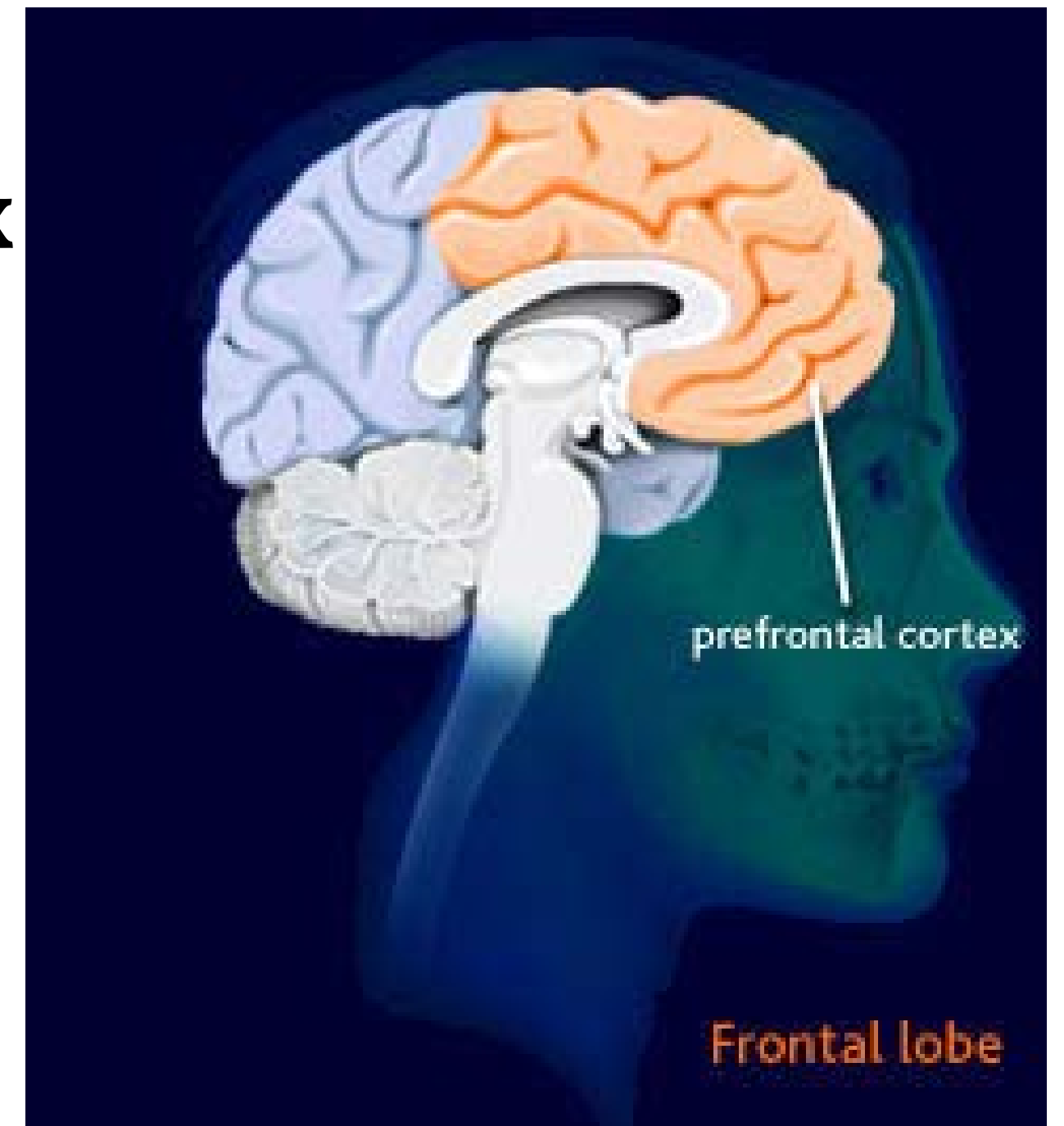
Limbic System



Thinking Brain

Prefrontal Cortex

- Top Layer of the Brain
- Thinking Part of Brain
 - Reasoning
 - Problem solving,
 - Comprehension
 - Impulse-control
- Have a thought? It is your Prefrontal Cortex working
- You are aware of this portion of the brain at all times.

