



Managing Fatigue & Maximizing Rest

Georgia
Department of
Behavioral
Health &
Developmental
Disabilities

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D·B·H·D·D

2 x 2 Series:

Daily Self-Care Tips & Support for Health
Care and Emergency Response Workers

Disclaimer

- All content contained in this webinar, including text, images, audio, video, or other formats, was created for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition, and do not disregard professional medical advice or delay in seeking it because of any content contained in this webinar.
- If you are experiencing a behavioral health crisis, call the Georgia Crisis and Access Line at (800) 715-4225. If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.

A close-up photograph of a hand holding a blue pen, writing on a spiral-bound notebook. The notebook is open, and the pen is positioned over a blank page. The background is softly blurred, focusing attention on the writing action.

BE INFORMED

Today's agenda

1. Understanding Fatigue
2. Maximizing Rest

“ The first virtue in a soldier is endurance of fatigue; courage is only the second virtue. ”

~ Napoleon Bonaparte

Understanding Fatigue

- **FATIGUE** is the body's response to sleep loss or to prolonged physical or mental exertion.
- Fatigue has emotional, physical, and behavioral consequences, including lapses in attention, diminished reaction time, and reduced motivation.
- As a result, workers may be at risk for making more errors, which could significantly impact both patient and staff safety.

Understanding Fatigue

1. **Burnout**: the term for **relentless overwork** has rapidly become universal, especially when describing many currently on the frontlines who are courageously and selflessly hustling to serve, to the point of exhaustion.
2. And with millions of people now in lockdown as COVID-19 sweeps the globe, burnout looks a little different right now.
3. Many have lost jobs, while those lucky enough to keep them have to do so while working ridiculous hours, often without adequate resources, some in the confines of home, and many some simultaneously balancing work and family pressing needs, like childcare.
4. Daily life has been completely uprooted, and now, we juggle a constant onslaught of dilemmas we've never dealt with before: Should I disinfect my groceries? How do I stay in shape indoors? Are cardboard packages safe to touch? Can I hug my kids? **WILL I CONTRACT THE CORONAVIRUS?**

Maximizing Rest

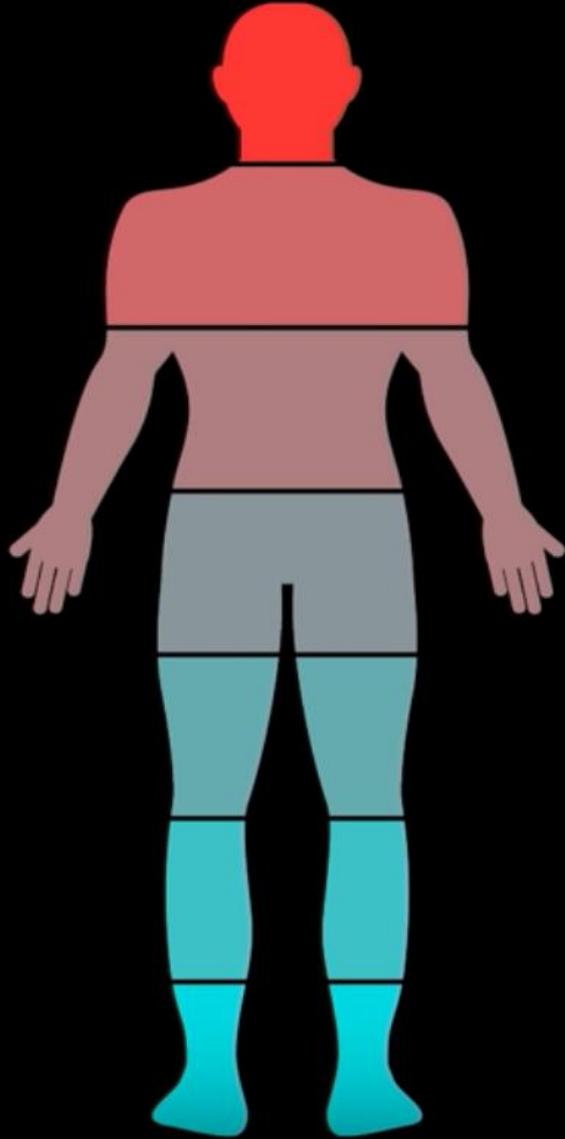
- Have you ever tried to relieve your fatigue by getting extra sleep only to wake up in the morning still feeling just as exhausted?
- Sleep and rest are NOT the same thing
- Sleep is just 1 type of the 7 types of rest
- ↑ rest deficit because we don't understand the power of rest
- “Rest is the most underused, chemical free, safe, and effective alternative therapy available to us.”

