

Mental Health & Self-Care: Stress Management

*“Not everything that weighs you
down is yours to carry”*

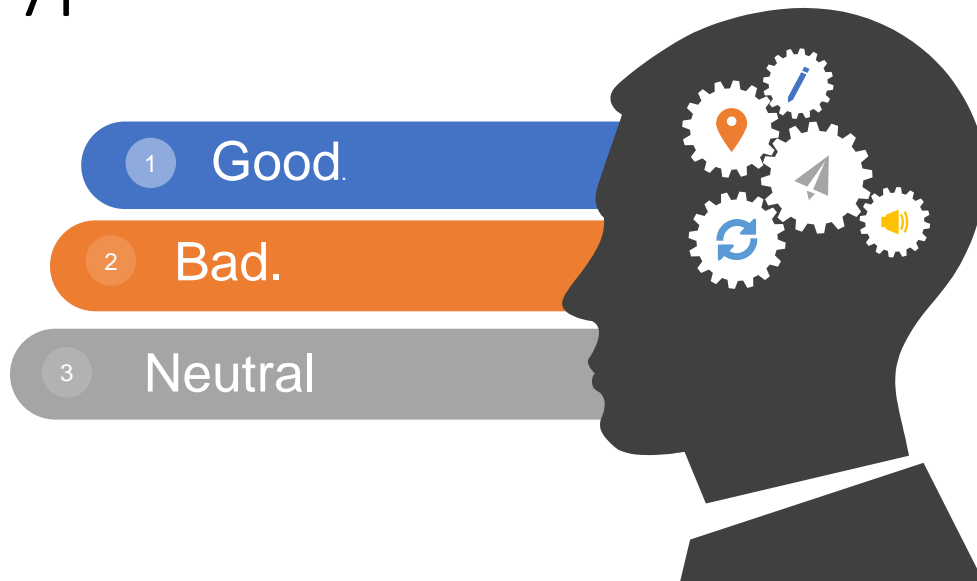
Chief Deputy S.J. Rodriguez
Bexar County Constable’s Office Precinct #1

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Why Mental Health Matters

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Types of Stress



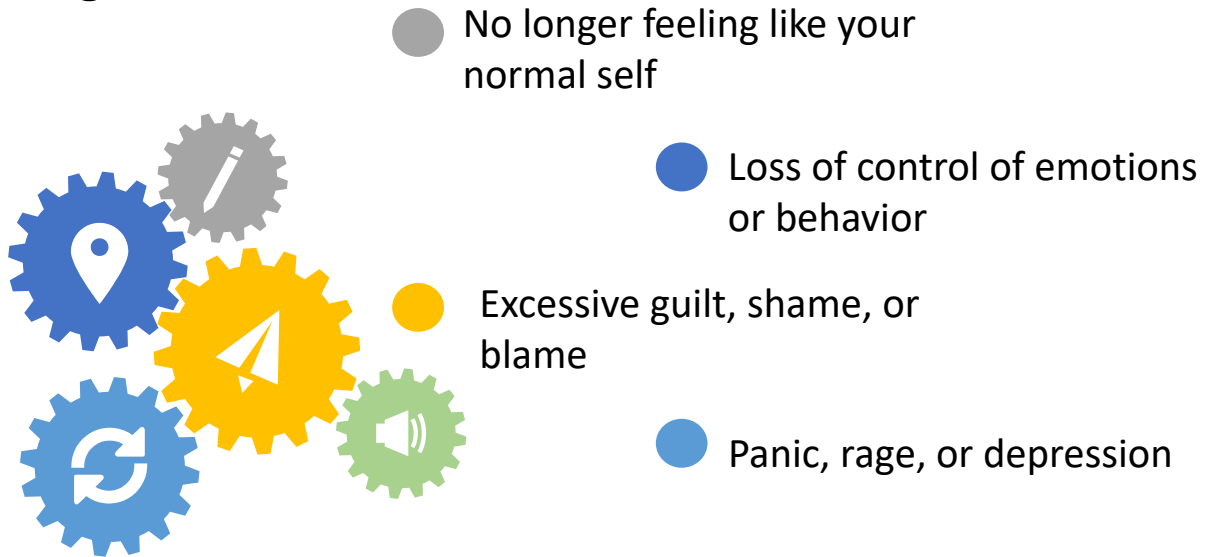
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TYPES OF STRESS