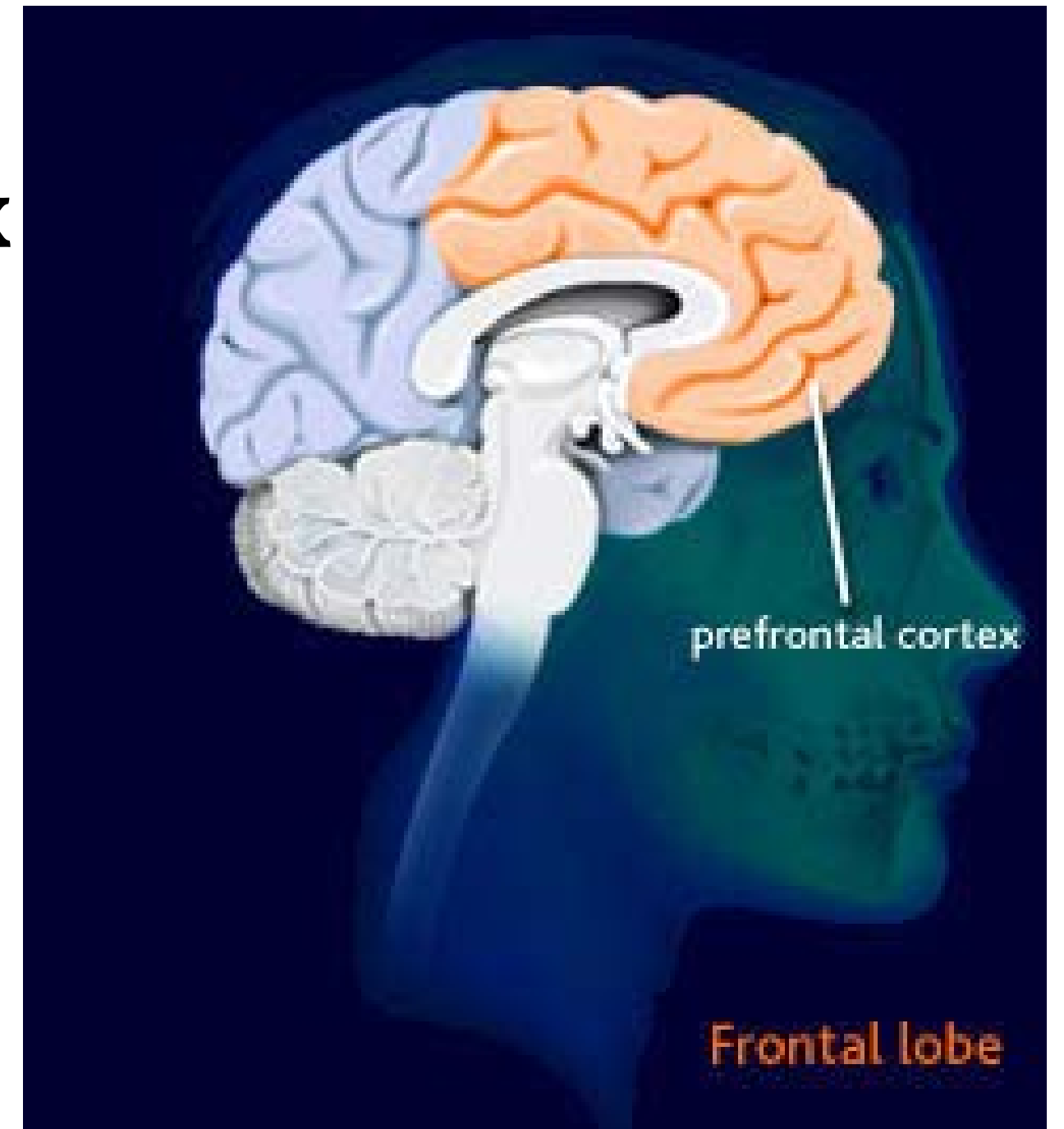
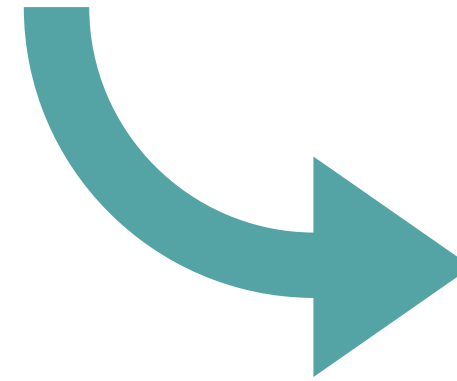


