

WHAT'S IN YOUR FIRST AID KIT?

Resources and Tools to Help You Survive and Thrive

First Aid 
TOOLKIT



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What's in Your First Aid Toolkit?

Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.





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Preparing for the Next Storm
Resourcing Your Kit

First Aid 
TOOLKIT

PRESENTER DISCLOSURE

Faculty: Jamie Jacobs, PhD

I, Jamie Jacobs, have no financial relationships or affiliations to disclose.



Stress, Appraisal and Coping Theory (Lazarus & Folkman, 1984)

An individual cognitively appraises a situation as threat to the self and survival, and this threat exceeds their perceived coping resources.



Agenda

1

Stress

Understanding the stress response

4

Self-Care

Setting an intention for self-care

2

Resilience

Understanding the relaxation response

5

Q&A

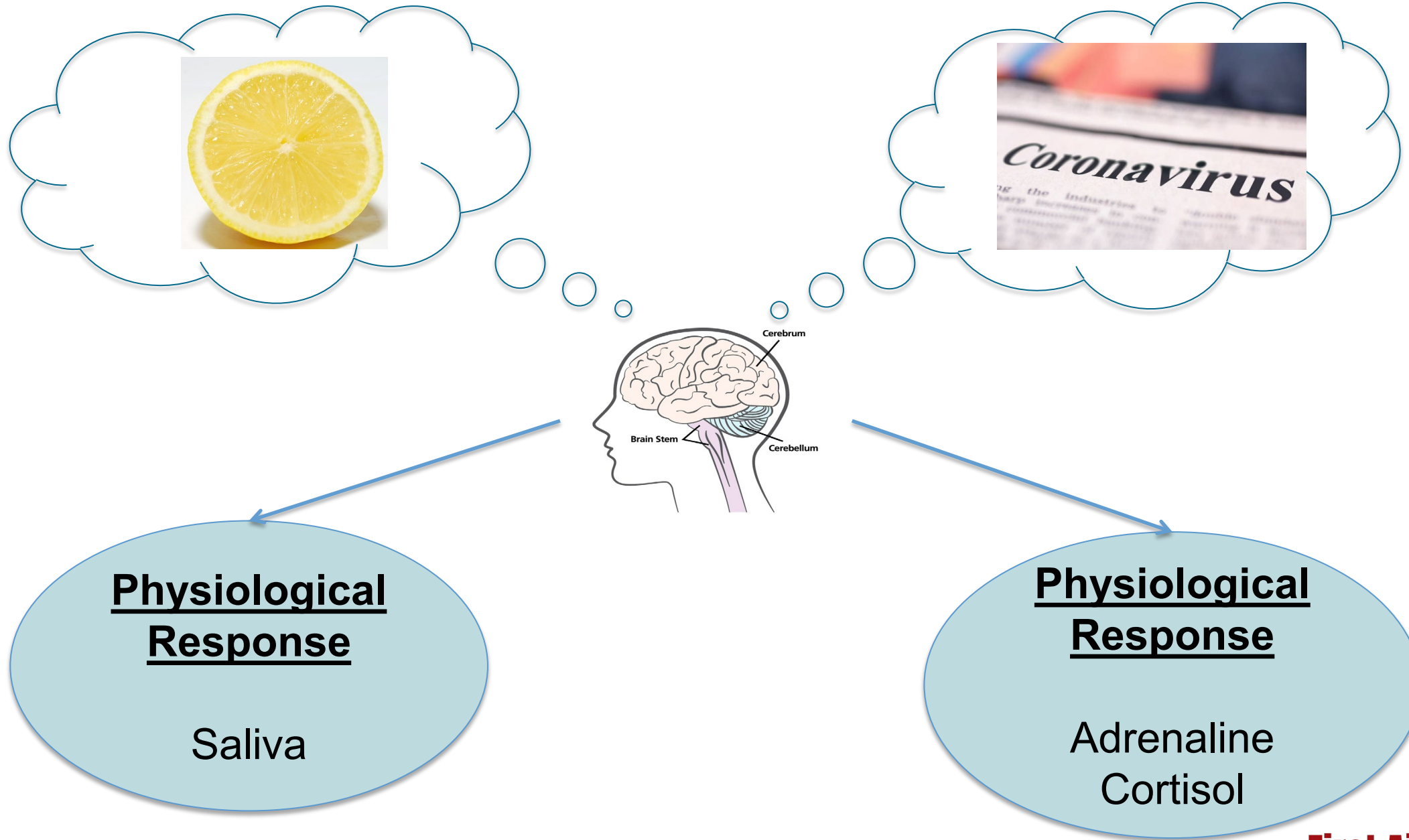
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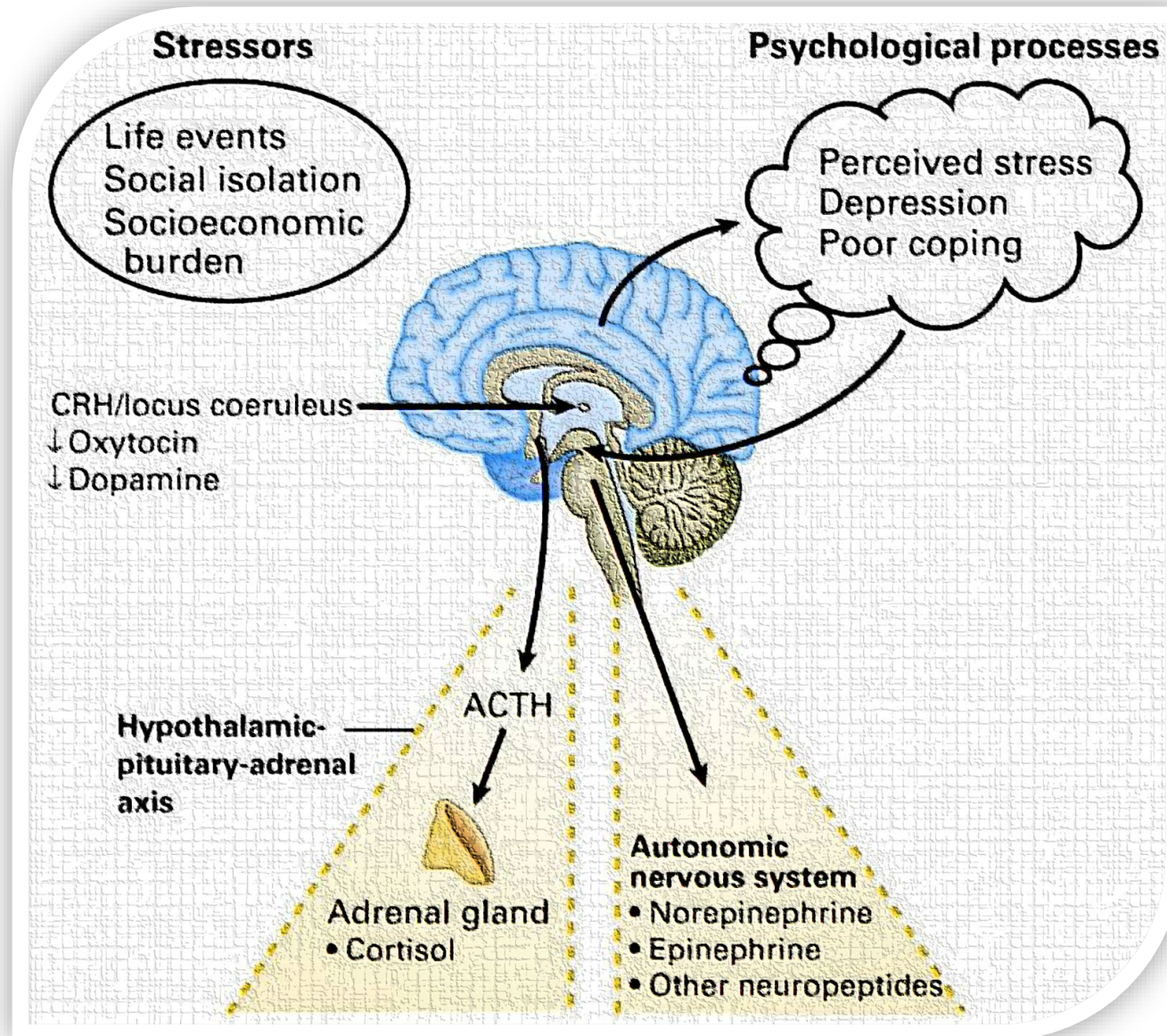
Expanding your Toolkit

