



This is Your Brain on Chronic Stress

Managing work-related exhaustion & overwhelm



Sample Content

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Our Goals for Today...

- Understand our reactions to crisis situations and chronic “wear & tear.”
- Aren’t we all just burnt out?
- Address brain fog & fractured attention.
- Learn strategies to stay clear-headed and manage chronic stress.



How do we think clearly and stay well in
the face of **exhaustion** and **depletion**?

What Humans Need in Chaotic Times

Understanding our reactions
to crisis situations

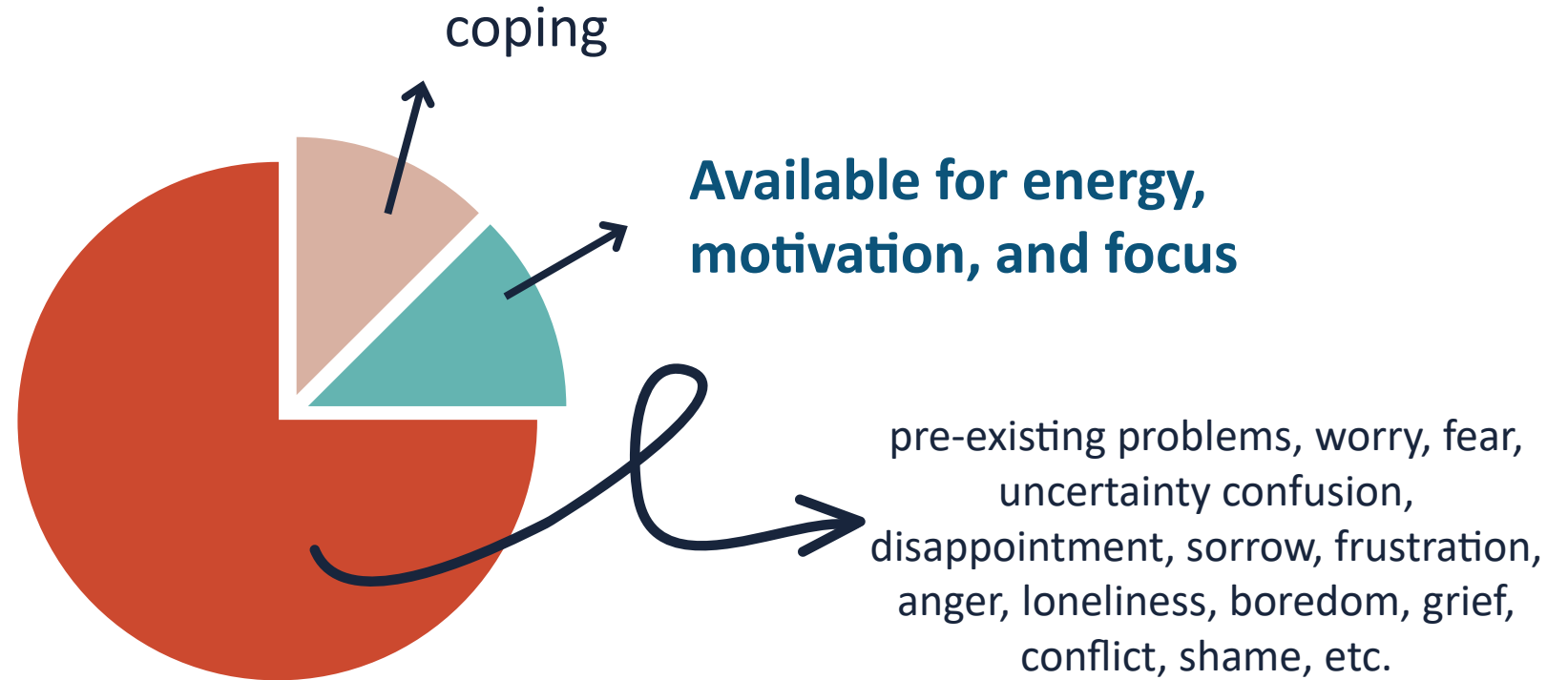


A woman with curly hair, wearing blue scrubs, is shown in profile, covering her face with her hands. She appears to be in a state of distress or exhaustion. The background is a blurred indoor setting, possibly a hospital or office.

Burnout & secondary traumatic stress are separate and distinct phenomena.

Louison Vang, M., Shevlin, M., Hansen, M., Lund, L., Askerod, D., Bramsen, R. H., & Flanagan, N. (2020). Secondary traumatisation, burn-out and functional impairment: findings from a study of Danish child protection workers. *European Journal of Psychotraumatology*, 11(1), 1724416.

Our Brains During Times of Chronic Stress



Why do some thrive in this work, **and others don't?**

(Dagan et al., 2016; Armes et al., 2020)



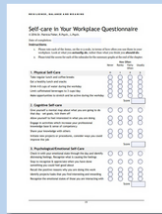
Key Tools to Stay Grounded Before, During, & After Stressful Moments

The **TEND Toolkit** is a searchable database of tools, strategies, and education to support helping professionals working in complex workplaces.

Click on the images below to learn more about these free resources available on the TEND Toolkit.

BEFORE

Be prepared before a stressful event happens by taking stock, highlighting your strengths, and identifying vulnerabilities.



Self-Care Questionnaire



Contributing Factors



Window of Tolerance

DURING

During a stressful event, engage strategies to mitigate the impact on yourself and others.



Feet on the Floor



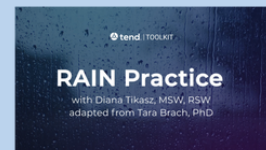
Three Minute Breathing Space

AFTER

After a stressful event, have strategies to debrief, process, and re-connect.



Hot Walk & Talk



RAIN Practice Guided Meditation



Low Impact Debriefing