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GEORGIA  
CNA Career  
PATHWAY INITIATIVE

# CARING FOR THE CAREGIVERS RESOURCE KIT

For LTC Staff

COVER PAGE

PREPARED BY THE GEORGIA  
CNA CAREER PATHWAY  
INITIATIVE

# PURPOSE

The purpose of this workbook is to provide you with information about how you can take care of yourself so that you can take better care of others.

Working in a long-term care facility can be both rewarding and challenging. Many of you have been on the front line in the COVID-19 response. This has created additional workplace stress on top of personal pandemic-related difficulties and losses in your life.

People who work in long-term care do so because they want to help others, care deeply about their residents and often take on the caregiver role with their friends and family. While that can be rewarding, it can also be very taxing and wear you out.

Caregivers often tell themselves that they must do everything for everyone else and that it would be “selfish for me to put myself first.” Nothing could be further from the truth. You are valued as a healthcare professional, friend, and family member. You need to take care of yourself so you can be at your best to take care of others.

It's okay to take time for yourself! Using this workbook is a start. Spend a few minutes each day or every other day to learn something new and practice the self-care and resilience building strategies. Take breaks, ask for help when you need it, and find what brings you joy.

**The topics covered in this resource kit that will help you engage in self-care include:**

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This Thing  
Called Stress

**Part 1**

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Addressing and Preventing  
Workplace Stress

**Part 2**

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Resilience Building and  
Self-Care

**Part 3**

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Seeking Help

**Part 4**

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In Closing | Learn More |  
Bibliography

**Part 5**

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# HOW TO USE THIS WORKBOOK

There is no right or wrong way to use this workbook. You can go through Parts 1- 5 in order or, if you are feeling at your wits' end or are worried about a co-worker, you can jump to Part 4 to find out how to get help. Page through and familiarize yourself with the topics that are covered and then dive deeper into each one as time permits. The important thing to remember is to set aside time to take care of yourself and let this resource kit be your guide. When you are healthy and happy, you'll be able to provide more effective assistance to your residents and more support to your peers.



# PART ONE

## PART 1:

### THIS THING CALLED STRESS

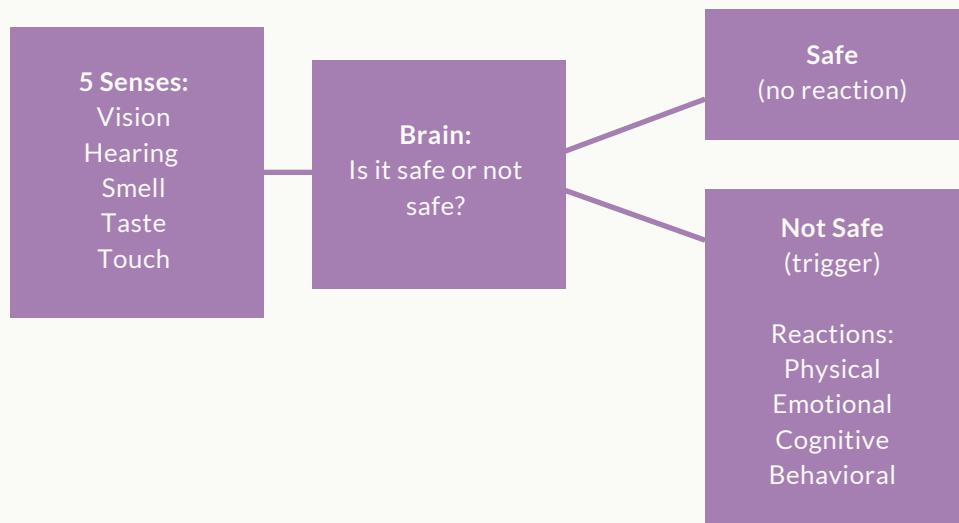
#### Stress and the Brain

It is helpful to understand stress and how it affects us before we consider how we can take care of ourselves. Stress is a change that causes physical, emotional and psychological strain. Everyone experiences stress. It is the way you respond to it that determines your overall well-being.

