

Filling our empty cups....



a handbook on Mental Health Self Care

compiled by Dr. Chido Rwafa Madzvamutse

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Woman's Action Group Zimbabwe



Compiled by:

Dr. Chido Rwafa Madzvamutse

Specialist Psychiatrist

(MBCChB, MMed Psychiatry UZ)

About the Author

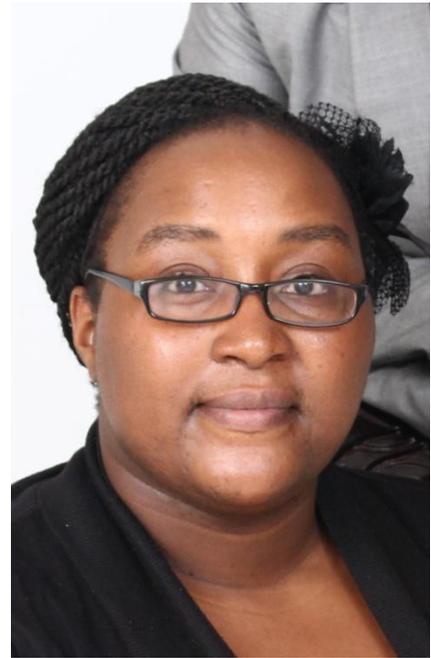
Dr. Chido Madzvamutse *nee* Rwafa, is a wife and mother of two. She is a Zimbabwean Medical Doctor and Specialist Psychiatrist with a passion for community awareness on emotional and mental health issues. She enjoys facilitating workshops to bring greater awareness about mental health and compiling information booklets to bring the spotlight on mental health and wellbeing in our African communities.

For further information:

 ceerwafa@gmail.com

 @ChidoRwafa

 Chido Rwafa Madzvamutse



The need for Self Care... Are we pouring from empty cups?

The state of our minds has a great bearing on how we live our lives, the quality of our relationships and our ability to help our families and communities. In our endeavour to help others, care for those who may need our help, contribute meaningfully in some way to our communities and families, to impact and influence others, it is important to consider the role of self care. It has been said...you cannot pour out from an empty cup....it is true... a lamp out of oil will burn out. We need to take care to keep our lamps burning.



Our responsibilities, the various roles we play in our lives, the work we choose to do is important not just to ourselves but to the many people we impact as we live out our lives. However, all this may become physically and emotionally draining especially in the current environment when we are all faced with much uncertainty, rapid change and stress. Many of us have had to continue in caring roles in spite of risk to ourselves, fear, loss, great trial and frustration. This year we have faced disruption of our normal routines, we have lost many of our social norms and support structures and faced rapid changes of roles. We may not all be frontline workers in the current crisis but we remain frontline responders for those around us particularly with the mental and emotional strain we all feel.

It is imperative, therefore, that we take time to consider how we are coping as individuals, to take stock of ourselves and make changes where needed to take care of ourselves in order to be able to take care of others.

It is my hope that this little booklet may help bring understanding about our mental health and wellbeing, how stress may affect us and shed some light on how to battle against unhealthy stress, care better for ourselves and by refilling our own cups, be able to continue refreshing others who depend on us.

Mental health and wellbeing

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (WHO).

A healthy person has a healthy mind and is able to:

- think clearly
- solve problems in life
- work productively
- enjoy good relationships with other people
- feel spiritually at ease
- can adapt and cope with the normal stresses
- make a contribution to the community

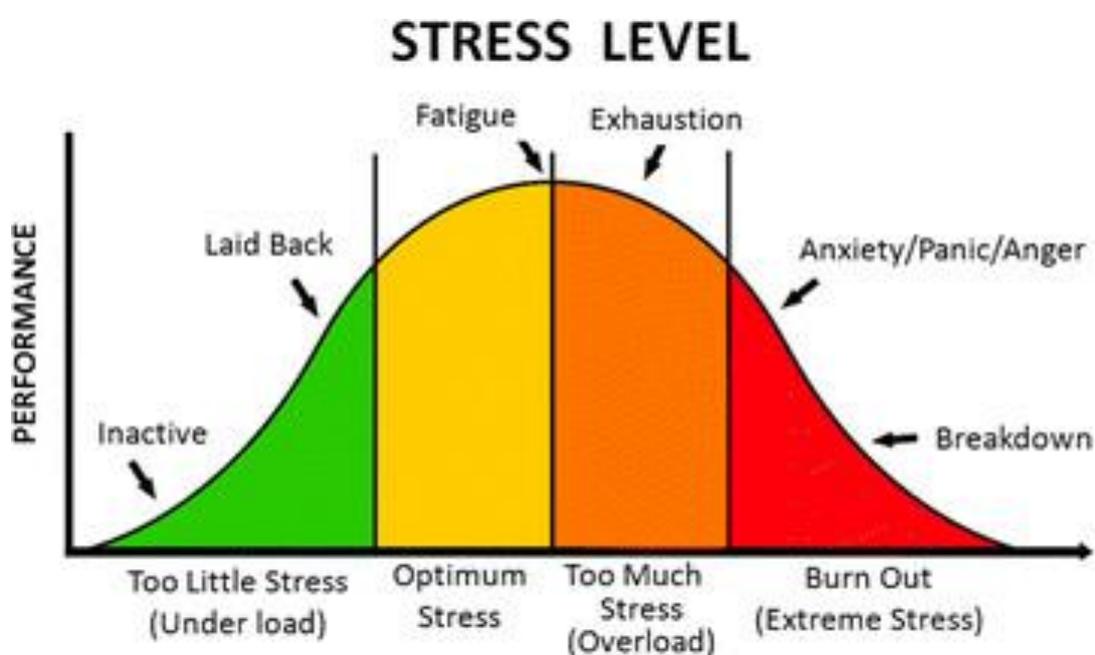
Mental healthy individuals are less likely to get physically unwell (due to improved immunity) and when they do get ill they recover faster (BL Frederickson, 1998) (GV Ostir, 2001). Mental wellness also leads us to be more productive in our families, communities and workplaces (S Lyubomirsky, 2005).

