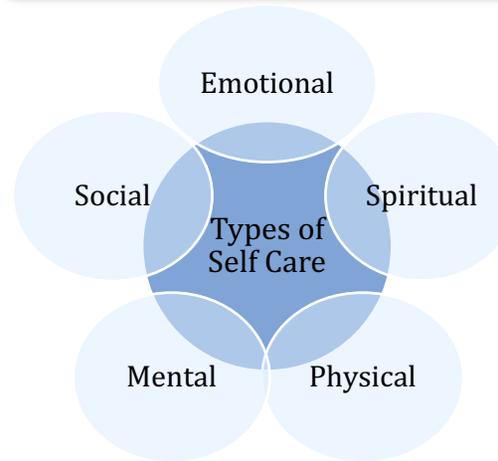


# Managing Distress

Healthcare Workers face **barriers** to accessing mental health supports or practicing self-care, including negative stigma and societal pressures. We must work together to **normalize stress** and create a culture conducive to **managing distress**, which values **self-care** and **asking for help**, in order to **bolster emotional resilience**, and **healthy coping**.



## THE IMPORTANCE OF SELF-CARE



Can improve satisfaction with life, as well as your ability to stay in your job and provide patient care that you feel proud of

Includes self-reflection and monitoring of ones' personal needs; Increased self-awareness can lead to...



Emotional availability  
Ability to be present  
Satisfaction at work

## COPING WITH DIFFICULT SITUATIONS

PROBLEM-BASED COPING



*Handling* stress by taking action to resolve the things that you *can control*

EMOTION-BASED COPING



Involves *regulating* your feelings and response to the problem (e.g., seeking support)

MEANING-BASED COPING



Drawing on ones' beliefs, values, and goals to find positive *meaning* in a situation and ones' response to, or interpretation of, the situation

## INCREASING COPING SELF-EFFICACY (CSE)

CSE is your understanding of your ability to cope; increased CSE is associated with lower levels of distress (i.e., believing that you can get through will help you to do so!)

What Impacts your sense of CSE?

**Current State:** Perceptions of current physical and mental health conditions

**Social Persuasion:** Others' beliefs about or encouragement of you

**Mastery:** One's own past successes and failures

**Vicarious or Observational Learning:** Success and failures of peers or role models