- **POSITIVE**
 - Eustress = Motivating stress
- **NEGATIVE**
 - Routine (*daily*) everyday issues such as traffic, weather,
 - Distress (*excessive*)
 - Cumulative (*long-lasting*)
 - Burnout
 - Critical Incident

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Signs of Stress

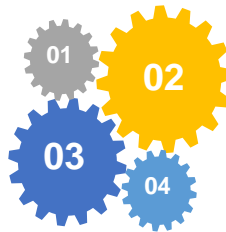


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Symptoms

Physical :

- Difficulty Breathing
- Panic Attacks
- Blurred eyesight or sore eyes
- Sleep problems
- Fatigue
- Muscle aches and headaches
- Chest pains and high Blood pressure
- Indigestion or heartburn



Mental :

- Irritable, angry, impatient, or wound up
- Over-burdened and overwhelmed
- Anxious, nervous, or afraid
- Racing thoughts
- Unable to enjoy oneself
- Depressed
- Lost sense of humor
- Uninterested in life

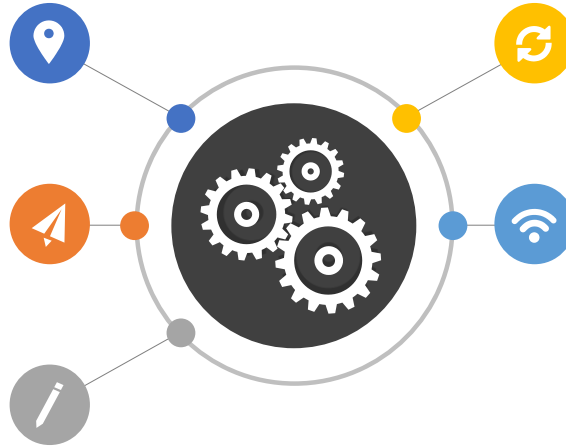
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Statistics

Nearly 1 in 4 officers have thoughts of suicide

Suicide rate is 4 times higher for Police Officers than Firefighters

Smaller departments the Suicide rate increases to 4 times the national average



More officers die by suicide than in the line of duty

Compared to the general population LE has higher rates of depression, PTSD, burnout etc.

