

Stress: An Inside Job

Exploring the Impact of Emotional
Blockages+Burnout

Kelly Newlin, RN, BSN, NC-BC



THE HISTORY Guardians of the Gift

Our journey began when we met at LifeSource, both sharing a background in Trauma Nursing. We were colleagues in transplant and are now partners in coaching.

We found it challenging as nurses to find resources that were unique to this work that were centered around emotional wellbeing. Our goal is to provide this along with a connection to healthcare professionals through our deep passion and understanding of the mission.

We want to be on the forefront of innovation for this community by providing resources that are currently unavailable or difficult to find.



Our Purpose

*Maximize the Experience;
Maximize the Gift*

Methodology

- Professional Education Approved by American Holistic Nurses Association
- Ongoing Professional Coaching
- Deep Connection to the Mission



Guardians of the Gift



Check In First

Red
Overwhelmed
Hard to Engage

Yellow
Distracted
Wanting to Engage

Green
Calm
Engaged

Personal Intake



Who



Where



How

"There isn't enough strategy in the world to fix bad energy, because your brain runs on energy not strategy." (DiGangi, 2023)

Word List

Pick Your Top 3



01	Scared
02	Stressed
03	Sad
04	Disappointed
05	Angry
06	Embarrassed
07	Annoyed
08	Jealous
09	Anxious
10	Guilty

Word List

Pick Your Top 3



01	Happy
02	Joyful
03	Confident
04	Proud
05	Excited
06	Optimistic
07	Hopeful
08	Loving
09	Peaceful
10	Open



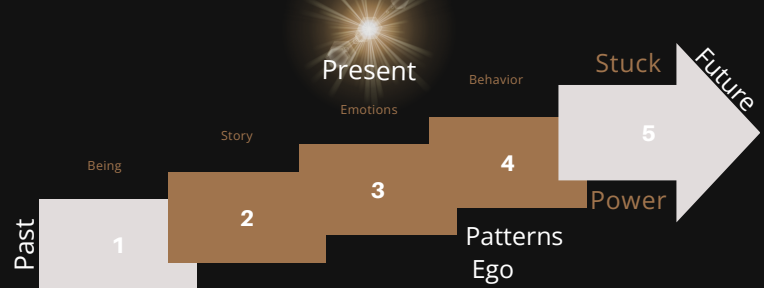
Mindfulness Exercise

Why the Body FIRST?

*What starts in the body needs to be
changed in the body*

Our Body is a Memory Card
Our Body Keeps Score

BUILDING TO THE STUCK



Stress Cycle

Phase 1 Beginning

Threat
(Stressor)

Phase 2 Middle

Response
(Stress Response)
EMOTION

Phase 3 End

Release
(Emotional Release)

"Emotions are tunnels. if you
go all the way through them,
you get to the light at the
end."

(Narveski, 2020, p. xiii)



Phase 1 *Stressors*

Internal vs. External

- Internal: Self Talk, Physical Illness, Beliefs
- External: Environment, Social/Cultural Norms, Opinions

Firsthand vs. Secondhand

- My Experience
- Your Experience

autonomic nervous system

"Taking Action"



Sympathetic Nervous System (SNS)

Fight or Flight
Vision changes
Increased HR
Movement
Healing is not possible

"Engagement"



Parasympathetic Nervous System (PNS)

Safety
Relaxed
Grounded
Stable/Flexible
Healing is possible



Phase 2 *Emotion*

Automatic Response to Stressor
Conscious Feeling
Sensed in the Body FIRST



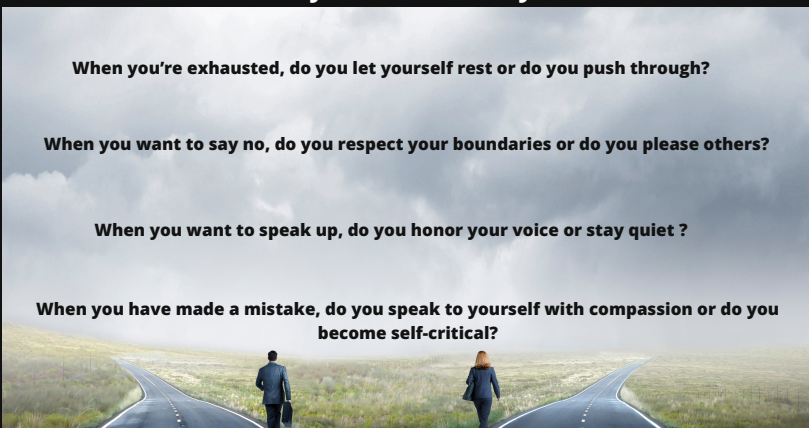
Where do you divide from yourself?

When you're exhausted, do you let yourself rest or do you push through?

When you want to say no, do you respect your boundaries or do you please others?

When you want to speak up, do you honor your voice or stay quiet?

When you have made a mistake, do you speak to yourself with compassion or do you become self-critical?



System Overwhelm
"I can't do it anymore"
Functional Freeze

Basic Life Safety

B

Boundaries
Ability to say "yes"
or "no"

L

Love
Did you FEEL love?

S

Safety
Physical,
emotional,
environmental

Burnout

Too little for
too long



Emotional Exhaustion
Depersonalization
Decrease sense of accomplishment

(Nagowski, 2020, p. xi)

Secondary Trauma



**Compassion Fatigue
vs.
Burnout**



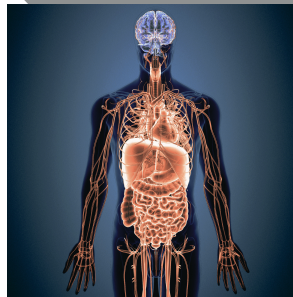
The Mission

Saving Lives

Cultural Norm
Ego
Isolation
Conditioning
Detachment Experts

Phase 3 "Release"

Healing is not possible in a stressed state. We must give our bodies what it needs in order to heal.



Our bodies are a memory card

AND

We can build new pathways

Safety Tools



Physical Movement
Breathing/Meditation
Laughter
Crying
Grounding
Human Connection
Talking
Physical Affection (pets
included!)
Cold Exposure
Sunlight and Heat

Sources Cited

- Solomon, Robert C. "The variety and complexity of emotions." *Britannica*, 31 March 2023, <https://www.britannica.com/science/emotion>
- Nagoski, Emily and Amelia Nagoski. *Burnout: The Secret to Unlocking the Stress Cycle*. Ballantine Books, 2020.
- Howard, Alex. (2023). *Decode Your Trauma*, <https://www.decodeyourtrauma.com/>
- Mineo, Liz. (2017). *Good genes are nice, but joy is better*. <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>
- Estima, Stephanie, host. "The Science of Happiness with Dr. Gillian Mandich." *Better with Dr. Stephanie*, 24 April 2023, <https://open.spotify.com/episode/6i1lr1zBs7Nbn12kxnl7?si=phlwq200cR7eFE52njWmmg>
- Kleber, Katie. (2017). *Nurses and Secondary Trauma*. <https://www.freshrn.com/nurses-secondary-trauma/>
- DiGangi, Julia. *Energy Rising: The Neuroscience of Leading with Emotional Power*. Harvard Business Review Press, 2023.
- Apigian, Aimie. (2023). *Biology of Trauma Training for Professionals*. <https://biologyoftrauma.com/professionals/>
- Van Der Kolk, Bessel. *The Body Keeps Score*. Penguin Audio, 2021.