External factors to boost resilience

Imagery Exercise



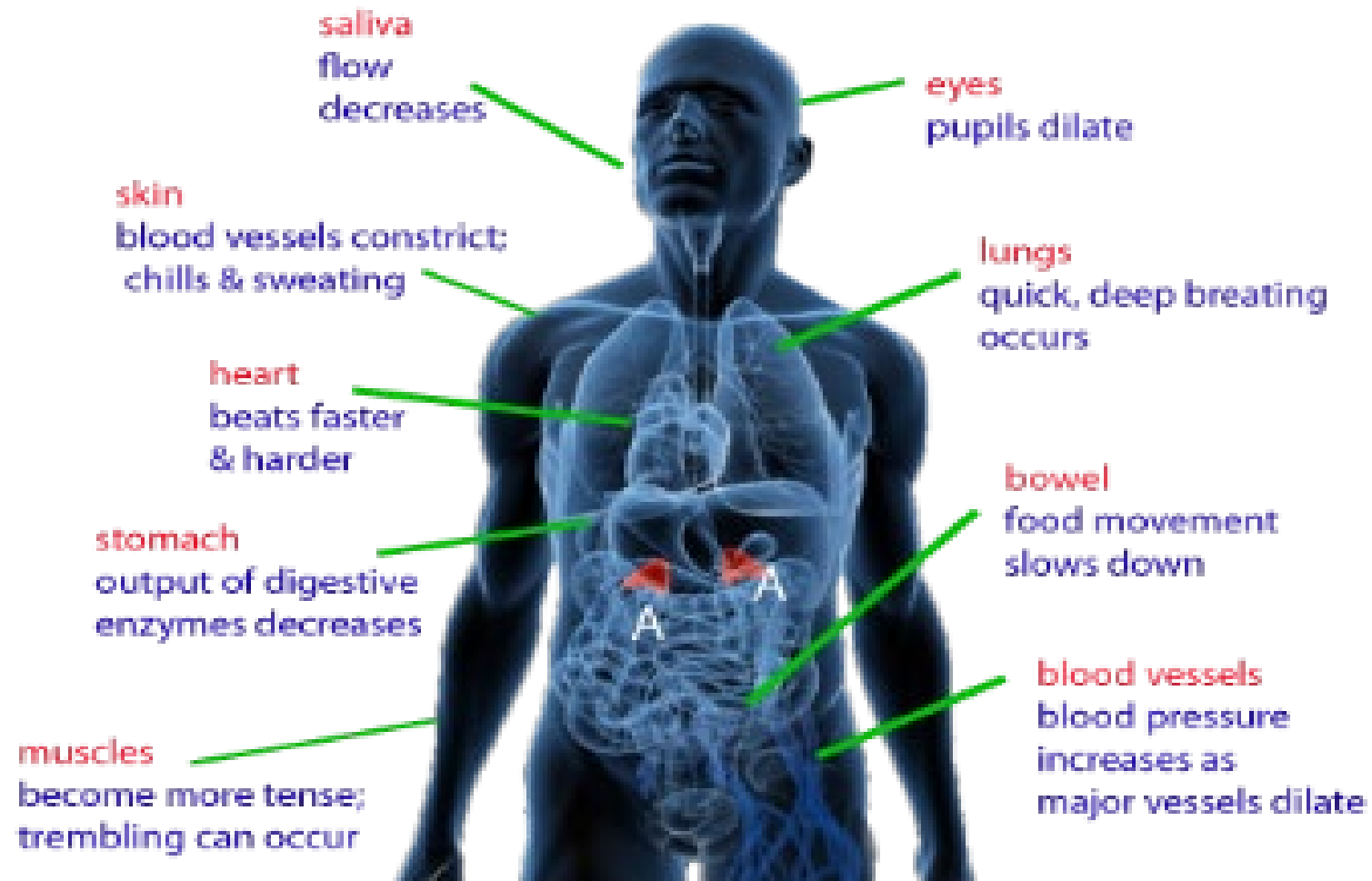




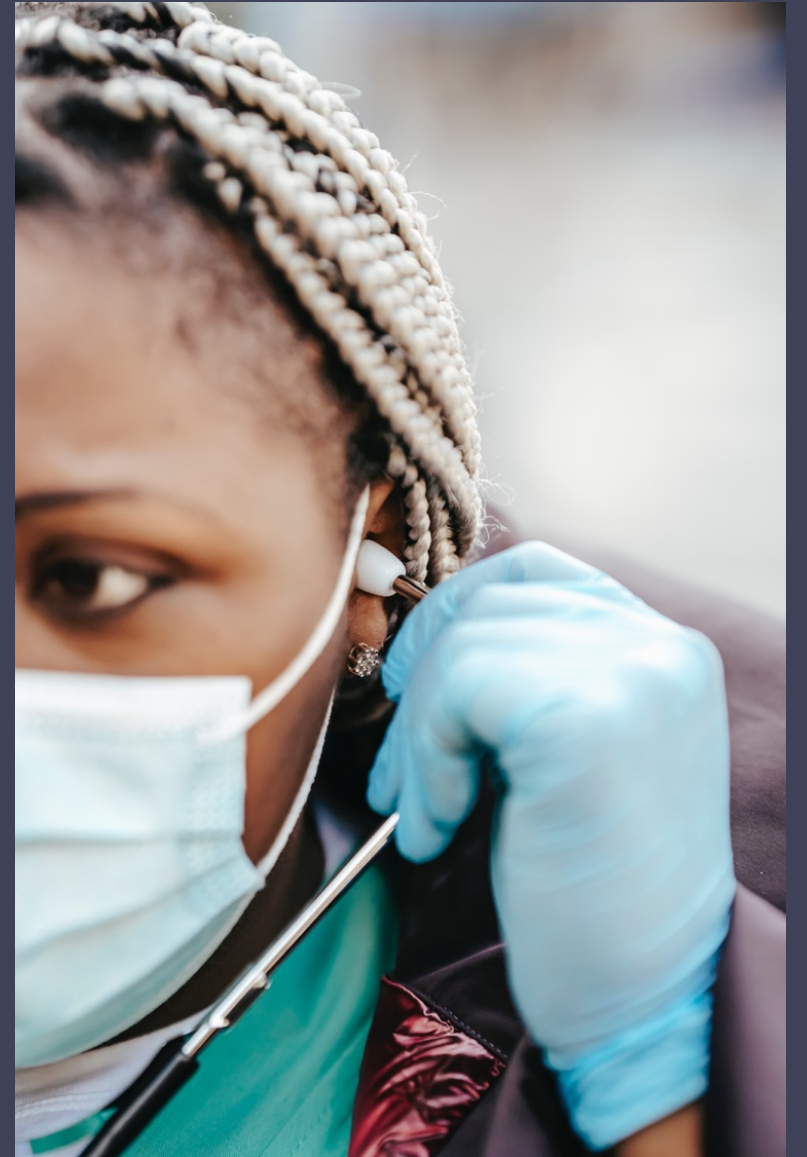
Lutgendorf et al., 2010

The Stress Response

Fight or Flight Response

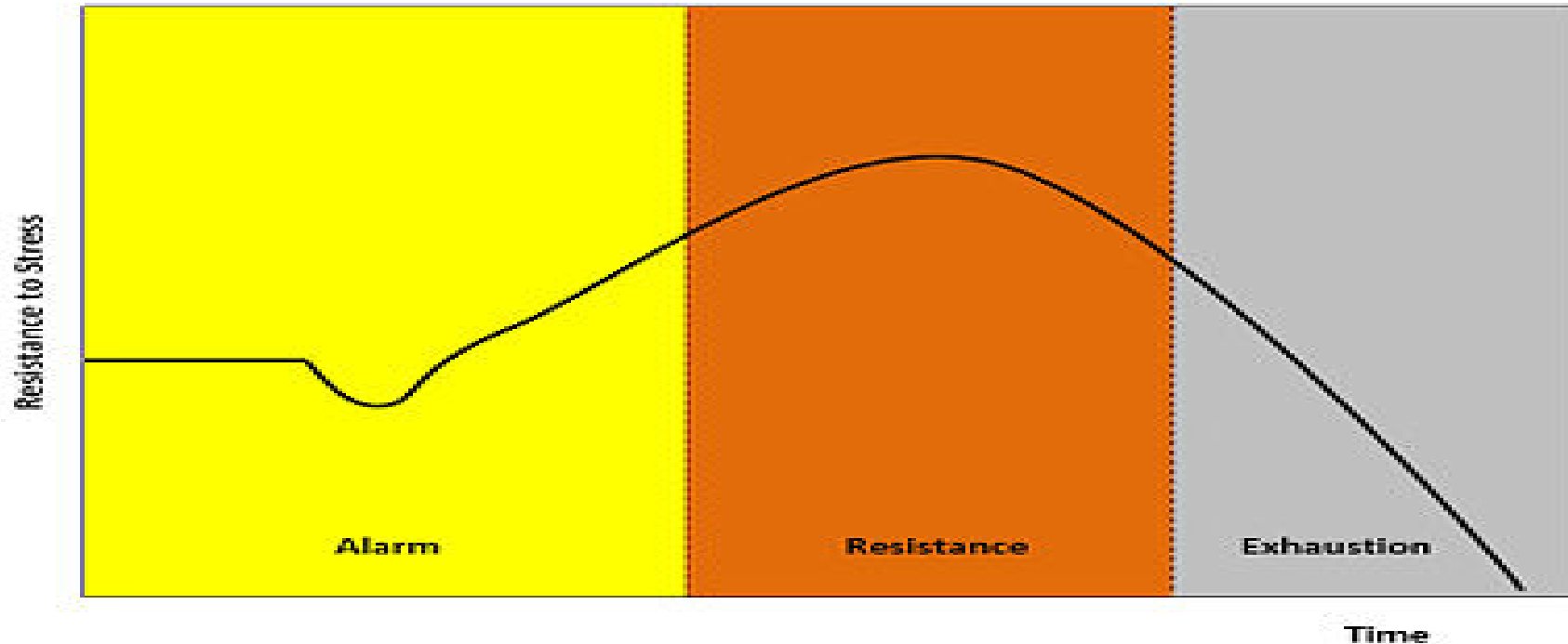


Stress = stress



Chronic Stress: General Adaptation Syndrome

Hans Selye, 1936



1. Alarm:
Readying the body for brief stress response – sympathetic nervous system activation

2. Resistance: Body resists and adapts/adjusts to stressor, maintains stress response

3. Exhaustion: Can no longer maintain stress response; depleted energy resources

Responding to Disasters



**Witnessing
human
suffering**



**Risk of
personal
harm**



**Life and
death
decisions**



**Intense
workloads**



**Separation
from family**

Concerns for patients with cancer

- Increased risk for COVID-19
- Increased risk for higher COVID-19 severity
- Deferral of routine screening
- Delays or omissions of cancer care depending on priority status
- Changes to surgery options

Stress and Trauma

- Stress as a result of experiencing or witnessing life threatening or traumatic events
 - Post-traumatic Stress Disorder
 - Acute Stress Disorder
 - Secondary traumatic stress
- Stress from providing care to others:
 - Compassion fatigue
 - Burnout



Consequences of Stress

Quality of Life

Sadness (depressive symptoms)

Worry (anxiety symptoms)