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Avoiding Burnout

Self Care
Seven C's of Stress
First Aid

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Self Care

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TYPES OF SELF CARE



PHYSICAL

SLEEP
STRETCHING
WALKING
HEALTHY FOOD
YOGA
REST



EMOTIONAL

STRESS MANAGEMENT
EMOTIONAL MATURITY
FORGIVENESS
COMPASSION
KINDNESS



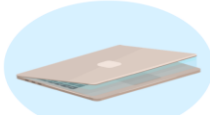
SPIRITUAL

TIME ALONE
MEDITATION
CONNECTION
NATURE
JOURNALING



PERSONAL

HOBBIES
"YOU" TIME
IDENTITY
HONORING YOURSELF



WORK

TIME MANAGEMENT
WORK BOUNDARIES
POSITIVE WORKPLACE
BREAK TIME



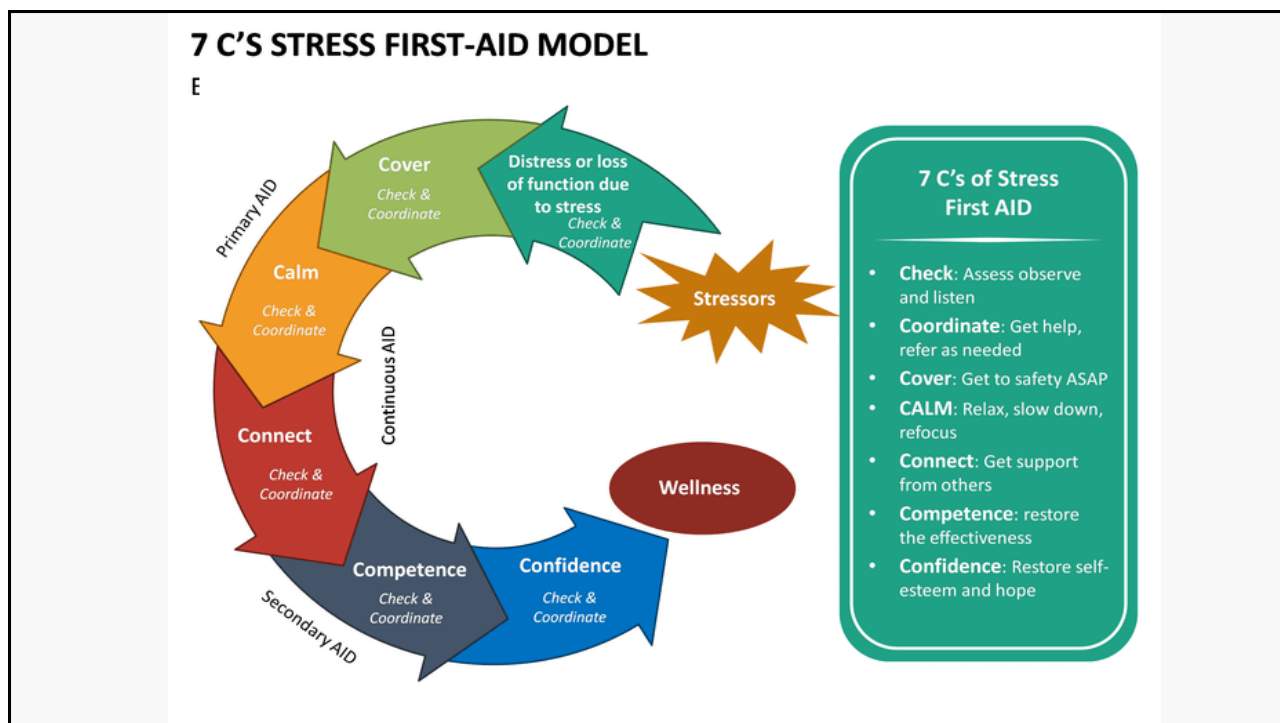
FINANCIAL

SAVING
BUDGETING
MANAGEMENT
PAYING BILLS
TREAT YOURSELF DAY

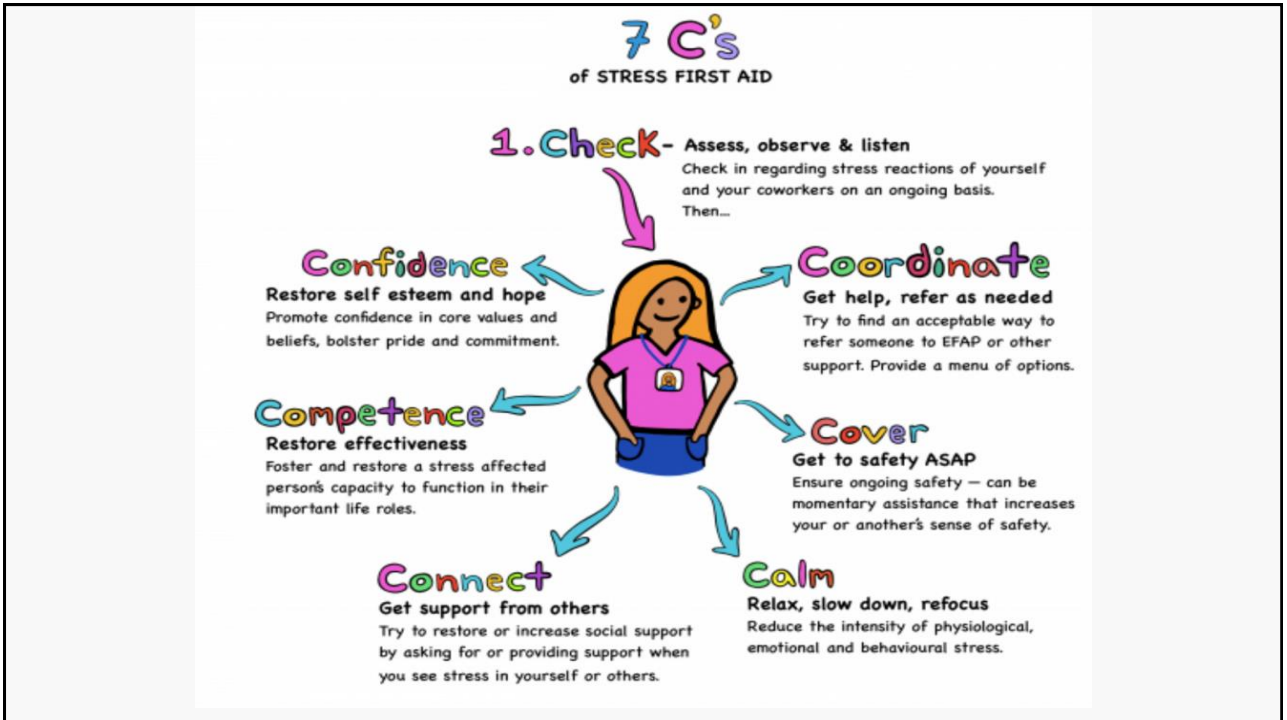
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Seven C's of Stress