Stress, particularly when excessive or prolonged can interfere with our ability to maintain our mental wellbeing. It is important that we acknowledge the impact that stress is having on our mental health, to learn to recognise common reactions to unhealthy stress and work towards maintaining our mental wellbeing even in the midst of a crisis as we find ourselves in.

Healthy and Unhealthy Stress

Stress is any change that provides an actual or perceived demand on us. Stress lies on a spectrum with some stress actually being good for us, allowing us to harness the internal resources needed to achieve tasks and function in life, for survival and for motivation for us to face life

Good stress stimulates release of stress hormones that help us harness energy to accomplish challenging tasks, focus and concentrate to get things done.



(20Au)

With too little stress, one may underperform due to inadequate stimulation or under-challenging circumstances. With optimum stress levels, one performs optimally but beyond this, if overstressed, one becomes fatigued, exhausted and may potentially burn out or breakdown. When excessive or prolonged, stress can have a negative impact on performance and wellbeing.

Unhealthy stress can result in fatigue, burnout, physical and psychological breakdown.

Physically:

- unhealthy stress activates release of excessive amounts of stress hormones that result in an excessive fight, flight or freeze response to stressors
- this can result in various physical health problems such as immune compromise, decreased pain tolerance and cardiovascular disease.

Could you be struggling with excessive stress?

- Do you often feel overwhelmed or overstretched?
- Do you often feel like you no longer have control of your life and life events?
- Have you lost confidence in handling problems that come up in your life?
- Do you often get angry or irritable?

If you feel you may be excessively stressed please take a further assessment in the appendix of this booklet to find out, reach out for help with your nearest healthcare provider if you need to.

The stress of caring for others

The benefits of caring for others

As humans we have a great capacity to care for others and protect others especially in times of crisis. This is not just because it is a moral obligation, it is part of being connected with others and part of our humanity and “unhu” or “ubuntu”. There are benefits to being part of a family or community and giving physical or psychological support to others. Caring for others gives us:

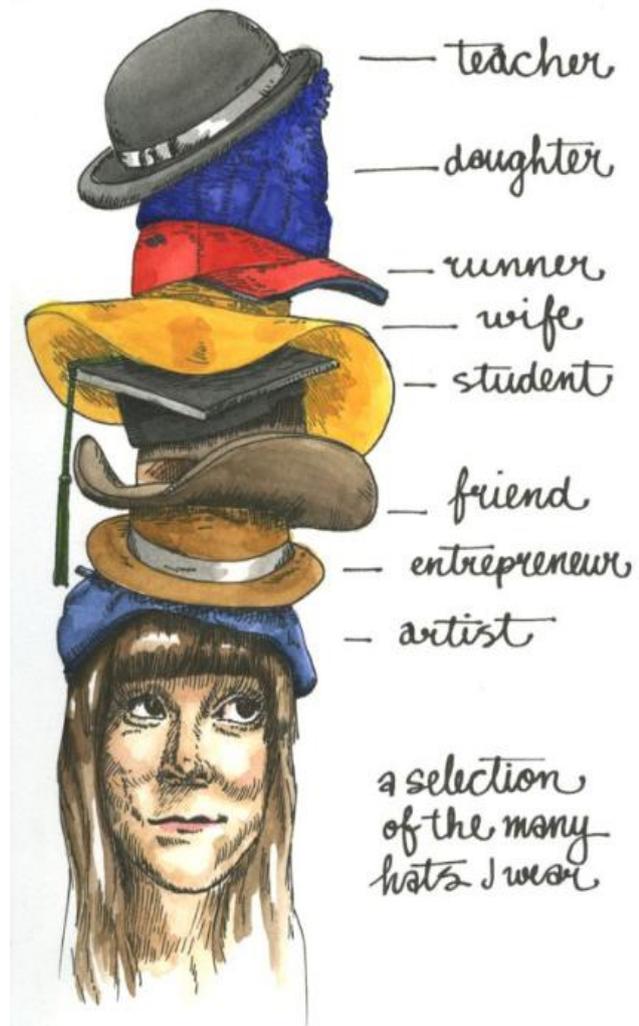
- a sense of belonging
- a sense of purpose and meaning
- a sense of fulfilment and efficacy

Compassion Satisfaction is a sense of fulfilment from doing meaningful, effective work that benefits others (Sprang, 2007). It has been found to help maintain motivation, decrease stress and prevent burnout. Helping others can decrease our own stress.