Acute illness

Chronic illness

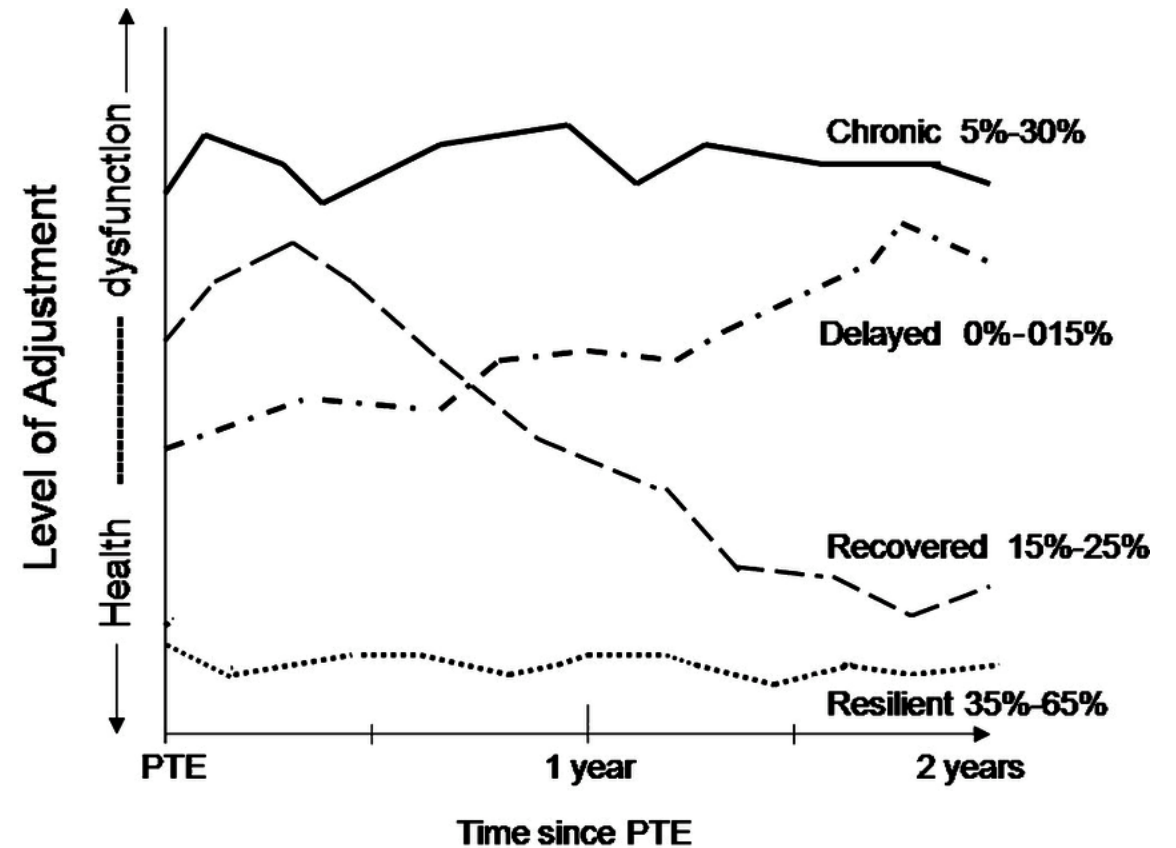
Social isolation


Weight gain

Sleep issues

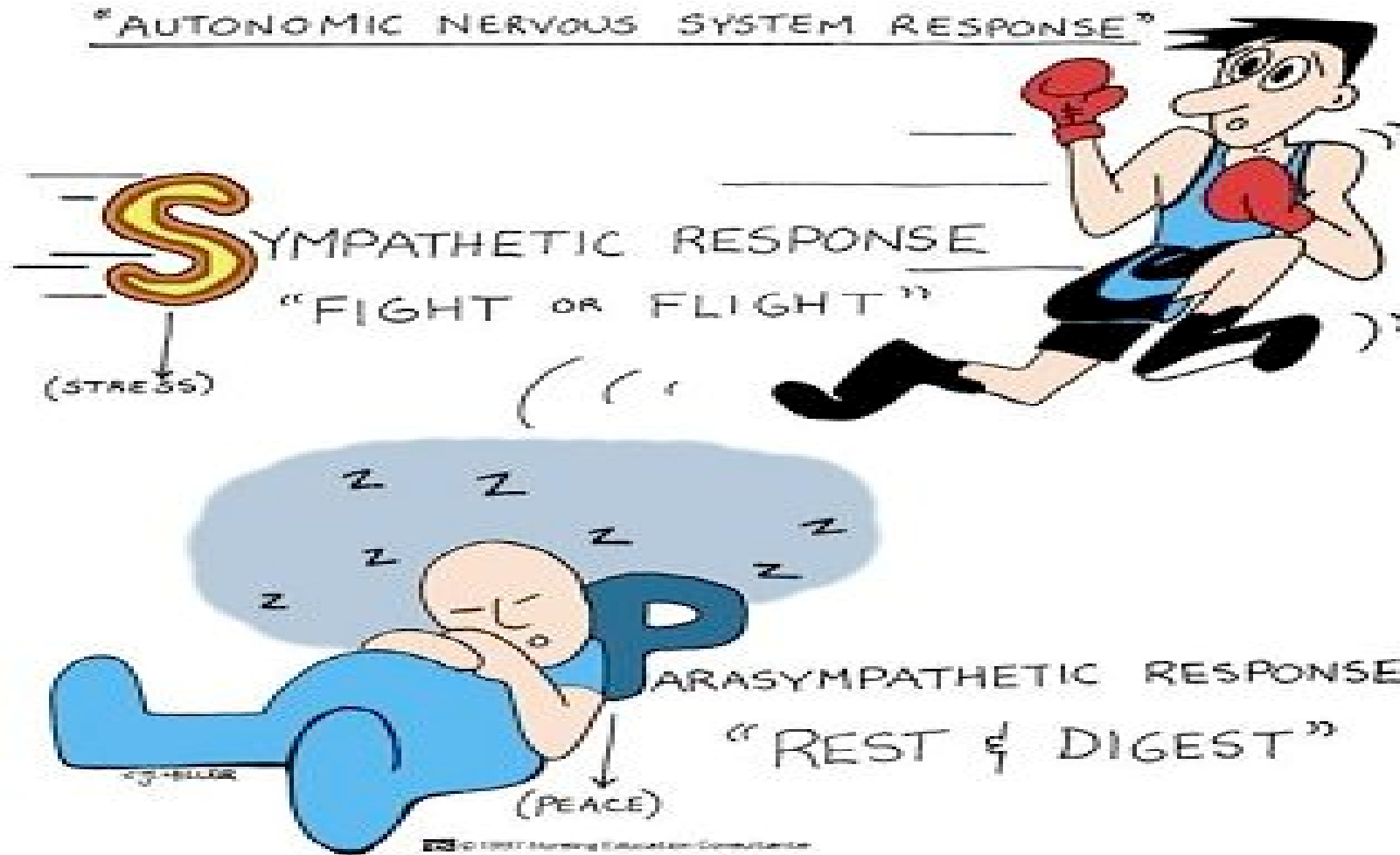
Trauma and Resilience

- Intrinsic resilience and recovery
- There is a full range of responses to adversity
- Optimism contributes to resilience
- External factors boost resilience



 Bonanno GA, et al. 2011.
Annu. Rev. Clin. Psychol. 7:511–35

Regulating the Stress Response



Adding to your toolkit...



