



TRAUMA AND MENTAL HEALTH

Self-Care to Support
Successful Recovery



PEER PILOT AND MANAGEMENT CONFERENCE

Cornerstone of Recovery

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TRAUMA

- Trauma is a widespread, harmful, and costly public health problem
- Causes: violence, abuse, neglect, loss, disaster, war, and other emotionally harmful emotional experiences
- Can occur regardless of age, gender, socioeconomic status, race, ethnicity, geography, or sexual orientation

WHAT IS TRAUMA? THE 3 “E”S

- Event- direct, witnessed, unexpected
- Experience- overwhelms coping; fight/flight/freeze
- Effects-self/other/world

POTENTIAL TRAUMATIC EVENTS

Abuse	Loss	Chronic Stress
Emotional/physical/sexual	Death/abandonment/separation	Poverty
Domestic Violence	Neglect	Racism
Witnessing Violence	Natural Disaster	Invasive medical procedure/illness/injury
Bullying	Accidents/Injuries	Community/Historical Trauma
Cyber-bullying	Terrorism	Family member with Substance abuse/Mental Illness
Institutional	War/Combat Duty	Family member incarcerated

REACTIONS TO TRAUMA

- Recurring, distressing memories or dreams
- Flashbacks
- Avoidance of reminders- feelings, people, places
- Difficulty with sleep or concentration
- Irritability/Agitation
- Easily startled
- Drug or alcohol abuse

SYMPTOMS OF DEPRESSION

- Persistent feelings of sadness, loneliness, emptiness
- Feeling worthless and hopelessness
- Trouble concentrating
- Fatigue
- Irritability
- SUICIDAL THOUGHTS AND INTENTIONS

SYMPTOMS OF ANXIETY

- Panic, fear, uneasiness, “anxiety attacks”
- Sleep Problems
- Unable to stay calm and still
- Nausea
- Heart Palpitations
- Dizziness (possibly caused by shallow breathing)

PILOT'S LIFESTYLE CHALLENGES

- Hectic, pressure, serious and taxing
- Intense focus
- Sleep challenges (turn-around flights)
- Variable work schedules/time zones/constant movement
- Rootlessness-living out of hotels, away from support systems

Source: (Chicago Tribune, Feb 2014)

STRENGTHS / VULNERABILITIES

- Independent and self-sufficient
- Natural risk takers
- Tolerance for intensity
- Highly skilled professionals
- Inclination to have control
- Tendency toward being highly cognitive

ANGER IN EARLY RECOVERY

- Labels for anger: Angry, mad, irritable, frustrated, annoyed, agitated, cranky
- Becoming comfortable with being uncomfortable
- Unresolved traumas uncovered
- Recovery- consequences, monitoring, family, self
- Secondary Emotion- fear, anxiety, depression
- Lifestyle changes- at work and at home

COPING WITH ANGER

Recognizing Events and Cues

Events- past and present, unresolved traumas, “red flags”

Cues-

- Physical- body’s response
- Emotional- other feelings...hurt, jealousy, anxiety, disrespect
- Behavioral- how you express...raised voice, clenched fists, tightened jaw, “angry eyes”
- Cognitive-thoughts about the event...hostile self-talk,

Source: SAMHSA ANGER MANAGEMENT WORKBOOK

COPING WITH ANGER- CONT....

Anger Control Plans

- Timeout
 - Talk with trusted person
 - Exercise
 - 12 step meeting
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- Relaxation Techniques
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- Cognitive Restructuring
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- Thought Stopping



CALMING THE NERVOUS SYSTEM

Pelvic Floor Relaxation

Square Breathing

Progressive Relaxation

Calming Imagery

HEALING TRAUMA- FINDING MEANING

- Acceptance of the Unacceptable
- Connecting with Self
- Uncovering strengths
- Healing relationships
- Connection to Self, Loved ones, Higher Power