Why then do we sometimes feel overwhelmed, overtaxed and frustrated by the work we do or the caring roles that are part of our lives. When care giving feels unappreciated, or is physically and emotionally overwhelming, when we don't take time to care for our own basic needs and we struggle to juggle all the roles we need to play, we may find ourselves overstressed and develop caregiver fatigue.

Multiple roles

You may be a frontline worker, a parent learning to home school, caring for a sick relative or an elderly relative, a teacher struggling to provide online learning for your students, you may be all or none of the above but we all play multiple roles to the different people in our lives. We often have many hats that we wear and this can add to the stress we experience, particularly when those roles clash, or when we feel we are juggling too much.



It is important to acknowledge the various roles that we play to others, take time to reflect on how well we are still playing these roles, what balls we are actually dropping and how we may actually be overstretched and overstressed.

How many roles are you playing? Why do you do what you do? Do you need to ask for help in fulfilling some of these responsibilities?

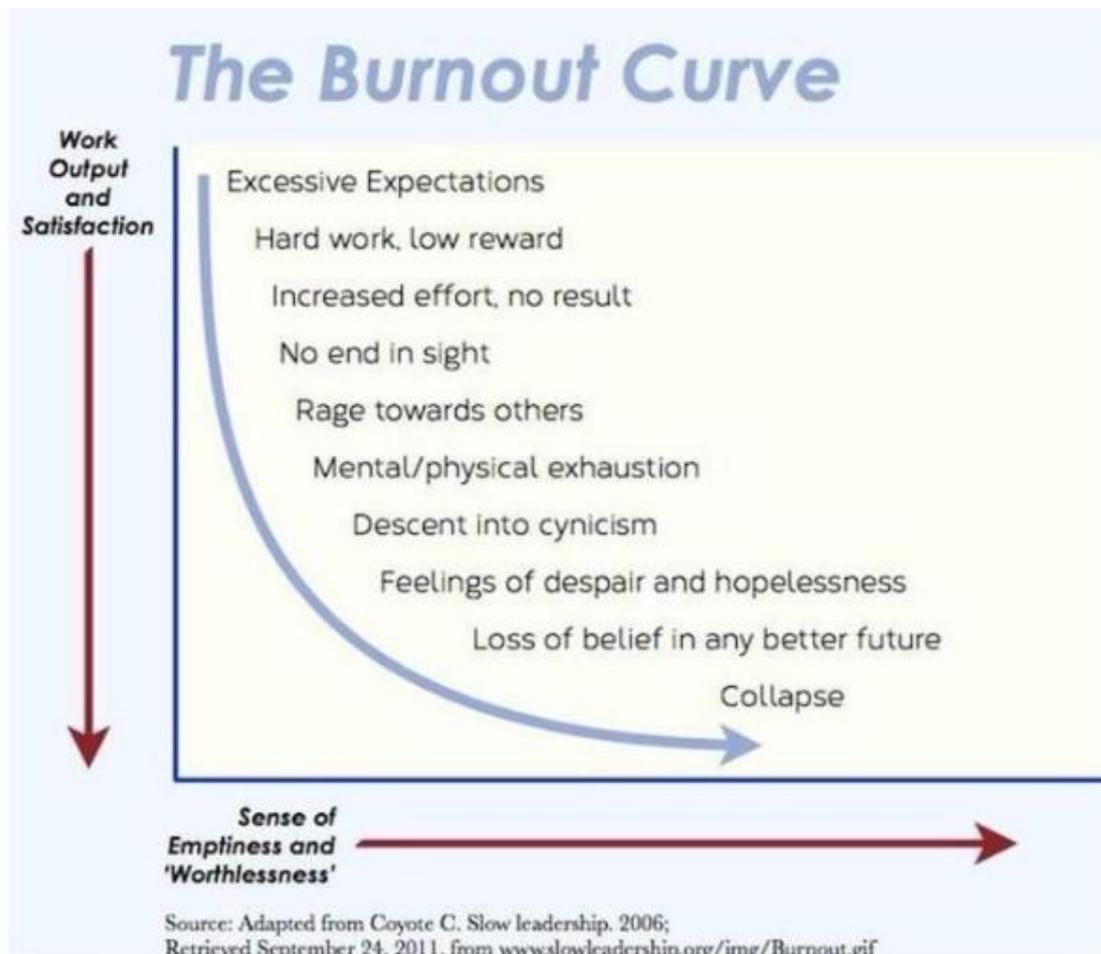
A note on Parenting...

Parental mental health is a key factor in child mental and physical health. When we are stressed, depressed or anxious, we are less able to recognise our children's distress and needs and manage or meet these needs (Muzik M, 2015). When we are struggling emotionally, our children will struggle to learn how to regulate their own emotions. This may have immediate effects in children but is more likely to cause longer term problems in their emotional health and can affect even their physical development. Physical, emotional, spiritual self care by a parent is therefore an essential part of parenting.

Are you burning out?

