

Coping with COVID Burnout

7-part Webinar Series

Team Members

Dianne Christensen, MS
Bernalillo County FCS Agent

Karim Martinez, PhD, CFLE
Family Life Specialist

Suzanne DeVos-Cole, MLA
Mora County Agent

Lourdes Olivas, MS
Extension Associate II

Bea Favela, LCSW, NMCEP, CCHW
Doña Ana County FCS Agent

Karen Plawecki, PhD, RD
Nutrition Specialist



How Stress Affects the Brain and Body



Presented by

Karim Martinez, Ph.D., CFLE
Family Life Specialist
Extension Family & Consumer Sciences
karmarti@nmsu.edu

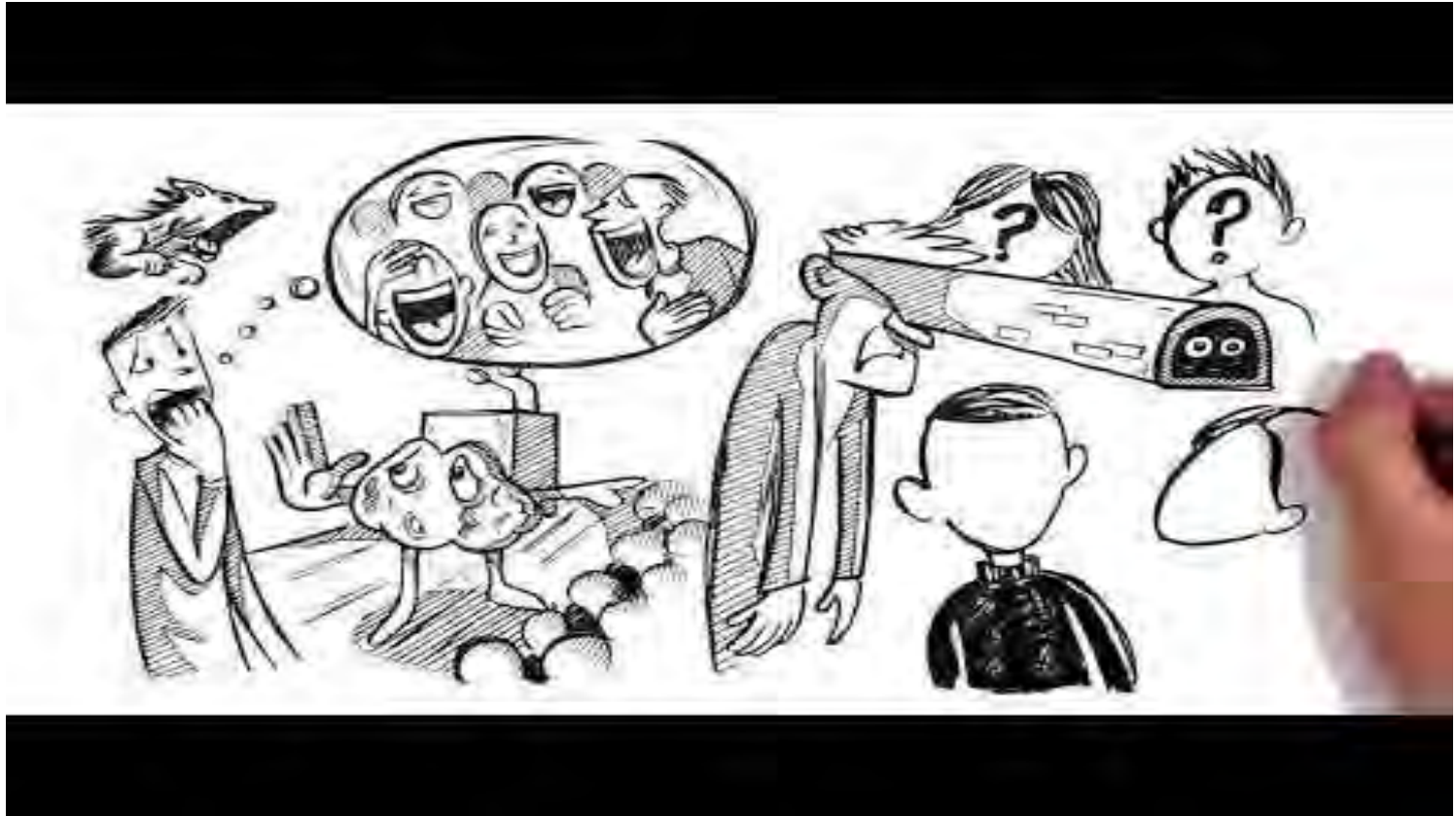
Suzanne DeVos-Cole, MLA
Mora County Agent
Mora Cooperative Extension Service
sdcole64@nmsu.edu