**1. Grounding
Techniques**



**2. Relaxation
Training**



**3. Active
Coping**



**4. Reframing
Thoughts**



**5. Maximizing
Social Support**



**6. Acceptance
& Mindfulness**



**7. Activity
Planning &
Pacing**



**8. Setting an
intention for
self-care**

Grounding and Self-soothing Techniques

To use when in a state of panic, frantic, stuck in anxiety:

Sit comfortably and breathe slowly and deeply

1. Name 5 non-distressing things you can see
-pause and breathe
2. Name 5 non-distressing sounds you can hear
-pause and breathe
3. Name 5 non-distressing things you can feel
-pause and breathe

Relaxation Training



Activate
Relaxation
Response

The diagram consists of two circles connected by a right-pointing arrow. The left circle is dark blue and contains the text 'Activate Relaxation Response'. The right circle is a lighter blue-grey and contains the text 'Dampen Stress Response'. The arrow is blue and points from the left circle to the right circle.

Dampen
Stress
Response



Progressive Muscle Relaxation

Hands and arms

- Hold arms at a 45-degree angle and make fists.

Face and neck

- Raise eyebrows, squint eyes, wrinkle nose, bit down lightly, pull back corners of mouth, and pull head slightly down to chin.

Chest, shoulders, back

- Take a deep breath, hold it in, pull back the shoulders and puff out chest. Careful of back issues.

Thighs, calves, feet

- Lift your feet off of the floor, flex slightly, and turn toes inward.

Other forms of relaxation

Calm app

Guided visual imagery (e.g., special place)

YouTube

Diaphragmatic breathing

Meditation hotlines

Autogenic training

Walking meditations

Mindfulness meditation (e.g., body scan)

Active Coping

What action can I take to resolve the situation?

Problem-Focused Coping

If I can't resolve the situation, what can I do to manage the stress/discomfort?

Emotion-Focused Coping

Active Coping

- Step 1:

Identify controllable
and uncontrollable
aspects of a stressor

Example stressor: snowstorm

Uncontrollable	Controllable
The fact that a snowstorm is coming and how much snow there will be	Stock up on supplies (food, water, batteries, shovel)
What areas will get hit the hardest	Stay with a friend closer to work
Whether there will be power outages	Leave early from work to avoid dangerous conditions
Whether there will be road closures and delays in transportation	Move your car off the street to avoid towing or snow plow damage

Stressor: Think of your own

Uncontrollable	Controllable

Active Coping

- Step 1:

Identify controllable
and uncontrollable
aspects of a stressor

- Step 2:

Choose problem-
focused or emotion-
focused techniques

Choose coping strategy...

Problem-Focused Coping

What action can I take to resolve the situation?

- Make a decision
- Resolve a conflict
- Seek information or advice
- Set a goal
- Engage in problem-solving
- Request help

Emotion-Focused Coping

If I can't resolve the situation, what can I do to manage the stress/discomfort?

- Engage in enjoyable activities
- Relaxation, deep breathing, or massage
- Acceptance and self-soothing
- Exercise
- Listen to or play music
- Take a walk, bike ride, or other exercise
- Talk to a friend or relative
- Write in a journal
- Change how I think about it

Reframing Thoughts

(Thoughts ≠ Facts)

Is this thought accurate? How much do I really believe this is true?

What would a close friend or family member tell me in this situation?

What would I say to someone else in this situation?

What is the evidence that makes this thought true, or not true? Is there more evidence that it is not true?

Can I identify a plan of action?

What is the worst-case outcome here?

Is there language that is less extreme to describe the situation or how I feel?

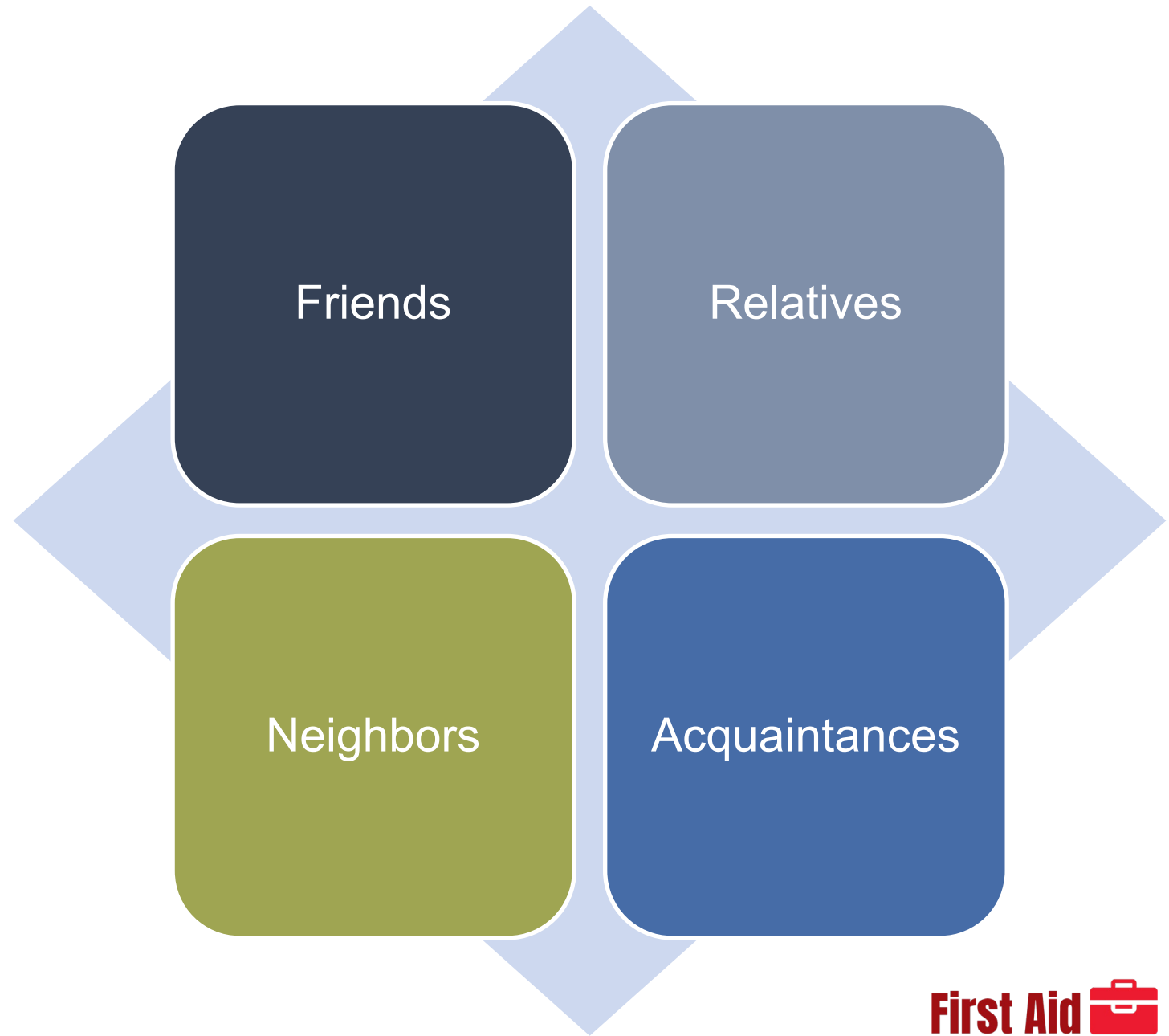
Can I do this differently or break it up into manageable steps?

