



# STRESS & RESILIENCE

## THE SITUATION

In the face of the COVID-19 crisis NHS staff will be working under high pressured, high stakes, uncertain conditions. This can lead to stress and burn out.

## THE SCIENCE

Watch out for key symptoms of stress and burnout and take action to repair and recover from stress before it escalates.

Stress symptoms:

- **Intrusive** - recurrent, distressing thoughts/flashbacks.
- **Arousal** - sleep disturbance, anger, guilt, concentration difficulties.
- **Avoidant** - avoidance of thoughts, feelings, activities of situations that remind you of the event or detachment from others.

Burn out symptoms:

- **Physical** - fatigue, exhaustion, sleep difficulties, headaches, frequent colds/flu.
- **Emotional** - irritability, anxiety, depression, defensiveness, de-personalization, reduced sense of accomplishment/self-worth.
- **Behavioural** - poor work performance, substance misuse, poor communication, withdrawal from others.

More information:

<https://www.liverpool.ac.uk/project-ares/>





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## PREPARE

- Train for what you will encounter.
- Cognitively rehearse the activities you will carry out.
- Consider the potential psychological and physiological factors.
- Remember your training.
- Seek support.

## ADAPT

- Regularly assess what is your role.
- Acknowledge other people's roles.
- Contribute to a good team spirit.
- Give gratitude to yourself and others.
- Maintain an optimistic and adaptable mindset.
- Use your support networks.

## RECOVER

- **Healthy Body** - Exercise daily.
- **Healthy Diet** - At least one portion of fruit and vegetables per day.
- **Happiness** - Make time for joy and laughter.
- **Head Space** - Find time to reflect and reset.
- Consider the use of Ground Truth's After-Action Review process.

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