Mememes



What stressors have you been experiencing?

Stress Effects



<https://www.youtube.com/watch?v=SJhcn7Q0-LU>

Survival Stress: Automated Fight, Flight, or Freeze response to life-threatening or harmful situations



Pseudo Survival Stress: Survival stress response to non-life threatening or harmful situations



What's Happening to my body?



- Hormones such as adrenaline are released into your body from your endocrine system
- Your heart rate speeds up
- Your blood pressure shoots higher
- Your pupils dilate
- Your veins constrict to send more blood to your muscles
- You begin to perspire
- Your muscles tense
- Your smooth muscles relax, allowing your lungs to take in more oxygen
- Digestion and immune systems shut down so energy can be used for dealing with the crisis
- You begin to tremble
- Your blood sugar may shoot up as your liver breaks down glycogen

Physical effects of stress on the body

Hormones

Heart

Digestive

Reproductive

Overall



Chronic Stress leads to inflammation



- Inflammation is how the body deals with tissue repair but chronic inflammation is when this process won't shut off

Burnout

- State of physical, emotional and mental exhaustion
 - Emotional exhaustion- fatigue that comes from caring too much for too long.
 - Depersonalization- the depletion of empathy, caring, and compassion.
 - Decreased sense of accomplishment- an overwhelming sense of futility. A feeling that nothing you do makes any difference.
- Stress Screener (Mental Health America)
 - <https://www.mhanational.org/get-involved/stress-screener>
- Work-Life Balance Quiz (Canadian Mental Health Association)
 - <https://cmha.ca/work-life-balance-quiz>