Maximizing Social Support

Practical	Emotional/ Psychological	Informational
Transportation Accompanying to medical visits Household chores Errands Meal Preparation/ Cooking Child-care Financial assistance	Love Encouragement Fun Sharing Talking Warmth Intimacy Validation Hope	Sharing of personal experience Guidance and advice Knowledge and education Decision-making

I have _____ support
I need more _____ support.

Sources of Support



Optimizing Social Support

1. What type of support do I need?
2. Who can I rely on for this type of support?
3. What are the barriers to me receiving the support I need?
 - Am I willing to ask for help?
 - Am I willing to accept help?
 - Do I think asking for help makes me seem weak?
 - Do I think I should be able to do it on my own?
 - Am I worried that asking for help will place a burden on others?
4. How can I reframe my thoughts around support?
 1. Is receiving support really a sign of weakness?
 2. If someone asked me for support, would I label them as weak?
 3. What would I tell a friend to do?

Acceptance & Mindfulness

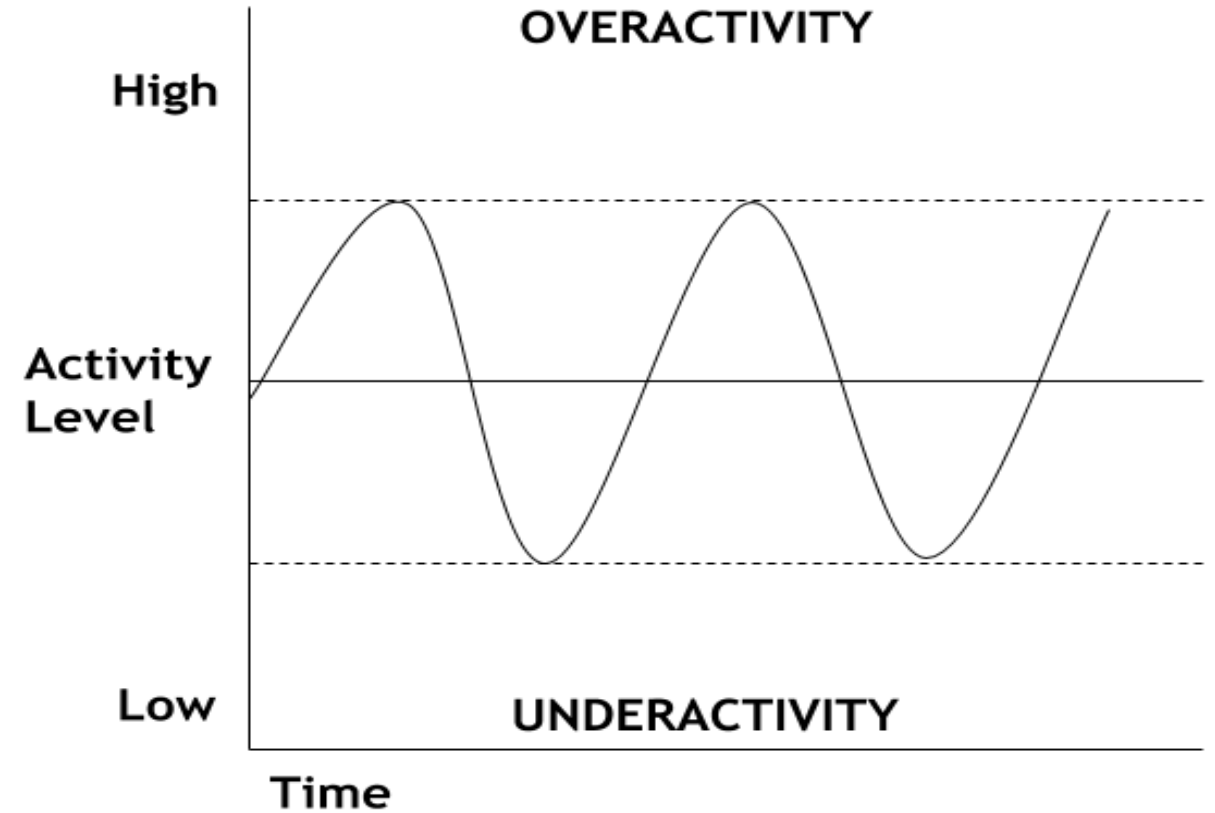
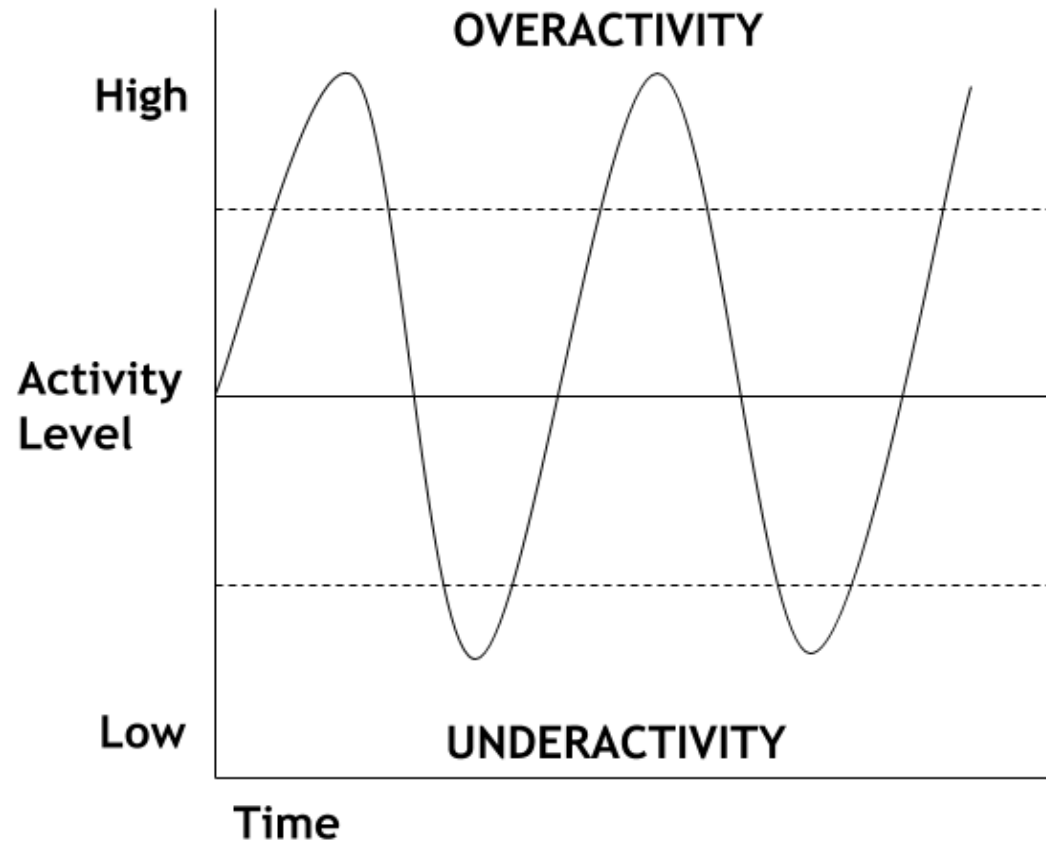
- Acceptance