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First Aid

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Stress First Aid



Check



Coordinate



Cover



Calm



Connect



Competence



Confidence

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Dealing with Trauma

Preparing for the event

After the event

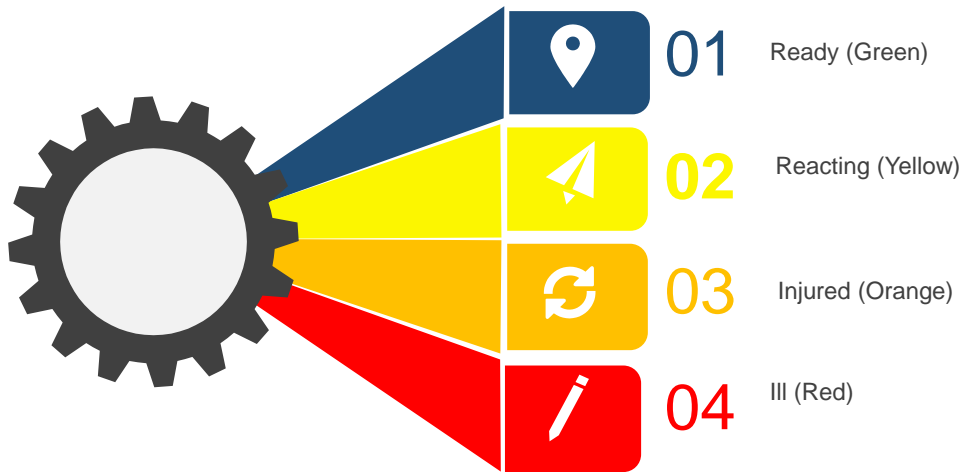
During the event



PTSD

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Stress Continuum



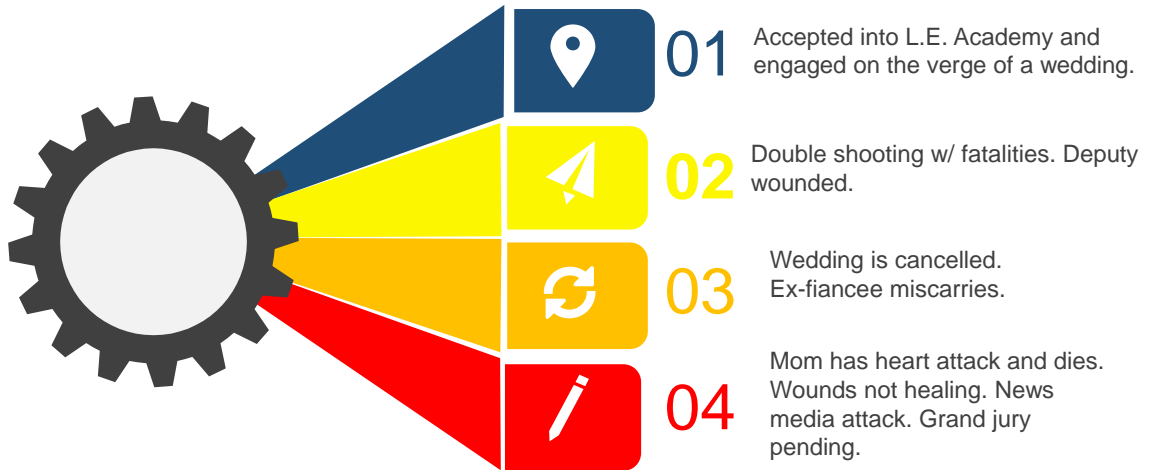
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Ready	Reacting	Injured	Critical
<p>Definition</p> <ul style="list-style-type: none"> • Optimal functioning • Adaptive growth • Wellness <p>Features</p> <ul style="list-style-type: none"> • At one's best • In control • Physically, mentally & spiritually fit • Motivated • Focused • Calm and steady • Having fun • Behaving ethically • Active 	<p>Definition</p> <ul style="list-style-type: none"> • Mild & transient distress or impairment • Always goes away • Low risk <p>Features</p> <ul style="list-style-type: none"> • Feeling irritable, anxious or down • Loss of motivation • Loss of focus • Sleep disruption • Muscle tension / other physical changes • Not having fun <p>Causes</p> <ul style="list-style-type: none"> • Any stressor 	<p>Definition</p> <ul style="list-style-type: none"> • More severe or persistent distress or impairment <p>Features</p> <ul style="list-style-type: none"> • Loss of control • Panic, rage or depression • No longer feeling like oneself • Excessive guilt, shame or blame <p>Causes</p> <ul style="list-style-type: none"> • Life threat • Loss • Inner conflict • Wear and tear 	<p>Definition</p> <ul style="list-style-type: none"> • Clinical mental disorder • Unhealed stress injury causing life impairment <p>Features</p> <ul style="list-style-type: none"> • Symptoms persist & worsen over time • Severe distress or social or occupational impairment <p>Types</p> <ul style="list-style-type: none"> • PTSD • Depression • Anxiety • Substance abuse • Suicidal

Ben O'Brien | The Functional Man | www.thefunctionalman.com

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Examples of the Stress Continuum



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Ready (Green) Definition

- Optimal Functioning
- Adaptive Growth
- Wellness

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Ready (Green) Features

 At your best

 Well-trained and prepared

 In control

 Fit mentally, physically, spiritually

 Mission-focused

 Motivated

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Reacting (Yellow) Definition

- Mild and transient distress or impairment
- Always goes away
- Low Risk

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Reacting (Yellow) Causes

- Any Stressor