The work we do in our families, homes, communities and workplaces while rewarding in many ways can however drain us both physically and emotionally. We may find we forgo our own needs in order to better serve others. We may even feel guilty about taking time out, taking a break even if it is for basic self care needs. This may seem like the right, self sacrificial and honourable thing to do. However, if we neglect to take care of ourselves we will eventually be less able to care for those we need to. Eventually we may find we become exhausted, physically and emotionally, demotivated and less efficient in our roles. We may burnout.

Burnout is defined as exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration (Merriam-Webster, 2020)



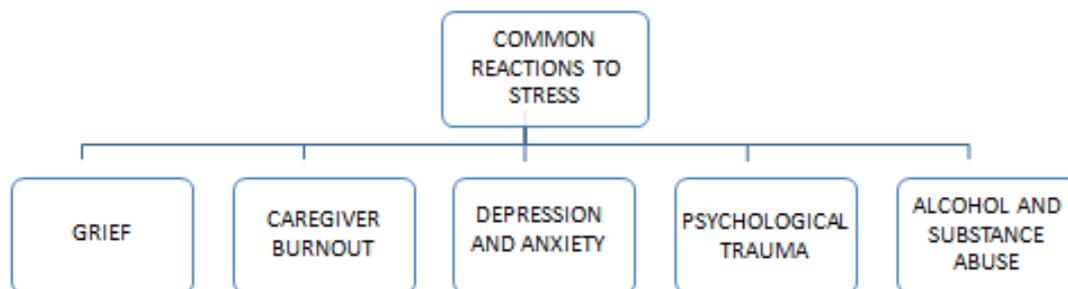
When you are burnt out you may:

- feel physically and emotionally exhausted and drained
- you may feel detached from those you care for, the work you do, your children and family, you may feel cynical, negative about what you do and start to have a 'whatever will be will be' attitude
- you may become less productive, less efficient at what you do, you may struggle to meet deadlines, you may take too many days off...sometimes you may be present but be mentally absent
(WHO, 2019)

Do you feel this way? Please take time to answer the burnout questionnaire in the appendix and assess yourself. Please reach out for help to your nearest healthcare provider if you need to.

Other common reactions to unhealthy stress

Unhealthy levels of stress and caregiver burnout can eventually lead to common mental health problems such as anxiety and depression. Some of us may turn to alcohol and substances to manage our stress and this can in turn lead to alcohol and substance use problems.



Anxiety disorders comprise a spectrum of disorders including generalised anxiety, panic attacks and post traumatic stress disorder.

Generalised anxiety is a chronic disorder with chronic worry about several unspecified situations or issues, a feeling of always being on edge or restless and irritable

Panic attacks are episodes of intense fear with multiple physical symptoms such as dizziness, shortness of breath, chest pain, palpitations, abdominal pain and diarrhoea, sweaty palms, hand tremors and a foreboding fear that something bad will happen to them. People with panic attacks often present to emergency rooms fearing that they are acutely ill due to the intensity of the episodes.

Post traumatic stress disorder (PTSD) occurs due to exposure to real or perceived threat to life due to disaster situations, war and

assault. Sexual assault is one of the most common causes of PTSD. The current crisis may expose us to physical trauma or witnessing someone else suffer. We may have lost close friends or family suddenly and not have been able to grieve appropriately, this can leave us traumatised. Someone with PTSD will relive the traumatic experience through nightmares and flashbacks, they will be easily startled and may avoid situations that remind them of the trauma.



Depression is a mood disorder characterised by a sad or irritable mood, loss of drive/motivation, lack of energy, feeling tired or fatigued, for a period of at least two weeks

Other symptoms include

- **poor sleep or sleeping too much:** you may struggle to fall asleep, or wake up several times at night or waking up very early in the morning and struggle to fall asleep. Some may find they feel the opposite sleeping excessively.
- **poor appetite or increased appetite and comfort eating:** you may lose your appetite and go most of the day without eating while some may find comfort in eating, particularly foods high in carbohydrates and fats which may seem to improve the mood

- **weight changes (weight gain or loss):** this results from the changes in appetite. Severe weight loss or weight gain can put one at risk of physical health problems that can then also increase risk of depression
- **low libido:** depression may result in decreased libido and no interest in sexual activity which can result in strain on relationships
- **poor concentration:** this may affect our work at home, in child care and in workplaces
- **feelings of helplessness or powerlessness:** this can result in a defeatist attitude towards challenges in life particularly when faced with recurrent difficult situations. It is a cognitive symptom of depression and is more about how depression makes us seem powerless not that we really are without power in our situation
- **low self esteem and excessive guilt:** this again is how depression colours our view of our self, we may feel worthless and of no value, not because we lack value but because we see ourselves as if we are of no value
- **feelings of hopelessness:** as depression worsens, our view of the future may also become negative and bleak, we struggle or fail to see a future for ourselves or an end to our problems
- **contemplating or attempting suicide:** at its worst depression may cause us to lose hope and start to have thoughts that death maybe a solution and thoughts of self harm or suicide

Could you be depressed or having an anxiety disorder, please check using self assessment tools provided in the appendix of this booklet and contact your nearest healthcare provider if you need help.