- Acceptance without approval
- Letting go
- Softening around resistance
- It is okay to not be okay

- Mindfulness

- Awareness of the present moment
- Observe (notice/attend)
- Describe/label (expressed recognition)
- Participate (engage fully)

Activity Planning & Pacing



Re-evaluate your pie

- Stay organized/re-organize
- Write (poetry, journal, diary, doodle)
- Delegate responsibilities
- Listen to music
- Dance
- Physical exercise
- Massage therapy
- Get information
- Acupuncture
- Yoga
- Go out for a meal
- Talk to friends
- Bike ride
- Seek advice
- Take a walk
- Self-care and grooming (e.g., pedicure)
- Clean

- Meditation
- Bake or cook
- Take a drive
- Pray
- Color or paint
- Complement someone
- Restore antiques, furniture, etc.
- Play a board game
- Play a musical instrument
- Learn to do something new
- Make a charitable donation
- Volunteer your time
- Walk barefoot
- Do a favor for someone
- Go to a play, musical, or concert

- Sing
- Solve a puzzle, crossword, etc
- Visit old friends
- Take a bath
- Be intimate with someone
- Bird-watch
- Write a letter or card
- Eat a snack
- Cry
- Cook a meal
- Explore (hike, walk around town)
- Go to a museum
- Laugh
- Watch a favorite TV show or movie
- Read a book
- Sing
- Resolve the conflict

Planning activities based on how you feel...

“A” day = able to participate in and complete at least 75% of usual activities

“B” day = able to participate in and complete at approximately 50-75% of usual activities

“C” day = able to participate in and complete < 50% of usual activities

Self-care Reminders

Physical activity and sleep

Healthy eating

Precautions

Communication

Pleasurable activities

Social Support

Limit information

Financial Support

Setting an intention for self-care

1. What is something I used to like to do?
2. Can I incorporate it back into my life?
3. Do I need to do it differently? Be creative
4. What might get in the way?
5. How will I overcome that obstacle?
6. Make a plan

Example

1. What is something I used to like to do?

Travel to new places

2. Can I incorporate it back into my life?

No, we cannot feasibly travel right now

**3. If not, can I do it differently?
Be creative**

Watch a travel show on a country/city and order that country's cuisine for dinner while we watch

4. What might get in the way?

Not enough time

5. How will I overcome that obstacle?

Block out one night every other week or once a month

6. Make a plan

This week, Wednesday night, mother will watch kids, we will choose a show on Greece and eat food from a Greek restaurant while we watch

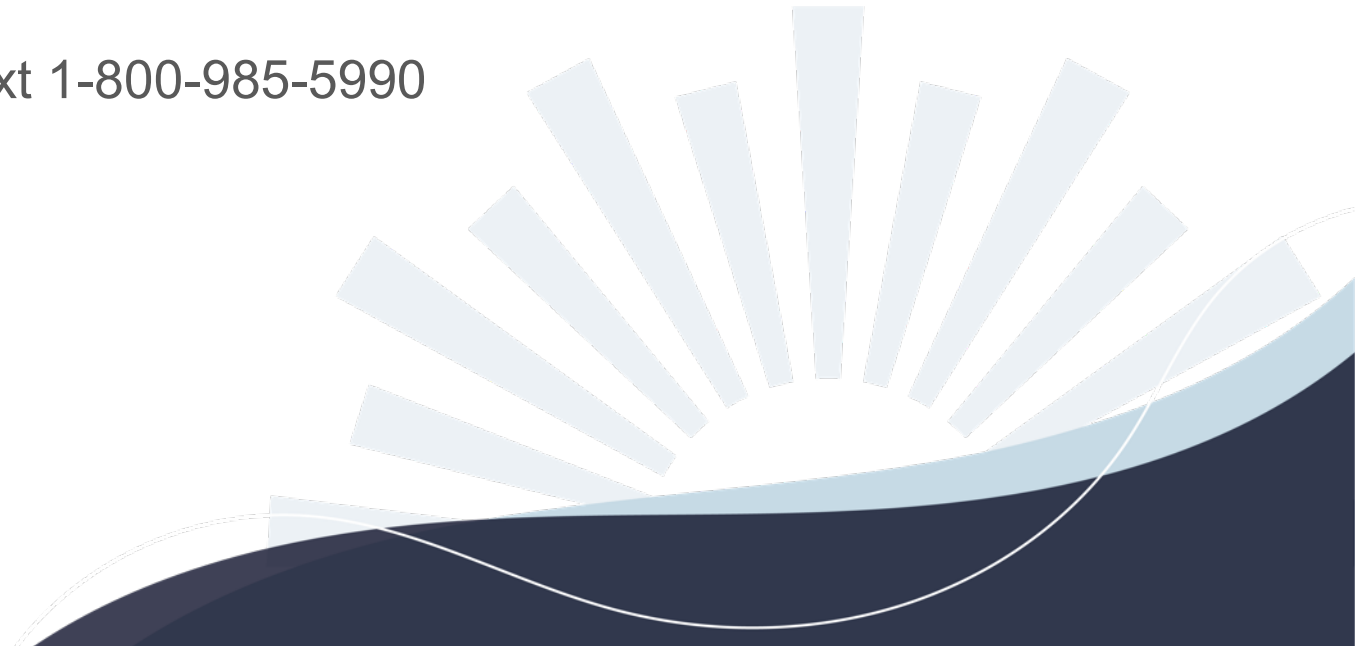
Congratulations for taking the time to focus on your self!