#### Here's what happens when you experience a stressful situation:

Information enters the brain through our five senses and, most of the time, your brain identifies that information as “safe.” Safe information does not interrupt the way you think, feel, and act. Unsafe information, sometimes referred to as triggers, causes a chemical reaction in the brain that disrupts the way you think, feel, and act.

#### Automatic Stress Reaction



For example, if the sound of a car horn enters your brain while you are crossing the street, you might jump without thinking about it. The trigger is the car horn. Your heart might start beating faster and your palms might begin to perspire. Those are automatic fight, flight, freeze, faint responses to a perceived danger that automatically happens in your brain. That is an example of a mild reaction.

Some fight or flight responses are more intense than others. **There are three types of stress:**

1. **Eustress** is often referred to as good stress. Some examples of eustress are hosting a holiday dinner or large reception, preparing to take an out-of-town vacation, playing competitive sports, and public speaking.
2. **Distress** is generally caused by an interruption in your life that decreases your ability to perform. Some examples of distress are a fender-bender, minor injury, and getting lost when driving by yourself.
3. **Traumatic stress** is a common reaction to an uncommon situation and is often caused by a violent act or serious injury.

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## Causes of Stress

Knowing what causes stress in your life helps you prepare for and deal with your reactions. Because there are situations that cause stress that can't be avoided, knowing what triggers us is the first step in stress management.

There might be particular events from work and your personal life that have caused you to have a stress reaction in the past. You are also carrying around the mounting stress from constant exposure to daily issues that are troubling. Start paying attention to how you feel, think and act when you encounter those situations. Take a moment now and think about a stressor you encountered recently. Did you feel, think or act a certain way?

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Take a moment now to complete the self-assessment on the Personal Reflections: Your Current Level of Self-/care worksheet on the next page.



1.	List three work related stressors	1. 2. 3.
2.	List three personal stressors	1. 2. 3.
3.	List three ways you know you are stressed (signs and symptoms)	1. 2. 3.
4.	List three ways that your co-workers know that you are stressed (signs and symptoms)	1. 2. 3.
5.	List three ways that your loved ones/ friends know you are stressed (signs and symptoms)	1. 2. 3.
6.	List three methods at work by which you manage your stress	1. 2. 3.
7.	List three methods during non-work hours by which you manage your stress	1. 2. 3.
8.	List the name of your co-workers who are part of your work-related support system	Co-worker Name:  Coworker Name:
9.	List the name of loved ones/ friends who are part of your support system	Loved One/ Friend Name:  Loved One/ Friend Name:

# Stress Reactions

There are four categories of stress reactions.

## 1. Physical Reactions

- a. Gastrointestinal problems
- b. Headaches, aches, and pains
- c. Weight change
- d. Sweating or chills
- e. Tremors or muscle twitching
- f. Clumsiness, increased accidents
- g. Increased reactivity to stimuli such as sound and light (being easily startled)
- h. Chronic fatigue or sleep disturbances
- i. Immune system disorders
- j. Sexual dysfunction

## 2. Emotional Reactions

- a. Anxiety or fear
- b. Anger
- c. Sadness
- d. Guilt
- e. Apathy (not caring)
- f. Grief

## 3. Cognitive Reactions

- a. Disorientation and confusion
- b. Poor concentration
- c. Difficulty setting priorities or making decisions
- d. Loss of objectivity, poor judgment

## 4. Behavioral Reactions

- a. Change in activity level
- b. Alcohol and drug use/misuse
- c. Increased use of over-the-counter medications
- d. Difficulty communicating or listening
- e. Increased frequency of arguments
- f. Declining job performance
- g. Frequent crying
- h. Avoidance of triggering places or activities

Your stress reactions are your friends because they tell you something's wrong and that an adjustment in your lifestyle may be needed. Part 3: Resilience and Self-Care provide strategies you can use to make those adjustments.

# PART TWO

## **PART 2: ADDRESSING AND PREVENTING WORKPLACE STRESS**

Compassion fatigue and burnout are conditions that are common among caregivers.