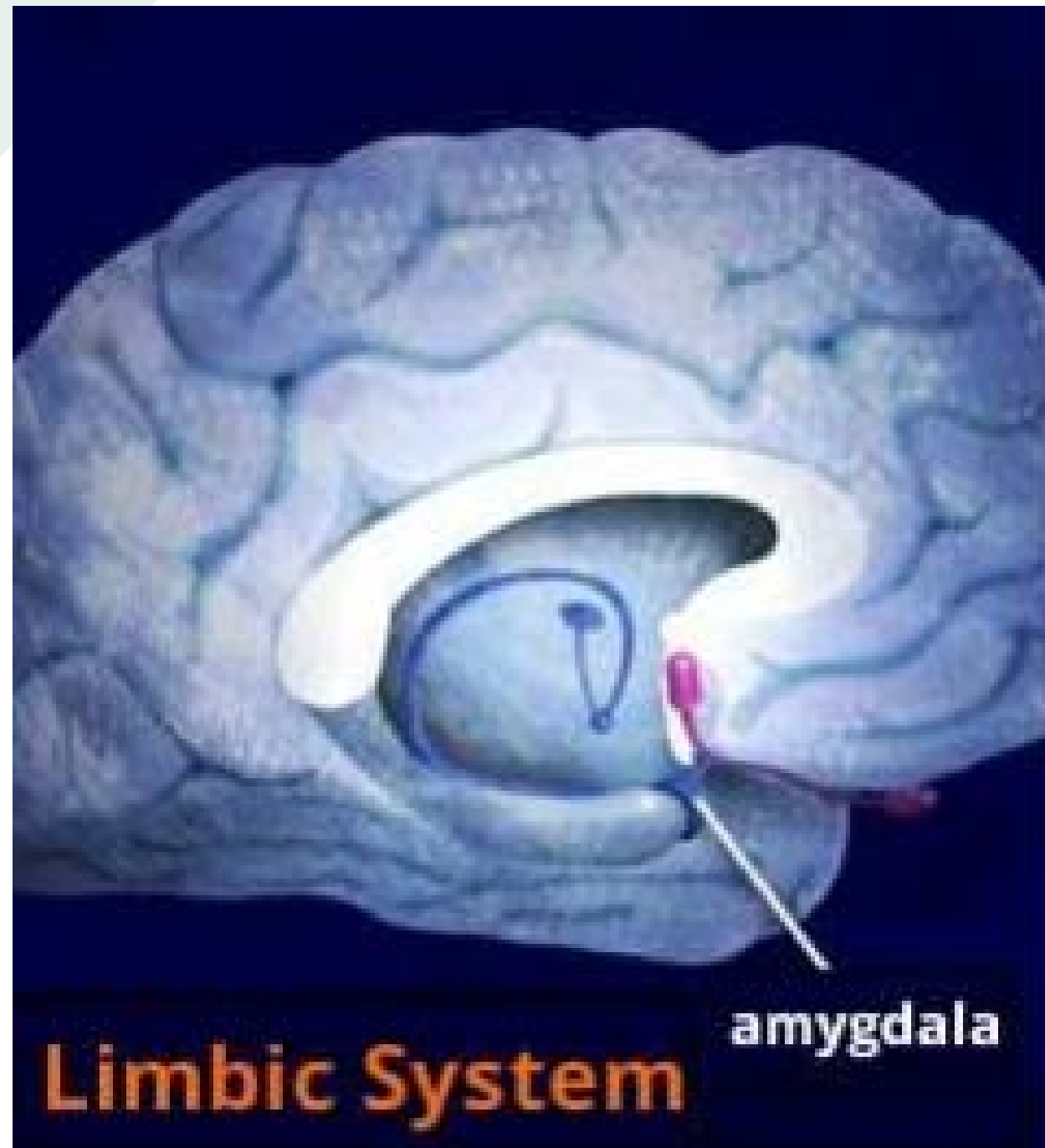
Thinking Brain

Prefrontal Cortex

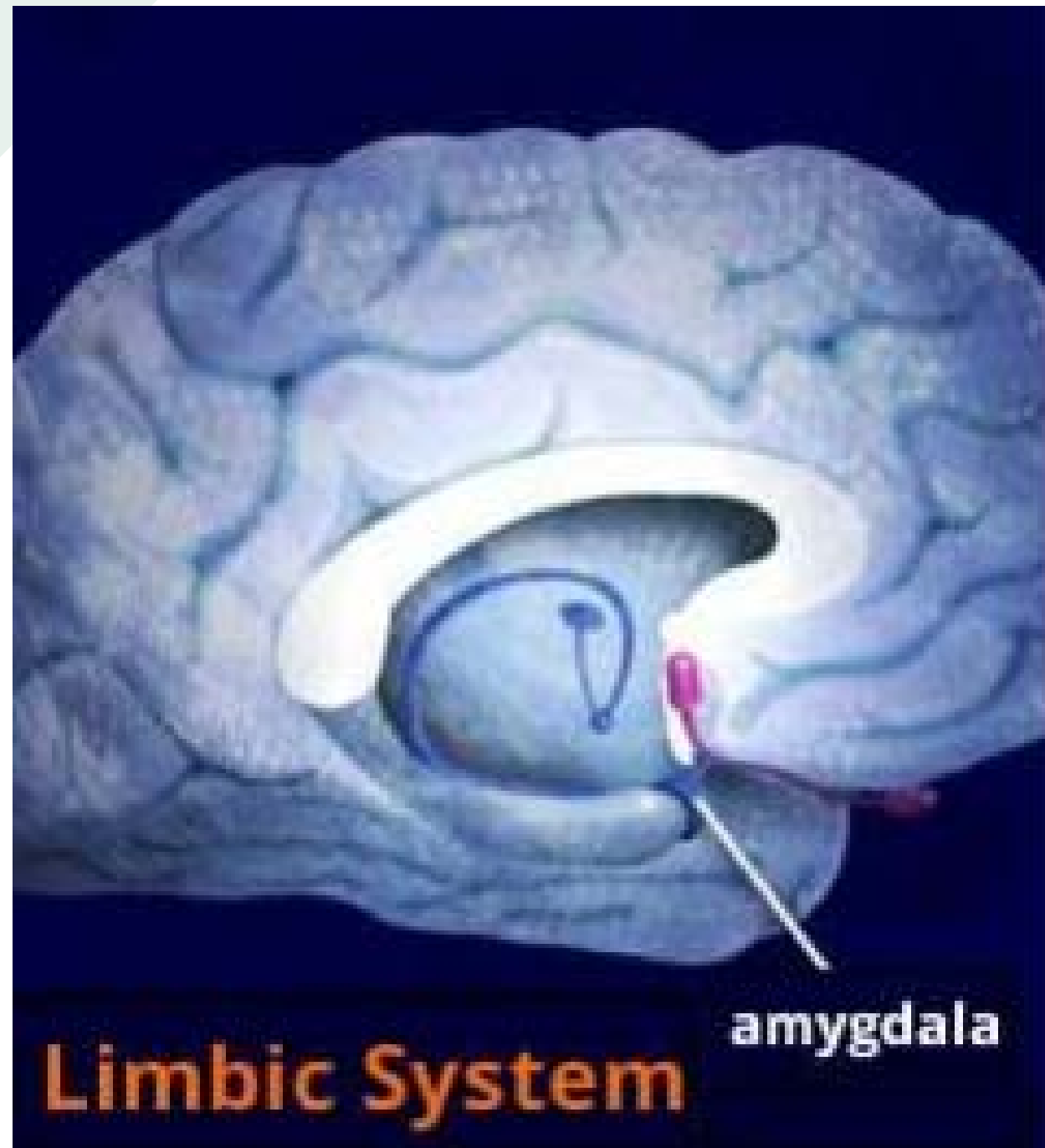
What makes prefrontal cortex weak?

Even quite mild acute uncontrollable stress can cause a rapid and dramatic loss of prefrontal cognitive abilities, and more prolonged stress exposure causes architectural changes in prefrontal dendrites.





- **The Midbrain**
- **Emotional Brain**
- **You cannot see it working, you can only feel its effects**
 - **Physical and emotional**
- **Outside of our conscious control**
- **When overstimulated with trauma/stress it can cause severe "fight or flight" (Panic attacks, digestion issues, heart palpitations, etc.)**



Amygdala responsible for emotions, ***survival instincts***, and memory.

Takes input from prefrontal cortex to determine if this is a life-threatening situation or if it is traffic getting on your last nerve



Definition Secondary Traumatic Stress





When an individual is exposed to people who have been traumatized themselves through disturbing descriptions of traumatic events by a survivor, hearing/seeing others inflicting cruelty on one another or being shown or told the aftermath of cruelty or destruction.



