

In this Issue

- Addressing the Symptoms of Trauma and PTSD/I
- Stress Busters
- Do Something Different
- June Awareness & Events
- The HR Spot

A Hall Ambulance Periodical Dedicated to Your Wellness, Well-Being, and the HAS Employee Experience

Addressing the Symptoms of Trauma and Posttraumatic Stress Disorder/Injury

As we move into June, National PTSD/I Awareness Month, it is important to understand how to heal from trauma reactions and symptoms. Recovery after a traumatic event is a process that takes time and patience. Learning how to manage stress reactions creates solid pathways for immediate and long-term healing. Healing means more confidence to cope with life's ups and downs, along with the memories and symptoms of specific experienced traumas.



Positive Coping Actions

Certain actions may help to reduce disturbing symptoms and help positive feelings flourish. Here are some affirmative coping methods:

- Learn About Trauma and PTSD/I - It is useful for those who have been through trauma to learn more about common and uncommon reactions, including the symptoms of PTSD/I. Understanding these will help determine if or when assistance is needed.
- Talk to Others for Support - It may be enticing to be alone, but it is important to not isolate. Instead, make efforts to be with and talk to others. Connecting with others helps to feel less alone and more understood.
- Practice Relaxation Methods - Using relaxation techniques in small, manageable amounts will help reduce negative reactions. Mix relaxation techniques with music, walking, or other activities for extra benefits!
 - o Muscle relaxation exercises

- o Breathing exercises
- o Meditation
- o Swimming, stretching, yoga
- o Prayer
- o Spending time in nature
- Distract Yourself with Positive Activities - Pleasant recreational activities are excellent tools to provide temporary distractions from intrusive memories and reactions while improving mood and rebuilding normalcy.

• Talk About Your Symptoms - Part of taking care of yourself means using available helping resources. If trauma symptoms don't begin to subside, increase, or get worse, it is important to reach out for help. Talk to your primary care doctor about your trauma and your symptoms. A call to a counselor who specializes in trauma or PTSD/I can help turn things around.

Coping with the Symptoms of Trauma and/or PTSD/I

Along with talking to your doctor, counselor, or someone else you trust, here are some direct ways to cope with specific trauma and PTSD/I symptoms:

- Sudden feelings of anxiety or panic – rapid breathing, heart pounding, feeling lightheaded
 - o Seek care to negate any medical issues.
 - o Some strong anxious feelings come with scary thoughts such as: "I'm going to die," "I'm having a heart attack," or "I will lose control."
 - o Breathe deep and slow to introduce

Continued on page 2

Stress Busters

Since technology is all around us, why don't we use it for our benefit? Namely...Stress Busting!!! Check out these highly rated apps that do just that!

- Calm - Offers guided meditations, sleep stories, and breathing exercises.
- Headspace - Provides guided meditations for various purposes, including stress reduction, focus, and sleep.
- Breathe2Relax - Helps users master diaphragmatic breathing, a technique for managing physical stress.
- Insight Timer - Offers a wide range of meditation content, including guided meditations, calming music, and communities.
- The Mindfulness App - Provides a variety of mindful practices and guided meditations.
- My Mood Tracker - Allows users to track their mood daily, increasing self-awareness and mindfulness.
- Breathwrk - Offers neuroscience-based breathing exercises to improve mental and physical well-being.
- Smiling Mind - Provides activities that serve as a form of meditation, helping users of all ages take breaks during stressful days.
- Personal Zen - Uses games designed to release tension and improve mood, based on neuroscience research.
- Colorfy - Features adult coloring books that can be used to distract from stress and calm down.



Do Something Different

Choose one NEW CHALLENGE a week this June!! Here are ten ideas to get you started!

1. Go on a picnic to a local park, lake, river...a scenic site
2. Write out a 10-item "bucket list"
3. Try a new restaurant highlighting ethnic dishes you have never tried before
4. Attend a concert
5. Start learning a new language (Babbl, DuoLingo, etc.)
6. Write a creative story or poem
7. Put a real, live plant on your work desk
8. Donate old/seldom worn clothes/shoes



9. Get a haircut – try a different style or color
10. Create a "calm zone" (no yelling, clutter, work-talk, etc.) in a chaotic space

Addressing the Symptoms of Trauma and Posttraumatic Stress Disorder/Injury *Continued from page 1*

- maximum oxygen into your body.
- Feeling like trauma is happening again (flashbacks)
 - o Keep your eyes open. Look around you and notice where you are.
 - o Talk to yourself. What do you see, hear, feel, taste, and smell? This is the present and the trauma is in the past.
 - o Get up and move around. Have a drink of water and wash your hands.
- Dreams and nightmares related to trauma
 - o If you wake up from a nightmare in a panic, remind yourself that you are reacting to a dream.
 - o Get up out of bed, regroup, and orient yourself to the here and now.
 - o Engage in a pleasant, calming activity. For example, listen to some soothing music.
- Difficulty falling or staying asleep
 - o Keep to a regular bedtime schedule.
 - o Avoid using your sleeping area for anything other than sleeping or sex.
 - o Avoid alcohol, tobacco, or caffeine. These harm your ability to sleep.
 - o Stop scrolling on your phone, computer work, or watching TV at least two hours before bed.
 - o Do not lie in bed thinking or worrying. Get up and enjoy something soothing or pleasant. Read a calming book, drink a glass of warm milk or herbal tea, or do a quiet hobby.
- Irritability, anger, and rage
 - o Take time out to cool off and think things over. Walk away from the situation until you can return level-headed.
 - o Try to exercise daily. Exercise reduces body tension and relieves stress.
- Difficulty concentrating or staying focused
 - o Slow down. Give yourself time to focus on what it is you need to learn or do.
 - o Write things down. Making "to-do" lists may be helpful.
 - o Break tasks down into small do-able chunks.
 - o Plan a realistic number of events or tasks for each day.
- Trouble feeling or expressing positive emotions
 - o Make sure to keep taking part in activities that you enjoy or used to enjoy. Even if you don't think you will enjoy something, once you get into it, you might.

A Final Word

Try each of these coping skills to find which ones work the best for you. Then practice them daily. Like other skills, they work better with practice. Recovery from a trauma can be difficult, but it is possible. With patience, persistence, and time...you will get through it.

(https://www.ptsd.va.gov/gethelp/coping_stress_reactions.asp)

JUNE AWARENESS

- National PTSD/1/1 Awareness Month (TEAL)
- National Safety Month (YELLOW)
- National Pride Month (RAINBOW)
- 5: World Environment Day (GREEN)
- 8: World Oceans Day (BLUE)
- 14: World Blood Donor Day (RED)
- 27: National Post-traumatic Stress Disorder/Injury Awareness Day (TEAL)

JUNE COMMUNITY EVENTS

- 7: Weenies and Wine Festival @ Triassic Vineyards (Tehachapi)
- 14: Father's Day Run @ The Park at Riverwalk
- 29: Miche 5K Run @ Yokuts Park

JUNE FARMER'S MARKETS

- 1, 8, 15, 22, 29 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave
- 7, 14, 21, 28 (Sat): From the Farmhouse Farmer's Market @ 3201 'F' St.

The HR Spot

We know that life—both in and outside of work—can be demanding, and taking care of your mental health is just as important as your physical health.

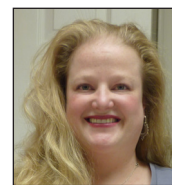
We want to remind you that mental health support is available to you:

Mental Health Resources:

Employee Assistance Program (EAP): Confidential counseling is available for stress, anxiety, relationship issues, grief, and more. You can reach out to Claremont 24/7 at 1-800-834-3773

Shielding the Frontline- 661-621-2845

Please don't hesitate to use these resources—they're here for you.



Sunny M. Mueller, LPCC
661-563-0638
sunnymmueller.lpcc@outlook.com
www.sunnymmueller.com

988 SUICIDE & CRISIS LIFELINE



WellNow is published monthly for Hall Ambulance employees and their families.