Compassion fatigue refers to negative emotions people feel from helping others. As a caregiver you can understand and share the feelings of others, and you may take on some of the suffering and emotions of your residents and loved ones. This is a good thing because it makes you better at your job but there can be too much of a good thing. Compassion fatigue can take a toll on you and may result in the following conditions:

- Exhaustion
- Difficulty sleeping
- Impaired ability to care for residents
- Intrusive thoughts about residents
- Reduced enjoyment or satisfaction with work
- Sense of lack of control in your job
- Feelings of disconnection from colleagues and work teams
- Feelings of being overwhelmed by the amount of work to be done
- Reduced ability to feel sympathy or empathy (understanding and sharing the feelings of others)
- Avoidance of reminders of upsetting experiences with patients
- Increased use of alcohol or other drugs

**Some things you can do to prevent or if suspect you have compassion fatigue are: (Write in your answer below each question)**

Take mini-breaks. What are some small things you can do for yourself that will make you happy?

Think about the meaning of your work. Your care for people who are seriously impaired, dying, or chronically ill and that is meaningful work. What are some things you do to improve the lives of your residents?

Return to what makes you feel happy in your own life. Think about things you enjoyed doing in the past that you no longer do. What would you like to get back to doing?

Be thankful for your loved ones. Who are the people in your life that you are grateful for?

# PART THREE

## **PART 3: RESILIENCE BUILDING AND SELF-CARE**

The American Psychological Association defines resilience as “the human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors.”

Resilience varies from person to person and changes over time. It is something we’re all born with. Some things in life may cause us to lose resilience while other events and activities can help build resilience.

Complete the self-check below to identify the ways you tap into your resilience:

Checklist for Resilience: Ask Yourself These Questions
What are my strengths when it comes to dealing with hardships?
What has helped me endure difficulties in the past?
What healthy things can I do to soothe myself when faced with uncertainty?
How can I ask for what I need?

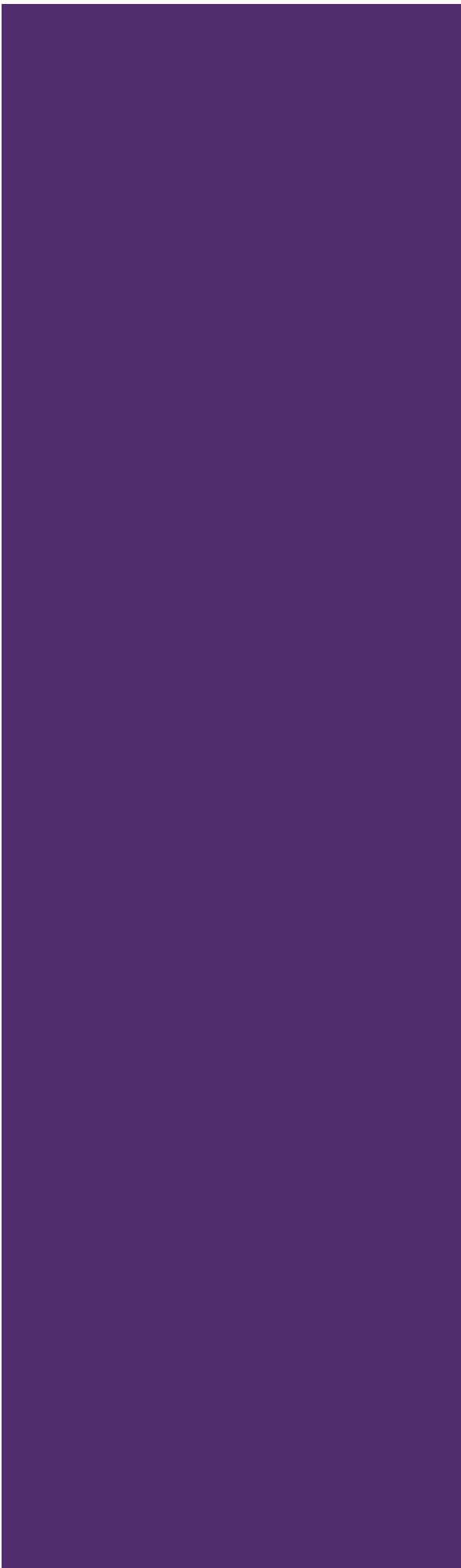
Because we never know when a challenging time will occur, it’s important to take steps to build and engage in resilience-building strategies.

