

Managing Stress & Burnout

Anne Pigeon, AMFT – EAP Counselor



What is Stress?



- ❖ Stress is our body's reaction to events we experience throughout the day.
- ❖ Small amounts of stress is normal in our daily lives.
 - ❖ Minor stressors can be healthy and lead to an increase in motivation to complete a task and productivity.

Acute Stress

- ❖ During a stressful event, heightened symptoms can occur such as:
 - ❖ Behavior: persistent worry or focus on stressors, interpersonal conflict, substance use, procrastination
 - ❖ Emotional: mood instability, memory issues, anger and irritability
 - ❖ Physical: headaches, fatigue, nausea, back pain.
- ❖ This type of stress does not persist; it is acute during the time of the event and dissipates shortly after.



Persistent Stress



- ❖ Continual, heightened levels of stress.
- ❖ Negative symptoms continue to occur and worsen.
- ❖ Sleep disorders, depression, anxiety, health worsens.
- ❖ Persistent stress is extremely detrimental and can easily lead to burnout.

Burnout



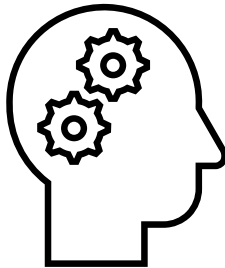
- ❖ **Burnout** occurs when persistent stress is long term with no relief.
 - ❖ Symptoms: lack of empathy, exhaustion, difficulty in personal and work relationships, physical symptoms, suicidal ideation.

- ❖ **Job burnout** includes:
 - ❖ Cynical or critical at work
 - ❖ Difficulty going to work/performing work tasks
 - ❖ Irritable and impatient with others
 - ❖ Lack energy to be productive
 - ❖ Hard time concentrating
 - ❖ Source: www.mayoclinic.org/burnout/art-20046642

How to assess yourself for stress or burnout?



- ❖ **Journal** – rate how you are feeling each day to notice patterns and concerning symptoms.



- ❖ **Body Scan** – take a few minutes each day to focus on each part of your body from head to toe.
 - ❖ Notice if you clench your fists, have shallow breathing, heart racing, stomachache.

What can you do to alleviate symptoms?



- ❖ **Step outside!** Breathe the fresh air, feel the sunshine.
- ❖ **Go on a walk** - even a 5-20 minute walk can increase mood, circulation and energy.
- ❖ **Meditate** – Calm app
- ❖ **Prioritize your sleep** – create a sleep routine (consistent bedtime and wake times to ensure a full night’s rest).
- ❖ **Food & Drink** – During the workday, drink water throughout the day and have a light snack during rest periods.
- ❖ **Ask for help / delegate / set boundaries**

Additional Resources



- ❖ [Therapistaide.com](https://www.therapistaide.com)
- ❖ Lyra app on mobile devices
- ❖ Calm app on mobile devices
- ❖ Employee Assistance Program (EAP) for counseling services

Employee Assistance Program



**Carole Ingraham, LMFT
EAP Counselor**



**Stephanie Molina, LMFT, CEAP
Employee Assistance Program Manager**

Not Pictured: Teresa Jones, Student



**Colleen Breen, LMFT,
EAP Counselor**



**Anne Pigeon, AMFT,
EAP Counselor**



**Eliana Preciado, LMFT,
EAP Counselor**

Where You Can Find EAP Resources

Contact me directly:

Anne Pigeon, AMFT (137103)

Cell: 805-325-0350

Email: apigeon@sbch.org

Supervised by Stephanie Molina LMFT 54060

At our external website:

<https://www.cottagehealth.org/services/employee-assistance-program/>

Or simply search “Cottage Health EAP”

Employee Portal:

