

# Strengthening Resilience

## SELF-AWARENESS



For audiologists and speech-language pathologists to fulfill their ethical obligation to “hold paramount the welfare of persons they serve professionally,” they must take care of themselves.



Monitor warning signs of extreme stress and seek help from a mental health specialist when needed.



We need to be aware of and take care of our own physical and mental health needs in order to help others.



Have self-compassion and reduce negative self-talk.



Limit comparisons and judgements about your own and co-worker’s workload and coping mechanisms. Avoid [comparative suffering](#).



Use available resources related to mental health and well-being to manage stress, cope with grief and loss, and strengthen resilience.

## WARNING SIGNS OF EXCESSIVE STRESS\*



### Physical

Rapid heart rate, muscle tension, headaches, tremors, gastrointestinal distress, nausea, inability to relax, trouble falling or staying asleep, nightmares



### Emotional

Fear, anger, frustration, argumentativeness, irritability, deep sadness, difficulty maintaining emotional balance



### Social

Irritability, anger and hostility, blaming, reduced ability to support teammates, conflicts with peers or family, withdrawal, isolation



### Behavioral

Unnecessary risk-taking, failure to use personal protective equipment, increased use or misuse of prescription drugs or alcohol



### Cognitive

Disorientation or confusion, difficulty problem-solving and making decisions, memory issues, misinterpretation of comments and events

\*Source: [SAMHSA Disaster Responder Stress Management](#).

## MANAGING STRESS



[Understand the stress response](#) and activate the parasympathetic nervous system, or the “brakes” of our body. Spend time in nature, read, [journal](#).



Practice [mindfulness](#), movement ([Exercise for Stress and Anxiety](#)) deep breathing ([10 Breathing Techniques](#)), art, music, meditation ([Aura](#), [Calm](#), [Headspace](#), [Shine](#)), prayer, or gratitude practice.

Nourish yourself with [foods that help reduce anxiety](#)



[Master stress and enjoy restful sleep](#), and [leave stress behind at bedtime](#). Chronic stress and anxiety negatively affect sleep and other body systems.



Build a support network and [make the most of your social circle](#). Social support is strongly linked with increased health and wellbeing.



[Be of service to others](#) enhances meaning and purpose to life. Participate in professional communities ([ASHA’s Special Interest Groups](#), [multicultural constituency groups](#)), state associations, and interactive online communities.

For more information and ways to seek help, go to the [ASHA Mental Health Resources page](#). Call 911 in an emergency.