On the next page is a list of resilience building recommendations and self-care strategies.

Take time to figure out the strategies that are most useful for you from the list below.

Use this chart to keep track of the strategies you've tried:

Date	Self-Care Strategies	How Did it Go?



- **Get enough sleep** - 7 hours or more a night on a regular schedule each night is ideal. Strive to come close to this even if circumstances in your life prevent you from getting a full 7 hours.
- **Get regular physical activities** - Walking, cycling, stretching and stair-climbing are great ways to keep moving. You probably do a lot of walking at work but getting outside in the fresh air to walk can give you a new perspective. Small amounts of activity are better than nothing. See if you can find little ways throughout the day to move.
- **Eat regular, well-balanced meals** - Try to eat fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products, along with a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds. Avoid added sugars, sodium and saturated fats.
- **Social self-care** - Try to avoid withdrawing from social situations and isolation. Allow friends, family and co-workers to help you and ask for help if you need it. Seek out others for social activities and try to have fun.
- **Reduce alcohol and caffeine consumption** - The Mayo Clinic states 4-5 cups of coffee is considered safe, unless you are pregnant. Do not use alcohol as a coping strategy. To reduce the risk of alcohol-related harms, the CDC recommends limiting intake to 2 drinks or less per day for men and 1 drink or less per day for women.
- **Be aware of withdrawal and isolation** - Sometimes we want to be alone to relax and just take some quiet time for ourselves. To balance that out, seek out others for social activities. See how work can support you and incorporate humor into your daily life.
- **Practice spiritual self-care** - Use religious and/or spiritual resources in your community, read inspirational works, pray, practice gratitude, meditate, connect with nature and find creative ways to express yourself (i.e.: drawing, painting, writing, etc.)
- **Engage in mindful movement such as yoga or tai chi** - In addition to offering the health benefits of other exercises, yoga and tai chi may help with stress management. Classes may be available in your community and there are free classes online.
- **Journal writing or drawing**- Writing or drawing in a journal may be helpful. You can do this on paper, on a computer, or in an app. It can be as little as writing down one or two things you are grateful for a few times each week, or things you are pleased that you have accomplished.



Here are some other self-care strategies you can try. Remember, you might not be able to do all of these things. Try each one out to see what works best for you and your life-style.

Remember to:

- Limit or eliminate exposure to the news and social media
- Balance work, play and rest
- Recognize what you can and cannot change
- Keep your expectations realistic
- Make deliberate plans to take care of yourself - put it on your calendar
- Accept your limitations
- Allow others to help you
- Try to find a way to laugh every day
- Use relaxation skills that work best for you, such as listening to music that soothes you and breathing techniques described below.

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## Calming Breathing Exercises

Breathing exercises can be tricky. Before you attempt them, make sure you can breathe comfortably through your nose and mouth. You can do them with your eyes opened or closed, whatever works best for you. You can also access calming breathing exercises on-line.

### Progressive Breathing

1. Get into a comfortable position.
2. Choose a muscle group (e.g., muscles in your feet or lower legs).
3. Breathe in and tighten the muscles in the group for 5 to 10 seconds.
4. Breathe out and release the muscles suddenly. Relax for at least 10 seconds.
5. Repeat the process with another muscle group. It often helps to progress from head to toe or vice versa.

### Cubed Breathing

1. Breathe in through your mouth or nose for 4 seconds
2. Hold your breath for 4 seconds
3. Breathe out through your mouth or nose for 4 seconds
4. Hold for 4 seconds
5. Repeat the process for 4 times

**Visualization** - Imagine that you are in a peaceful and calming place. This can be a place you have been or one where you would like to be. Next, write a description of this place, record yourself reading what you have written, and then listen to the recording as a way to relax. Also, many visualization and guided imagery scripts and videos for relaxation are available on-line, as are apps and podcasts.



The charts below contain healthy coping strategies that you can access at a glance. They are broken into six categories to help you identify which dimension of your well-being on which you would like to focus.