Resiliency

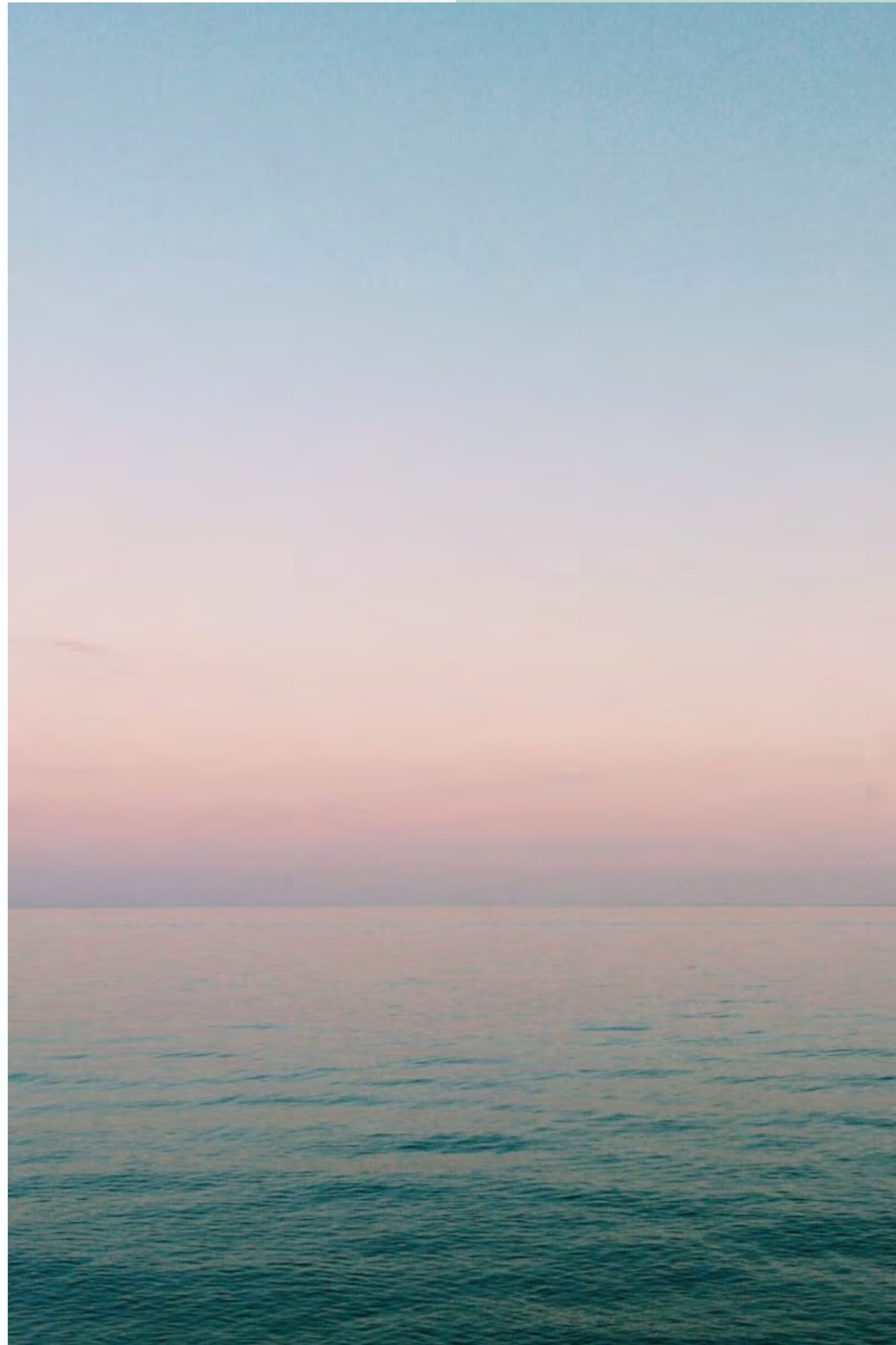
The world breaks everyone and afterward many are strong at the broken places.

- Ernest Hemingway

Ability to recover quickly from or adjust easily to difficulties

Ability to become strong, healthy, or successful again after something bad happens