Substance Use Disorders occur when someone repeatedly uses alcohol or other addictive substances such as tobacco, prescription drugs like painkillers or sleeping tablets or illicit drugs like cannabis/marijuana, heroin or cocaine.

Some of us when stressed may use alcohol or substances to cope. This can often then lead to uncontrolled, compulsive use, in spite of negative effects of the substance.

Could you be drinking too much?

- Are you drinking to cope with stress?
- Do you drink to pass out or forget your problems?
- Do you drink every day?
- Do you drink more than 3 standard drinks on one occasion (standard drink being half a pint of beer, a small glass of wine, or a 10ml tot of spirits) ...this is called binge drinking

Please take a short self assessment in the appendix to see if you may be drinking too much and reach out for help if you need to.

Self Care: The battle against unhealthy stress

Self care of our psychological and emotional health is part of the armour we have in fighting unhealthy stress. Self care is the practice of taking an active role in protecting one's own well-being, particularly during periods of stress (OxfordLanguages, 2020). To preserve our mental wellbeing, we need to develop practices that help us gain better awareness of our emotional state; manage negative thinking that leads to distressing emotions; gain a better internal locus of control; refocus our priorities and develop mental flexibility to help us solve problems. Additionally physical and spiritual self care is also part of our mental and emotional wellbeing.



Acknowledging and expressing distressing emotions

Emotional awareness is a key part of mental wellbeing. The ability to recognise distressing emotions, acknowledge them and find ways to express them is vital to health and wellbeing. The destiny of an emotion is to be felt thus bottling our emotions is self destructive. Do you know when you are upset, angry, sad, and anxious? What do you do when you feel distressed? We need to learn to recognise our emotions and find healthy ways to express them.

Healthy ways of expressing distressing emotions include talking to a trusted friend or colleague or a professional counsellor. This requires us to be emotionally vulnerable and accountable. Someone should know how you are really doing inside. You may also journal and write out distressing emotions.

Who can you be accountable to emotionally?

How do you deal with distressing emotions?

Challenging negative thinking and perceptions

Most of our battles are fought in our mind, where our lives are right now are closely linked to what thoughts we allow to grow and flourish in our minds. Our thoughts feed into our mood and eventually our behaviours. How we perceive stressors in our life will determine whether we view them as threats or challenges. The glass is both half full and half empty, it actually depends on how you choose to see it. We need to challenge our perceptions of issues particularly during times of stress.



We need to learn to monitor our mood and the thoughts (self talk) that feed into that mood and how our mood and thoughts can make us feel in our bodies.

Mental Flexibility

Psychological resilience is mental adaptability in the face of adversity, trauma, tragedy and stress. It means not just surviving the crisis but growing in adaptability to become stronger. This involves mental flexibility, being able to challenge preconceived ideas to allow one to adapt to new or challenging situations. Change can make us frustrated. This frustration may lead us to be angry and aggressive at everyone; or internalize that anger and develop negative emotions. Those who are able to remain objective and to direct frustration and anger at the change will be more likely to start seeking different ways to think about the change.

Regaining your locus of control

An internal locus of control means having autonomy in what we think and feel, learning to regulate our thoughts and emotions in the face of chaos and distress, not getting drawn into 'group think' and 'group feel'. This also means developing and standing by our own set of principles and values that we live by and make

decisions based on... living by conviction and not by convenience. Even in times of stress and uncertainty, we still need determine what we still have control over even in the most dire of crisis and be proactive about directing what we can control. And what we cannot change, we let go of...