Cognitive	Emotional	Behavioral
<ul style="list-style-type: none"> <li>• Write things down</li> <li>• Make small, daily decisions</li> <li>• See the decisions you are already making</li> <li>• Give yourself permission to ask for help</li> <li>• Plan for the future</li> <li>• Get the most information you can to help make decisions</li> <li>• Anticipate needs</li> <li>• Remember you have options</li> <li>• Problem solve</li> <li>• Have a "Plan B"</li> <li>• Break large tasks into smaller ones</li> <li>• Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, or theatre performance)</li> <li>• Read literature that is unrelated to your work</li> <li>• Say no to extra responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Allow yourself to experience what you feel</li> <li>• Label what you are experiencing</li> <li>• Give yourself permission to ask for help</li> <li>• Be assertive when necessary</li> <li>• Keep communication open with others</li> <li>• Remember you have options</li> <li>• Use your sense of humor</li> <li>• Spend time with others whose company you enjoy</li> <li>• Stay in contact with important people in your life</li> <li>• Give yourself affirmations, praise yourself, love yourself</li> <li>• Reread favorite books, review favorite movies</li> <li>• Identify comforting activities, objects, people, relationships, and places and seek them out</li> <li>• Use "positive" words and language</li> </ul>	<ul style="list-style-type: none"> <li>• Spend time by yourself</li> <li>• Spend time with others</li> <li>• Limit demands on time and energy</li> <li>• Help others with tasks</li> <li>• Give yourself permission to ask for help</li> <li>• Do activities that you previously enjoyed</li> <li>• Remember you have options</li> <li>• Find new activities that are enjoyable and (mildly) challenging</li> <li>• Set goals and have a plan</li> <li>• Take time to chat with co-workers</li> <li>• Make quiet time to complete tasks</li> <li>• Set limits with clients and colleagues</li> <li>• Arrange your workspace so it is comfortable and comforting</li> <li>• Get regular supervision or consultation</li> <li>• Have a peer support group</li> <li>• Develop a non-trauma area of professional interest</li> </ul>

Spiritual	Interpersonal	Physical
<ul style="list-style-type: none"> <li>• Discuss changed beliefs with spiritual leader</li> <li>• Meditation</li> <li>• Give permission to ask for help</li> <li>• Practice rituals of your faith/ beliefs</li> <li>• Spiritual retreats/ workshops</li> <li>• Prayer</li> <li>• Remember you have options</li> <li>• Mindfulness</li> <li>• Find your spiritual support</li> <li>• Read spiritual literature</li> <li>• Make time for reflection</li> <li>• Spend time with nature</li> <li>• Cherish your optimism and hope</li> <li>• Be aware of nonmaterial aspects of life</li> <li>• Try at times not to be in charge or the expert</li> <li>• Be open to not knowing</li> </ul>	<ul style="list-style-type: none"> <li>• Give yourself permission to ask for help</li> <li>• Take time to enjoy time with a trusted friend/ partner</li> <li>• Give and get hugs</li> <li>• Healthy boundaries</li> <li>• Remember to use "I" statements</li> <li>• Use humor to diffuse tense conversations</li> <li>• Play together</li> <li>• Talk with a trusted partner/ friend</li> <li>• Apologize when stress causes irritable behavior or outbursts</li> <li>• State needs and wants as clearly as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic exercise</li> <li>• See doctor and dentist</li> <li>• Routine sleep patterns</li> <li>• Minimize caffeine, alcohol, and sugar</li> <li>• Give yourself permission to ask for help</li> <li>• Eat well-balanced, regular meals</li> <li>• Drink water</li> <li>• Wear comfortable clothes</li> <li>• Engage in physical luxuries: spa, massage, bath, exercise trainer</li> <li>• Remember to breathe - deeply</li> <li>• Take mini breaks</li> <li>• Get medical care when needed</li> <li>• Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun</li> <li>• Make time away from telephones</li> </ul>