Coping with COVID Burnout



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service

Social

LIST OF TOPICS

Talk it out

Online Connections

Giving support

Games via ZOOM

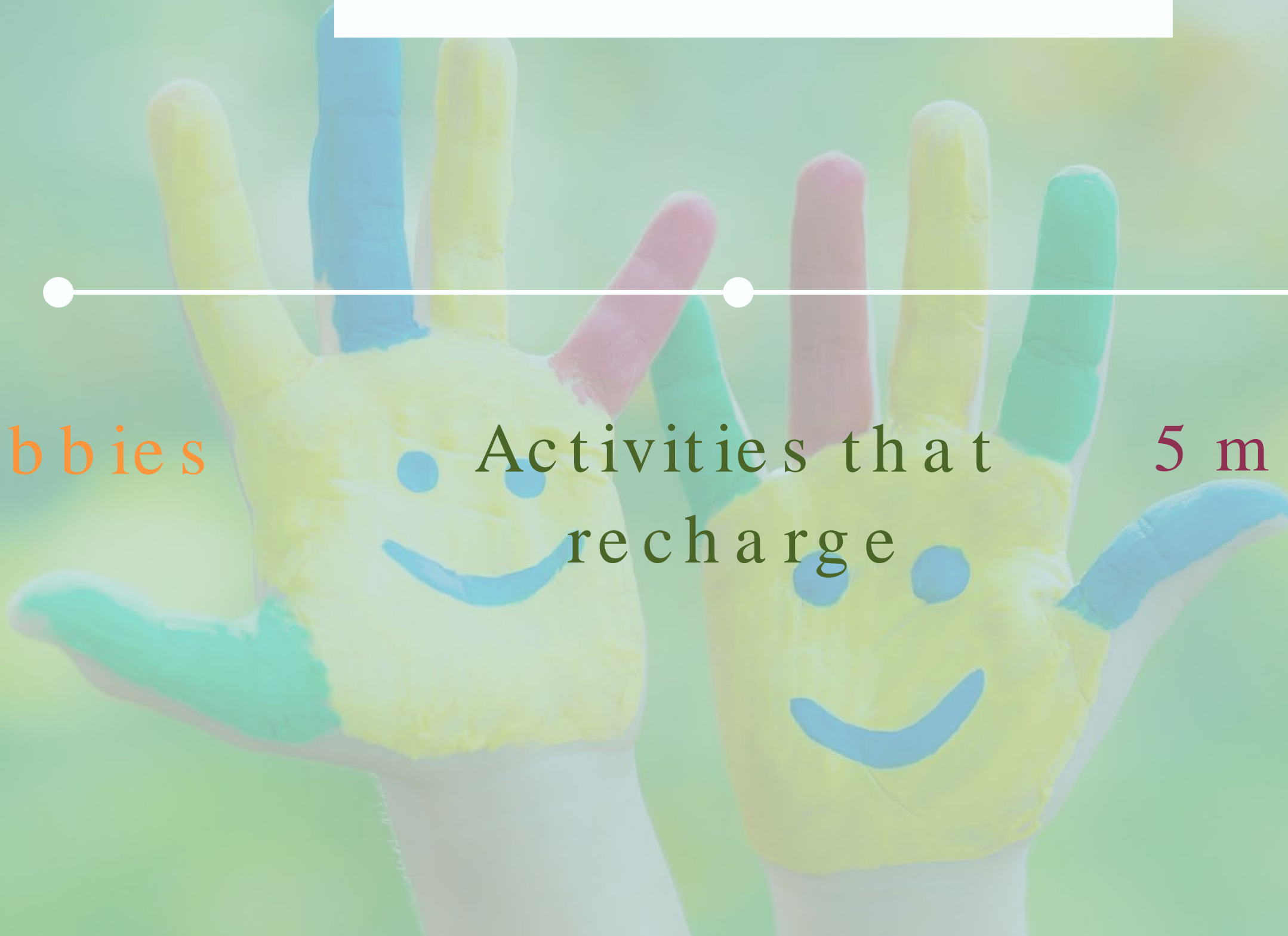


Creative

Hobbies

Activities that
recharge

5 minute bites



A scenic landscape featuring a calm body of water in the foreground, a range of mountains in the middle ground, and a clear, light blue sky. The scene is overlaid with a large, white, semi-transparent rectangular box in the center. Inside this box, the word "Physical" is written in a large, teal-colored, sans-serif font.

Physical



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service



The Body

Laughter
Nutrition
Puzzle



Body work
Exercise
Dancing
Walking
Yoga/stretching



Unplug
Heat



The Mind



Reading
Mindfulness
Keep Learning



Things to look forward to



THE SOUL


day by day, gratitude, helping
others

Nurture something



BEING IN NATURE

.

A photograph of a beach scene featuring sand dunes in the foreground and middle ground, with tall, golden-brown grasses growing on them. The background shows a clear, teal-colored sky. The image is overlaid with a semi-transparent teal rectangle on the left side, which contains white text. There are also two vertical teal bars on the right side of the image.

What small things
make you happy:
warm towel, ribbons &
wrapping paper, seed
catalogs, petting a
dog



Other Considerations

Limit Social Media

Avoid Rumination

Adjust Expectations

Work at Home Set up

Contact:

sdcole64@nmsu.edu

aces.nmsu.edu/covid19/burnout

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_3rwiHt3EJNNeEHY



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service

Understanding
Anxiety and
Depression
with
Beatriz Favela



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service