--Dr. Sandra Dalton-Smith, Board Certified Internal Medicine Physician



I FEEL LIKE
I'M ALREADY
EXHAUSTED FOR
TOMORROW.

7 Types of Rest



MENTAL

SPIRITUAL

EMOTIONAL

SOCIAL

SENSORY

CREATIVE

PHYSICAL

7 Types of Rest

1. **Physical:** The chance to use the body in restorative ways to decrease muscle tension, reduce headaches, and promote higher quality sleep.
2. **Mental:** The ability to quiet cerebral chatter and focus on things that matter.
3. **Spiritual:** The capacity to experience your Higher Power in all things and recline in the knowledge of the sacred.
4. **Emotional:** The freedom to authentically express feelings and eliminate people-pleasing behaviors.
5. **Social:** The wisdom to recognize relationships which revive from ones that exhaust and how to limit exposure to toxic people.
6. **Sensory:** The opportunity to downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise.
7. **Creative:** The experience of allowing beauty to inspire awe and liberate wonder.

The Real Reason Why We Are Tired & What to Do About It
Dr. Sandra Dalton-Smith

2019

TED^x Atlanta

x = independently organized TED event

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Maximizing Your Rest

- 1. Physical:** consider going to bed 30 minutes earlier; take deep breaths during the work day; participate in a restorative yoga class to give your body some time to stretch; drink plenty of water to avoid dehydration; avoid too much caffeine, which can have a boomerang effect; incorporate some iron-rich foods, such as shellfish, beans, whole grain cereals, and beef liver into your weekly diet..
- 2. Mental:** turn off your screens and take a few minutes to ground yourself; try adding a meditation to your day, or simply repeat a calming mantra.
- 3. Spiritual:** practice your religion/spiritual principles if that's something important to you; seek out a sense of purpose, something to ground you and provide a little context; volunteering might help you find that spark.
- 4. Emotional:** offload your feelings to a willing, compassionate, and safe listener; keep talking to prevent future emotional overload; schedule regular therapy or coaching sessions; find people with whom you can be 100% yourself.

Maximizing Your Rest

- 5. Social:** balance draining social encounters with restorative ones; find people who are in your tribe; catch up with an old friend who knows the way you think and feel without any lengthy explanation; take a night off from socializing and just reconnect with yourself.
- 6. Sensory:** put aside the technology—instead of focusing on URL's try catching up IRL; check in with yourself before reaching for the remote on nights “off”—is staring at a TV screen really the rest you need?; consider catching up with a friend face-to-face; read a good, old-fashioned book; find a quiet place to just sit
- 7. Creative:** give yourself a break by going on a walk in nature; read an engrossing book; surround yourself with inspiration to help replenish your drained creative resources (you use your creativity more than you think!)—and take the pressure to create off your mind.

60 Second Meditation



Take the Rest Quiz

Wouldn't it be *amazing* if you could know for sure that you're getting the type of rest you need to truly thrive?

Take this **quiz** and find out **what type of rest** you need to **live your best life...**



You have a feeling there's a reason why you feel tired all the time... you know something is missing in your life... but **what IS IT?**

Take The Free Quiz

Take this **FREE** Personal Rest Assessment to receive a complimentary rest deficit analysis - learn what type of rest you have been missing. Rediscover the fulfillment and satisfaction of a well-rested life!

Instructions: Read and answer each question below. Allow 5 -10 minutes to complete this comprehensive assessment. You are worth the personal time investment!

<https://ichoosemybestlife.com/quiz/rest-quiz-test/>

Additional Behavioral Health Resources

- Georgia Crisis and Access Line (GCAL)
 - (800) 715-4225
 - MyGCAL app (App Store and Google Play)
- National Disaster Distress Helpline
 - (800) 985-5990
 - Text TalkWithUs to 66746
 - TTY (800) 846-8517
- <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

*We'll get through this
2gether!*