Shawn Goldberg, Self-Care Toolkit

<https://socialworkmanager.org/wp-content/uploads/2017/10/Selfcare-toolkit.pdf>

## Warning Signs of Excessive Stress (signs that last for more than 2 to 4 weeks)

- **Bodily sensations and physical effects** - Rapid heart rate, palpitations, muscle tension, headaches, tremors, gastrointestinal distress, nausea, inability to relax when off duty, trouble falling asleep or staying asleep, nightmares or flashbacks
- **Strong negative feelings** - Fear or terror in life-threatening situations or perceived danger, anger, frustration, argumentativeness, irritability, deep sadness, difficulty maintaining emotional balance
- **Difficulty thinking clearly** - Disorientation or confusion, difficulty problem-solving and making decisions, difficulty remembering instructions, inability to see situations clearly, distortion and misinterpretation of comments and events
- **Problematic or risky behaviors** - Unnecessary risk-taking, failure to use personal protective equipment, refusal to follow orders, or increased use or misuse of prescription drugs or alcohol
- **Social conflicts**- Irritability, anger and hostility, blaming, reduced ability to support teammates, conflicts with peers or family, withdrawal, isolation

# PART FOUR

## **PART 4: SEEKING HELP**

Seek help if you have any of the warning signs listed in the Warning Signs of Excessive Stress or if you feel overwhelmed, if you are using drugs or alcohol to cope, or if you have thoughts of suicide or self-harm. You can talk to your primary care physician or reach out to your Employee Assistance Program (EAP), if you have one. EAPs are valuable resources, are confidential, and very helpful.

### **What to Do If You Are Concerned About Someone Else:**

- Show you care and let them know about your concern. You can use phrases like “Are you feeling low lately?” or “Is there something you’re worried about?”
- Listen intently and give them space to talk about what is going on and how they feel
- Offer words of support in a non-judgmental way

### **IT IS OK TO ASK, "ARE YOU THINKING ABOUT SUICIDE?"**

#### **If Yes**

- Refer them to the Suicide and Crisis Lifeline
- You can call or text for them

#### **If No**

- Share this document with them
- Refer them to the resources below

### **988: Suicide and Crisis Lifeline**

When people call, text or chat 988, they will be connected to trained counselors who will listen, understand how their problems are affecting them, provide support and connect them to resources if necessary. This service is available 24 hours a day, everyday.

<https://988lifeline.org/current-events/the-lifeline-and-988/>

### **Georgia Crisis and Access Line (GCAL) 1-800-715-4225**

GCAL provides immediate access to routine or crisis services and is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. In addition to calling, you can text or chat through the GCAL app and their professionals will:

- Provide telephone delivered crisis intervention services
- Dispatch mobile crisis teams
- Assist individuals in finding an open crisis or detox bed across the state of Georgia
- Link individual with urgent appointment services

<https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

## CARES Warm Line 1-844-326-5400

CARES staff are individuals in long term recovery with a message of hope. They are available between 8:30AM and 11:00 PM and will listen with empathy and support. CARES promotes wellness and self-directed care and guides callers toward building on their strengths, abilities and resilience. Freedom from addiction is real and available to all. If you or someone you know is in or seeking recovery from substance use disorder call CARES...

- When you are struggling and need someone to talk to
- When you want to talk to someone confidentially
- When you want to share your triumphs as well as your challenges in recovery
- When you feel lonely, depressed, or have suffered a loss or setback
- When friends or family members don't seem to understand
- When you need someone to listen who has been right where you are
- When you have questions about recovery
- <https://gasubstanceabuse.org/cares-warm-line/>

## Peer2Peer Warm Line 1-888-945-1414

Peer2Peer operates 24 hours a day and is staffed by Certified Peer Specialist (CPS). A CPS is a person with lived experience recovering from behavioral health concerns, who has received special training to be able to listen with empathy, and who can provide assistance and resources to others. They provide hope and encouragement, share lived experience, understand what it is like to experience challenges and callers to support for legal issues, social services, housing assistance and other barriers to wellness.

<https://www.gmhcn.org/peer2peer-warm-line#:~:text=If%20you%20or%20someone%20you,Line%20at%20800%2D715%2D4225>

## Treatment Locator

Your Employee Assistance Program can help you locate a behavioral health provider that is close to where you live or you might want to seek help from a community religious professional.