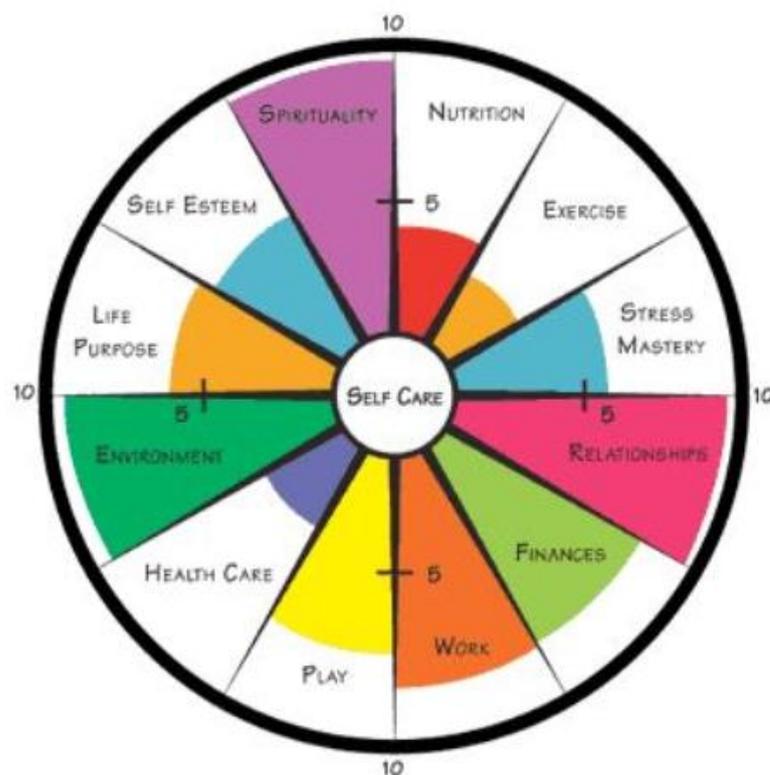


Resetting priorities

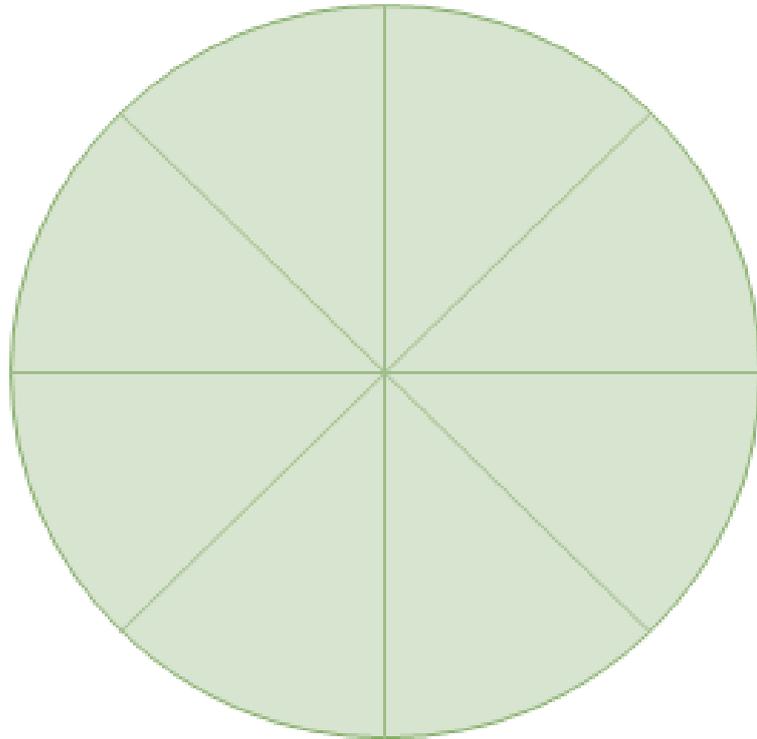
What are your key priorities in life...have they changed over time or become less clear? Are you still living according to your values and beliefs? Do you still have a clear vision for your life?

Having a sense of meaning and purpose in the work that we do is mentally protective. This helps us see beyond the daily stressors as we hold on to the meaning behind what we do.

If you have lost sight of what is important in life, it's time to take stock and reset your priorities and redirect your energies to what is really important.



Life Balance Exercise



In the wheel above, reflect on and select 8 priority areas in your life and chart how much time/energy you are spending on these areas currently. Use the centre of the circle as 0 and the outer boundary as 10, 0 being no energy expended in that area and 10 being maximum energy expended in that area. How balanced is your wheel? Is your wheel balanced? What areas of your life are you neglecting, where do you need to restructure to give greater time and energy to areas that you value as important.

Time Audit

Time is key part of prioritisation. Have you got control over what you spend your time doing, is your time usage in line with your values, beliefs and priorities?

Take some time to look at how you spend your time currently in the template below. Color code it with different colours for various activities in your life.. work, family, personal developemnt, spiritual pursuits, 'dead' time (wasted time you cant account for).

What colour is most prominent? What areas are being neglected?

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early morning							
Mid morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							

Building Strong relationships

Human beings are social beings. We are best suited for interdependency rather than independence. Building and maintaining strong relationships is protective and helps us to grow. Relationships challenge us to be emotional vulnerable and accountable, they challenge us to build intimacy and empathy.

In our 'busy-ness' we can lose touch with one another and lose our capacity for reciprocal empathy. We need to fight for our relationships. They are a key part of our mental wellbeing and can help us recover from emotional distress.

Who are the most important people in your life? When did you last speak with them or spend time (even virtual time) with them?

Physical self care

Physical health and mental health are intricately linked. Physical health problems can affect mental wellbeing and mental health problems can result in physical health deterioration.

Exercise and physical activity

We are increasingly leading very sedentary lives and this lack of physical activity puts us at risk of getting overweight, poor heart health and metabolic disorders (hypertension, increased cholesterol, diabetes). Moderate levels of physical activity will make a significant difference. Household work and walking can work wonders and are cost effective. Short bursts of aerobic exercise very good for heart health.

Healthy eating

A balanced diet can help in maintaining mental health. It is advisable that we eat lots of fruits and vegetables, small grain starches, moderate amounts of mostly lean meats and avoid alcohol.

Sleep

Good sleep is characterised by feeling rested and this may mean upto 7 to 9 hours of sustained sleep even for adults. Poor sleep reduces the ability to do what is required of you, impairs the ability to make good decisions, lowers concentration and is a risk factor for physical and emotional health problems.