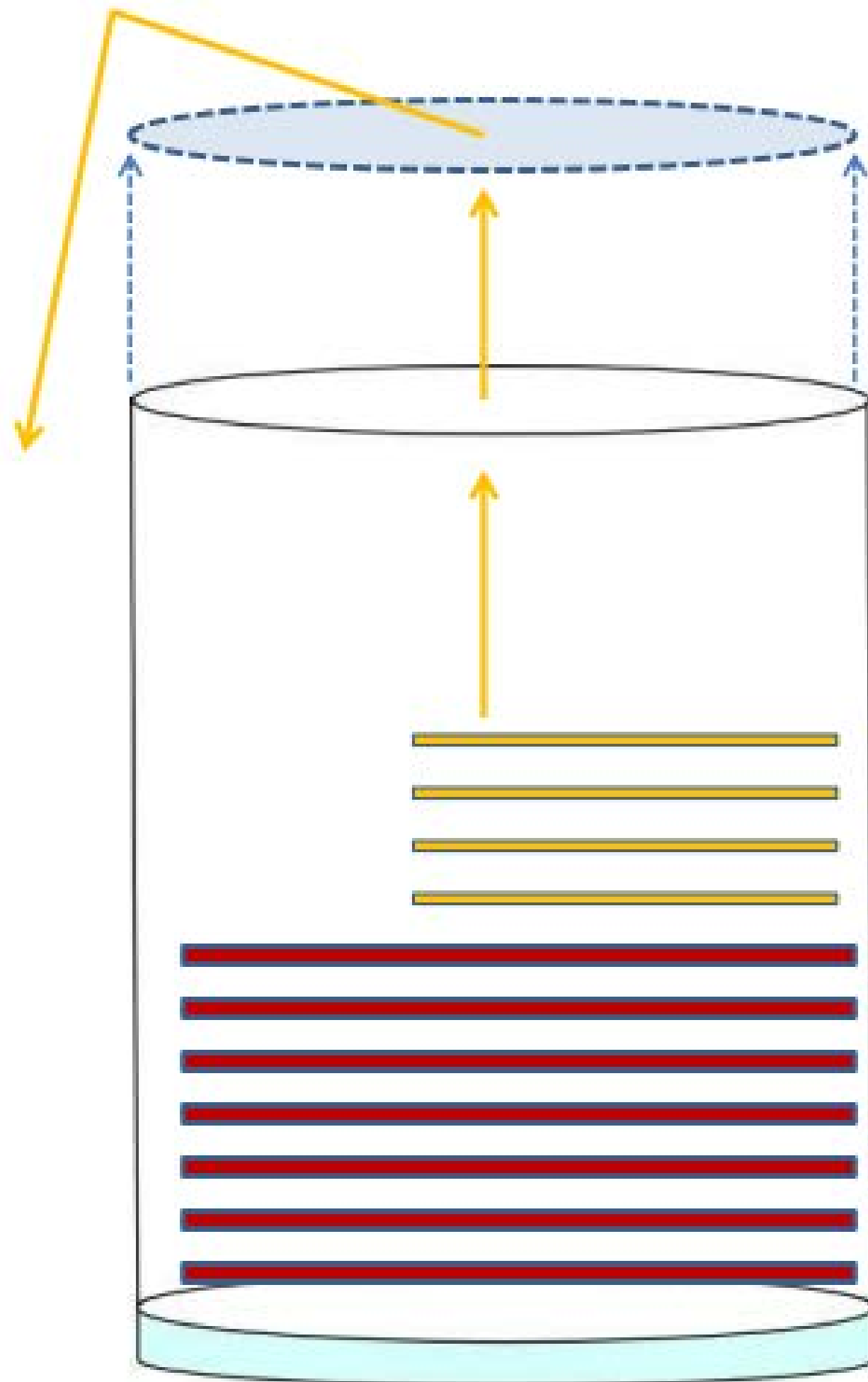
Secondary Trauma

Trauma resulting from caring for, hearing about or witnessing the intense suffering of others. Over time, the cumulative effect can result in an internalization of trauma, leading to compassion fatigue or burnout.



Self-Care





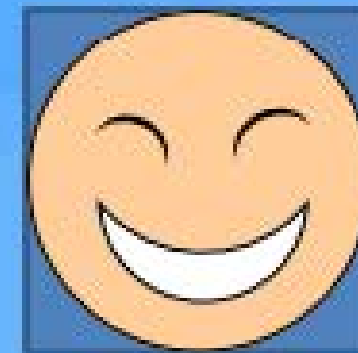
**Boost Coping
Capacity**

**Speed Up
Offloading
Stress**

1



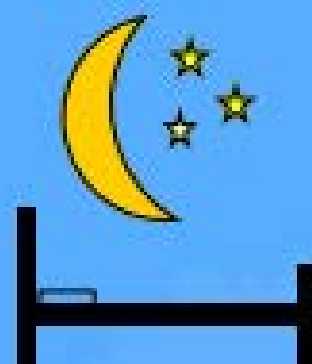
Walk



Laugh

4

2



Sleep



Recreation

5

3



Social
Support



Media
Diet

6

Healthy Habits

Social Media gives a boost of dopamine and can be addictive. It can take more and more to get the same positive boost



When might a professional
be of help?