**The Georgia Collaborative** has a database where you can search for a provider within Georgia's public behavioral health system. Go to their website and enter your location to access the provider directory.

<https://providersearch.beaconhealthoptions.com/#/provider/home/277>

# PART FIVE

## **PART 5: CLOSING**

When you began your career in long term care, you were eager and passionate about your work. To keep feeling that way for many more years, you need to take care of yourself and watch for any signs that could reduce your enthusiasm.

Share what you've learned with your co-workers and other people in your life who might benefit from the material. Refer back to this workbook on occasion to see if there is something new you can add to your self-care routine. Keep this workbook in a place where it is easy to find during difficult times.

You are needed because of the way you dedicate yourself to helping others and sharing your gifts. Taking care of yourself allows you to be at your best and continue in this field for as long as you like.

### **LEARN MORE**

#### **Centers for Disease Control and Prevention**

•Support for Public Health Workers and Health Professionals

<https://www.cdc.gov/mentalhealth/stress-coping/healthcare-workers-first-responders/index.html>

•Traumatic Incident Stress

<https://www.cdc.gov/niosh/topics/traumaticincident/#print>

**Center for the Study of Traumatic Stress.** Stress management for Healthcare Providers.

[https://www.cstsonline.org/assets/media/documents/\\_archive/CSTS\\_stress\\_management\\_healthcare\\_providers.pdf](https://www.cstsonline.org/assets/media/documents/_archive/CSTS_stress_management_healthcare_providers.pdf)

#### **Coping With Trauma After A Traumatic Event**

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=CMzTPzjWTeg&list=PLIMrymKEFdbfh_CuSlrxIxJZX6hF-F3PU&index=4)

[v=CMzTPzjWTeg&list=PLIMrymKEFdbfh\\_CuSlrxIxJZX6hF-F3PU&index=4](https://www.youtube.com/watch?v=CMzTPzjWTeg&list=PLIMrymKEFdbfh_CuSlrxIxJZX6hF-F3PU&index=4)

#### **Healthcare Professionals and Compassion Fatigue**

<https://www.hazeldenbettyford.org/education/bcr/addiction-research/healthcare-professionals-compassion-fatigue>

#### **Helping Older Adults After Disasters: A guide to Providing Support**

<https://store.samhsa.gov/product/helping-older-adults-after-disasters-a-guide-to-providing-support/PEP19-01-01-001>

#### **HHS Assistant Secretary for Preparedness and Response, Training, Resource and Assistance Center and Information Exchange**

•Disaster Behavioral Health for Healthcare Workers Modules

<https://files.asprtracie.hhs.gov/documents/aspr-tracie-dbh-self-care-for-healthcare-workers-modules-description-final-8-19-19.pdf>

•Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19 <https://files.asprtracie.hhs.gov/documents/aspr-tracie-mini-modules-to-relieve-stress-for-healthcare-workers-responding-to-covid-19.pdf>

### **Hump Day Resilience Tip of the Week**

<https://www.phe.gov/mrc/unit-leader-resources/Documents/compiled-resilience-tips-508.pdf>

### **Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine and Isolation During an Infectious Disease Outbreak**

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007>

### **Tips for Healthcare Professionals Coping with Stress and Compassion Fatigue**

<https://store.samhsa.gov/product/Tips-for-Healthcare-Professionals-Coping-with-Stress-and-Compassion-Fatigue/PEP20-01-01-016>

### **Tips for Survivors of a Pandemic: Managing Stress**

<https://store.samhsa.gov/product/tips-for-survivors-of-a-pandemic-managing-stress/PEP20-01-01-020>

### **The Wrinkle.**

- Burnout in Long Term Care Workers - Risk Factors and Why It Happens <https://www.youtube.com/watch?v=4FqEwR6YPGI>
- When Healthcare Workers Stop Caring – Compassion Fatigue in COVID Times <https://www.youtube.com/watch?v=ssaRRrmdBQU>

### **US Department of Veterans Affairs, National Center for PTSD**

<https://www.ptsd.va.gov/index.asp>



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<https://cna.plus/burnout-compassion-fatigue-recognize-avoid/>

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<https://www.fema.gov/>

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<https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>

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