Good sleep hygiene tips:

- Discontinuation of caffeine and nicotine 4-6 hrs before bedtime,
- Avoidance of alcohol as a sleep aid,
- Exercising 5-6 hours before bedtime but not closer than 3 hours.
- Minimizing noise, light, and excessive temperature during the sleep period (use of ear plugs, window blinds)
- Going to bed only when sleepy

- Use the bed and bedroom only for sleep and sex
- Getting out of bed and going into another room whenever unable to fall asleep or return to sleep within 15-20 minutes, do something mundane and return to bed only when sleepy again
- Maintaining a regular arising time in the morning regardless of sleep duration the previous nights
- Avoiding daytime napping
- Avoiding use of electronic devices with a bright screen in bed prior to sleep.... Determine technology park stations in your home where you can put away phones and other devices to allow you to connect with family and to sleep without disturbance.

Preserving Spiritual Health- the role of Rest

(acknowledgement of Pst, Gary Hayes, Northside Community Church, Harare, Zimbabwe for part of this section)

Many aspects of mental wellbeing are actually key parts of the spiritual journey, these include:

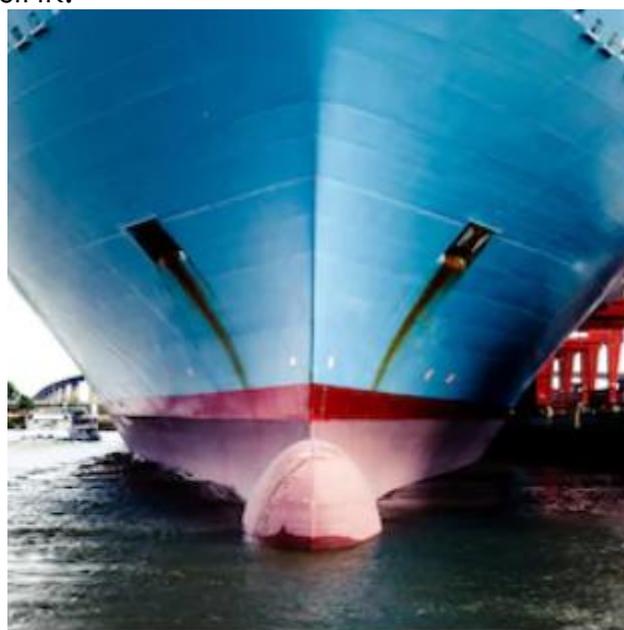
- ability to take responsibility for one's own actions
 - flexibility, high frustration tolerance, acceptance of uncertainty, serenity to accept the things which we cannot change
 - involvement in a community
 - courage to take risks
 - self-control
 - harmonious relationships with oneself and others
- (Verghese, 2008)

It is therefore important that spiritual health be a key part of our practices of self care.

As care givers, we often have many responsibilities and these can become burdens if we do not make time to rest.

The Plimsoll or load line

The **Plimsoll line** is a reference mark located on a ship's hull that indicates the maximum depth to which the vessel may be safely immersed when loaded with cargo (NOAA, 2017). Great care is taken when loading a ship not to load it beyond its Plimsoll line. This ensures that if the ship hits hard weather, it will not be overcome and sink.



This is a picture of our own lives. We cannot overload ourselves and hope to survive the storms life will bring. What is God's agenda for our lives versus our own? What is needed of us versus what we feel we should do. We need to watch for the plimsoll line of our lives and stay balanced so that we can achieve God's proposes.

The importance of rest...

There is a need to rest daily, weekly, monthly, yearly and to take a sabbatical every 7 years. This time is necessary to **rest, reflect, to reconfigure, to reset and realign**

The daily rest...reflection time and sleep

As described above, daily sleep period of seven or more hours is necessary to preserve physical and mental health. There is also need to make time to reflect every day, to remain aware of ourselves and our journey, to switch off auto pilot and be conscious of where we are each day and where we are going.

The weekly rest...

We must each a day off each week to rest. This is again a time to reflect and reconfigure and realign. A time to breathe and take stock of the week's activities and goals again where am I, where am I going.

The monthly rest...retreats

There is also need to take time away from ones usual routine and from technology and perennial connection to reconnect with God and with oneself, to again reconfigure, reflect, realign and stay aware of oneself and one's journey. Where am I, where am I going, am I still on track?

The yearly rest...annual vacation

Every year there is need to take time away from work to rest. There is no need to go to any expensive resort. What is important is to

disconnect from work, delegate and rest. Reflect on the year, how you have grown, what needs to change?

The sabbatical

Every 7 years it is wise to take a Sabbatical, an extended period of time away from one's work perhaps doing different work. This allows time for reflection on one's vision and direction.

Rest, Reflect, Reconfigure, Reset and Realign... this is particularly important for us in any role as caregivers. Our spiritual health is key to our mental and physical wellbeing. Take time to rest.