Set an intention for self-care after this session...



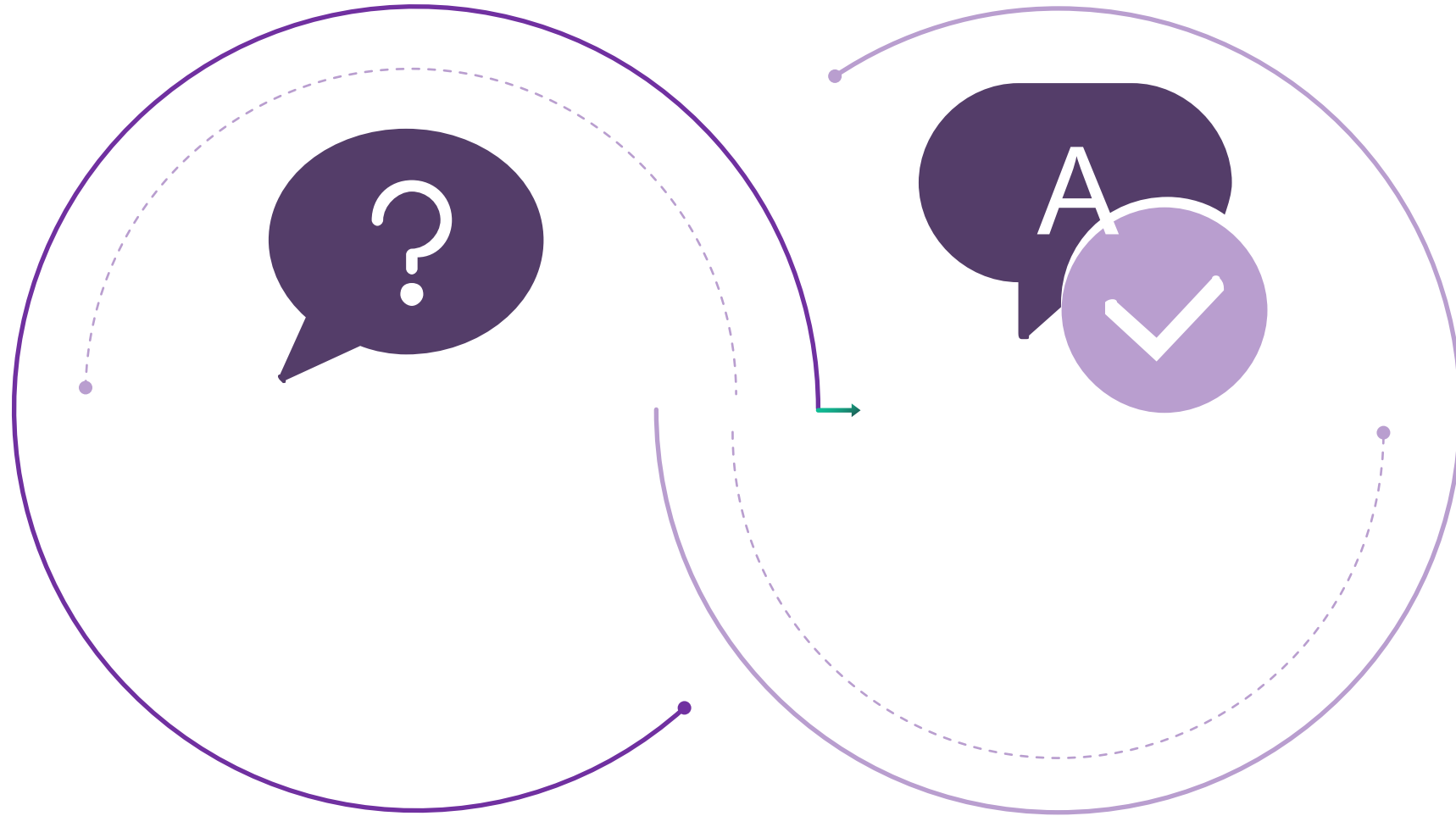
Get immediate help if you are in crisis:

- Call 911
- National Suicide Prevention Lifeline 1-800-273-8255 (TALK) for English, 1-888-628-9454 for Spanish
- Samaritans Hope Suicide Prevention Hotline: 1-877-870-4673 (HOPE)
- National Domestic Violence Hotline: 1-800-799-7233
- Disaster Distress Helpline: Call or text 1-800-985-5990



Question and Answer Session

Thank
you!



Sponsorship and Acknowledgement



Stay Tuned for More Sessions

Date and Time	Session Title	Speaker
4/24/21 1 pm – 2 pm EST	Keeping Your Battery Charged: Fortitude for the Wore Out	Jamie Aten, Ph.D. Founder & Executive Director of the Humanitarian Disaster Institute
5/1/21 1 pm – 2 pm EST	The Best Surge Protector: Self-Compassion	Emily Gentry, RN, BSN, OCN, HON-ONN-CG Navigation Director, Sarah Cannon Cancer Institute at Medical City Healthcare
5/15/21 1 pm – 2 pm EST	GPS for the Soul: Moving toward your values	Krista Nelson, MSW, LCSW, OSW-C Oncology Social Worker, Program Manager of Quality & Research, Cancer Support Services & Compassion, Providence Cancer Institute
6/5/21 1 pm – 2 pm EST	Beyond Band-Aids: Growing Mighty as a Team	Elizabeth M. Muenks, Ph.D. Psychologist, KU Medical Center
5/26/21 1 pm – 2 pm EST	Behind the Mask: Moral Distress and Compassionate Care	Lara Traeger, Ph.D. Assistant Professor, Psychiatry, Harvard Medical School Staff Psychologist, Department of Psychiatry, Mass General Hospital
7/10/21 1 pm – 2 pm EST	There Is Nothing Wrong with Your Kit: It's a System, Not a Self-Care Problem	Eucharía Borden, MSW, LCSW, OSW C Senior Director, Health Equity and Clinical Services, Cancer Support Community

For More Information



First Aid TOOLKIT

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**CANCER SUPPORT
COMMUNITY**
COMMUNITY IS STRONGER THAN CANCER