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Reacting (Yellow) Features

- Feeling irritable, anxious, or down
- Loss of motivation
- Loss of focus
- Difficulty sleeping
- Muscle tension

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Injured (Orange) Definition

- More severe and persistent distress
- Leaves an emotional scar
- Higher risk

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Injured (Orange) Causes

- Life threat
- Loss
- Moral injury
- Wear and tear

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Injured (Orange) Features

- Loss of control
- Panic, rage, or depression
- No longer feeling normal
- Excessive guilt, shame, or blame

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III (Red) Definition



Clinical mental
disorder



Unhealed stress
injury

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III (Red) Types



PTSD



Depression



Anxiety



Substance Abuse

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III (Red) Features



Symptoms persist and worsen



Severe distress or social impairment



Hopelessness

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Resources

Texas Mental Health Resource Guide

Mental Health Training for Officers

NAMI Texas

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Officer Safety

- Checklist
- Know who your dealing with
- Equipment check
 - Radio
 - Camera etc.
- Body Armor

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Example of Negative Stress

Not enough time to accomplish your goals

Losing a big fish off the hook

Not being able to locate the 10mm socket

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Mental Stress

Loss of Control of Emotions or Behavior

Excessive guilt, Shame or Blame

Panic, Rage or Depression

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Physical Symptoms



No longer feeling
yourself



Loss of appetite



Muscle tension

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Engaging your Community

- Avoid Isolation
- Know your Stressors

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Avoiding Burnout

Life Balance

Set aside time for your responsibilities

Set realistic goals for yourself and avoid procrastination

Get enough sleep

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Dealing with Trauma

- Form a support team
- (Work Family or Family)
- Truly care for your brothers' and sisters' wellbeing
- Be supportive and available everyday

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Officer Safety

Equipment - radio, body armor

Know who you are dealing with in your work environment

Know the neighborhood in your city and county

Most of all – Invest in yourself!

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Closing

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Questions?