Appendices

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Mental Health Self Assessments

The Perceived Stress Scale

INSTRUCTIONS: The questions in this scale ask you about your feelings and thoughts during **THE LAST MONTH**. In each case, please indicate your response by placing an “X” over the circle representing **HOW OFTEN** you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>				
2. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>				
3. In the last month, how often have you felt nervous and “stressed”?	<input type="radio"/>				
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>				
5. In the last month, how often have you felt that things were going your way?	<input type="radio"/>				
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>				
7. In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>				
8. In the last month, how often have you felt that you were on top of things?	<input type="radio"/>				
9. In the last month, how often have you been angered because of things that were outside your control?	<input type="radio"/>				
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>				

Scoring: PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items. A short 4 item scale can be made from questions 2, 4, 5 and 10 of the PSS 10 item scale. **A score of 0-13 is low perceived stress, 14 to 26 is moderate perceived stress and greater than 27 is high perceived stress.**

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BURNOUT QUESTIONNAIRE

Rate each of the 28 questions according to the following scale:

1 = never/no change 2 = rarely 3 = sometimes 4 = often 5 = always/much change

Do you:

- 1. Worry at night, have trouble falling asleep or staying asleep?
- 2. Feel less competent/effective than before or work harder yet accomplish less?
- 3. Consider yourself unappreciated or "used" on the job?
- 4. Feel tired/fatigued rather than energetic even when you get enough sleep?
- 5. Dread going to work or feel trapped in your job situation?
- 6. Feel angry, irritated, annoyed, or disappointed in people around you?
- 7. Suffer from physical complaints or frequent illness (headaches, stomach/back/neck aches, colds)?
- 8. Feel overwhelmed?
- 9. Think that sex seems like more trouble than it's worth?
- 10. See close friends and family less often?

Are you:

- 11. More forgetful (about appointments, deadlines, personal possessions) or disassociated than usual?
- 12. Always watching the clock?
- 13. Avoiding conversation with co-workers or isolating from people in general?
- 14. Rigidly applying rules without considering more creative solutions?
- 15. Increasing your use of alcohol or drugs?
- 16. Easily or automatically expressing negative attitudes especially to changes?
- 17. Absent, out sick more often, or while at work?
- 18. Unable to laugh at a joke about yourself or have difficulty finding joy?
- 19. Experiencing interpersonal conflict with co-workers/family?
- 20. Too busy to do ordinary things (making phone calls, reading, calling/contacting family or friends)?

Does your job:

- 21. Seem meaningless or filled with too many repetitive situations?
- 22. Pay too little?
- 23. Lack access to a social-professional support group?
- 24. Depend on capricious funding sources or not have enough funds to accomplish agency goals?
- 25. Lack clear guidelines or require you to deal with rapid program changes?
- 26. Entail so many different tasks that you feel fragmented?
- 27. Demand coping with an angry public?
- 28. Overload you with work, demand long shifts and frequent overtime or deny you breaks/self-monitored time-outs, lunch time, sick leave, or vacation?

Total up the numbers in the response column.....Your score: _____

WHAT YOUR SCORE MEANS

Now, place yourself on the burnout scale. Burnout is reversible, no matter how far along it is. Of course the higher number signifies that the sooner you start being more gentle with yourself, the better life will be for you.

28 – 38 You appear impressively mellow, with almost no job stress and seem practically burnout-proof.

38 – 50 You express a low amount of job-related stress and are not likely to burn out. Look over those questions on which you scored a 3 or above and think about ways you can reduce the stresses involved.

51 – 70 You seem to be under a moderate amount of stress on the job and have a fair chance of burning out. For each question on which you scored a 4 or above, consider ways you can reduce the stresses involved. If possible, take action to improve your attitude or the situation surrounding those things that trouble you most.

71 – 90 You express a high amount of job-related stress and may have begun to burn out. Consider studying stress reduction, assertiveness, and burnout prevention. Mark each question on which you scored a 4 or above and rank them in order of their effect on you— beginning with the ones that bother you most. For at least your top three, make a list of ways you can reduce the stresses involved and take action to improve your attitude and/or situation. If your body is reflecting this stress, get a medical checkup.

91 & up You seem to be under a dangerous amount of stress and are probably nearing an advanced stage of burnout. Without some changes in your behaviors, attitude, and job situation your potential for succumbing to stress-related illness is high. Consider taking classes in stress reduction and burnout prevention and/or seeking professional help.

Don't let a high score alarm you, but **PAY ATTENTION TO IT!**

Evaluate your professional and personal support system.

Know your limits, and honor them.

Learn how to ask for help when you need it, and to delegate!

Adapted by Michelle Post, MA, LMFT from Public Welfare, Vol. 39, No. 1, 1981, American Public Welfare Association.

PHQ-9 Depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?

(Use "✓" to indicate your answer"

	Not all	at Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.....	0	1	2	3
2. Feeling down, depressed, or hopeless.....	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.....	0	1	2	3
4. Feeling tired or having little energy.....	0	1	2	3
5. Poor appetite or overeating.....	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down.....	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.....	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.....	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.....	0	1	2	3

Column totals ___ + ___ + ___ + ___

= **Total Score** _____

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. For research information, contact Dr. Spitzer at rls8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

A score of 0-5 indicates mild depression; 6-10 indicates moderate depression and greater than 11 may mean severe depression.

AUDIT ALCOHOL SCREENING TOOL

1 unit is typically:

UNIT GUIDE

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)

The following drinks have more than one unit:

A pint of regular beer, lager or cider, a pint of strong /premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 175ml glass of wine (12%)

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring: 0 – 7 Lower risk, 8 – 15 Increasing risk, 16 – 19 Higher risk, 20+ Possible dependence