Professional Help

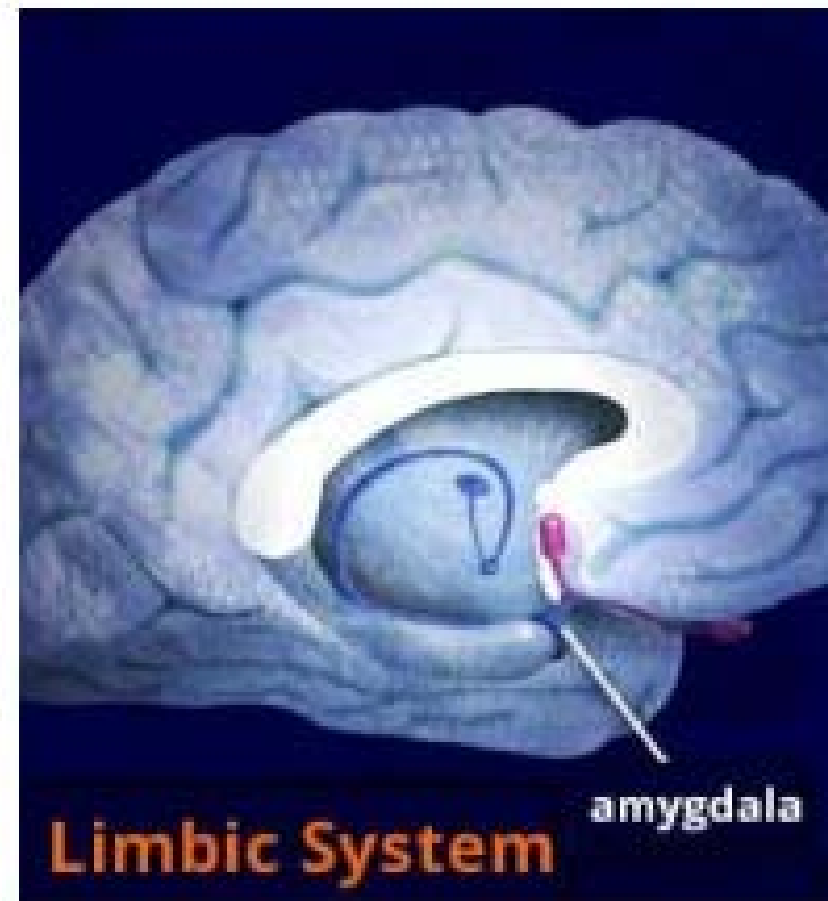
Clean
Out the
Container



Effective PTSD Treatment

**EMDR - Eye
Movement
Desensitization
and Reprocessing**

**REMAP® – Reed Eye
Movement
Acupressure
Psychotherapy**



**Useful in
Healing
the
Midbrain**

The greatest gift you can give to somebody is
your own personal development.

I used to say, 'If you will take care of me,
I will take care of you.'

Now I say, 'I will take care of me for you,
if you will take care of you for me.'

— Jim Rohn



Questions?



Who is The Emerald Foundation?



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Who is The Emerald Foundation?

The Emerald Foundation provides mental health and wellness services to companies, schools, city and county governments as well as industries of all types. It is our mission to help build healthy communities by using the Four Areas of Wellness approach that helps improve the emotional, physical, spiritual, and financial health of every individual so that they may achieve their best life.

As a 501(C)3 non-profit organization, we pride ourselves on being financially sustainable while diligently working to provide services to our clients utilizing our highly trained and professional staff. The revenue from our wellness services directly help support our mission which is to provide counseling and therapy services for children, teens, and young adults dealing with abuse, trauma, suicide issues, and addiction.

We are committed to providing highly credentialed staff and therapeutic services and removing the barriers that may prevent someone from receiving the help they need.

For more information visit our website www.theemeraldfoundation.org or email us at info@theemeraldfoundation.org

Foundation Executive Team



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- <http://www.differencebetween.net/science/difference-between-the-amygdala-and-the-prefrontal-cortex/>