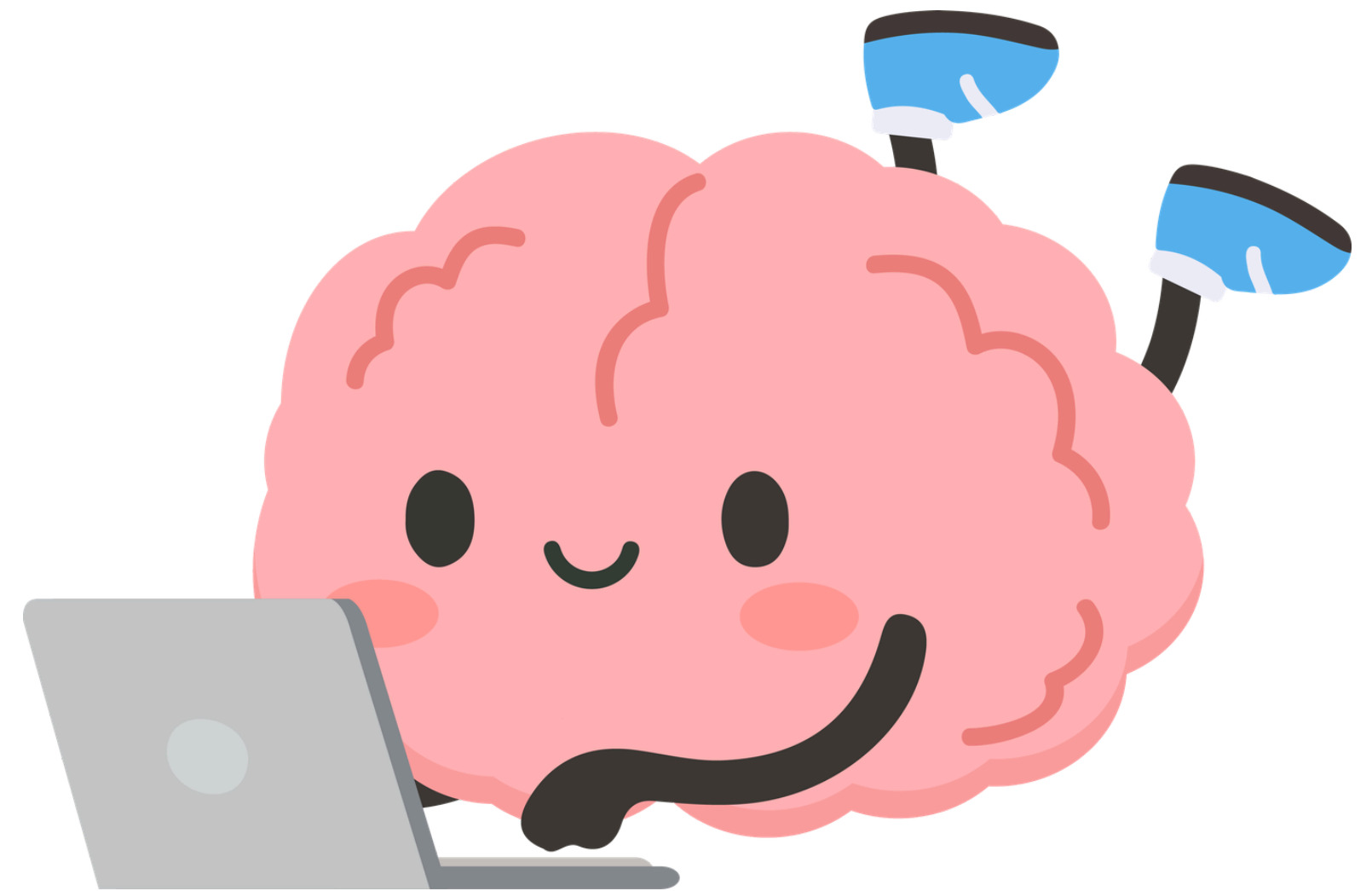
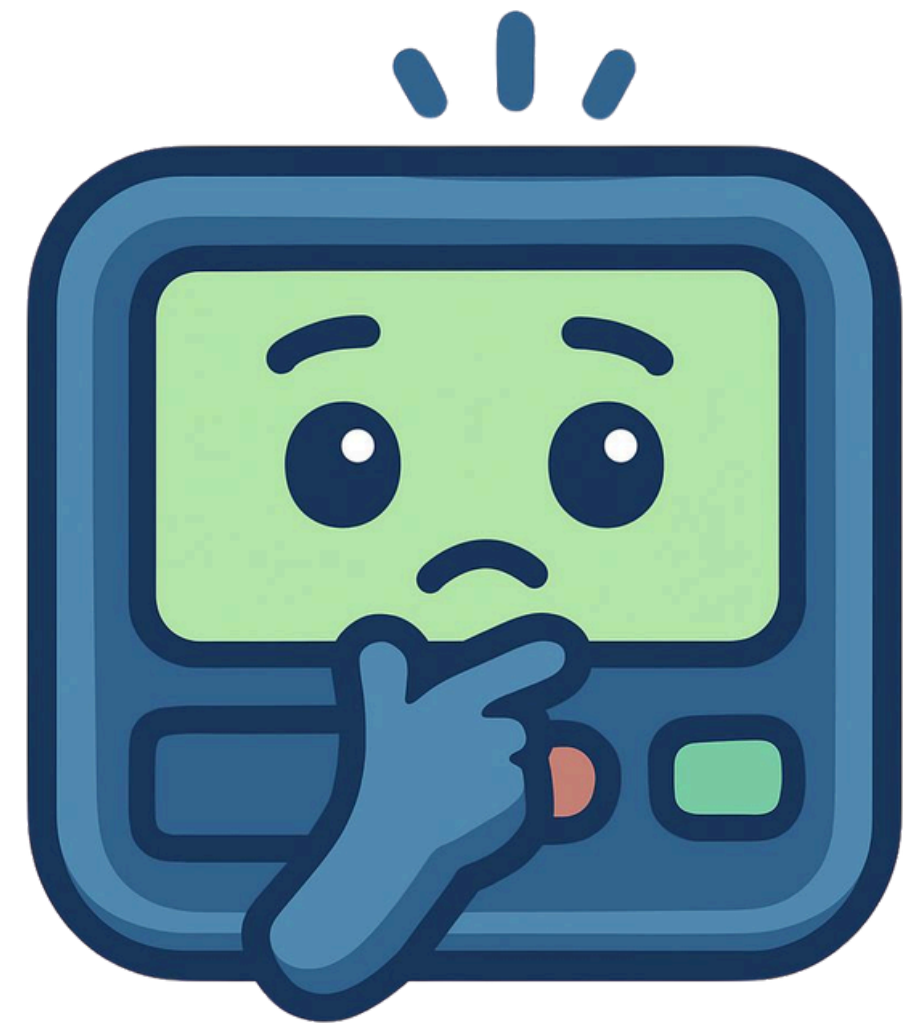


The Critical Resource is **You!**

Practical Destressing for On-Call Engineers



Who has ever been on-call?



On-call is stressful.



Responding to incidents =
acute stress.



Carrying the pager =
chronic stress.



On-call stress **starts in the body**
and **impacts our entire life.**



The most helpful tools
are both **simple**
and **hard to remember.**



Think back to a stressful
night (or day).

Think back to a stressful
night (or day).

Try this...



Think back to a stressful
night (or day).

Breathe in (4)

Hold (4)

Breathe out (8)



Let's explore
2 Modes of Consciousness
&
4 Practical Tools



Ordinary Mind



Sensory Mind



Ordinary Mind is our “Ordinary” waking state.



Ordinary Mind is our “Ordinary” waking state.

Qualities:

- Goal-Oriented
- Abstract
- Verbal
- Rational
- Sense of Time



Sensory Mind has free reign in dreaming, trances, etc.



Sensory Mind has free reign in dreaming, trances, etc.

It's rooted in:

- Direct Experience
- Sensation
- Emotion
- Timelessness



Ordinary Mind Qualities:

- Goal-Oriented
- Abstract
- Verbal
- Rational
- Sense of Time



Ordinary Mind Qualities

- Goal-Oriented

- Analytical

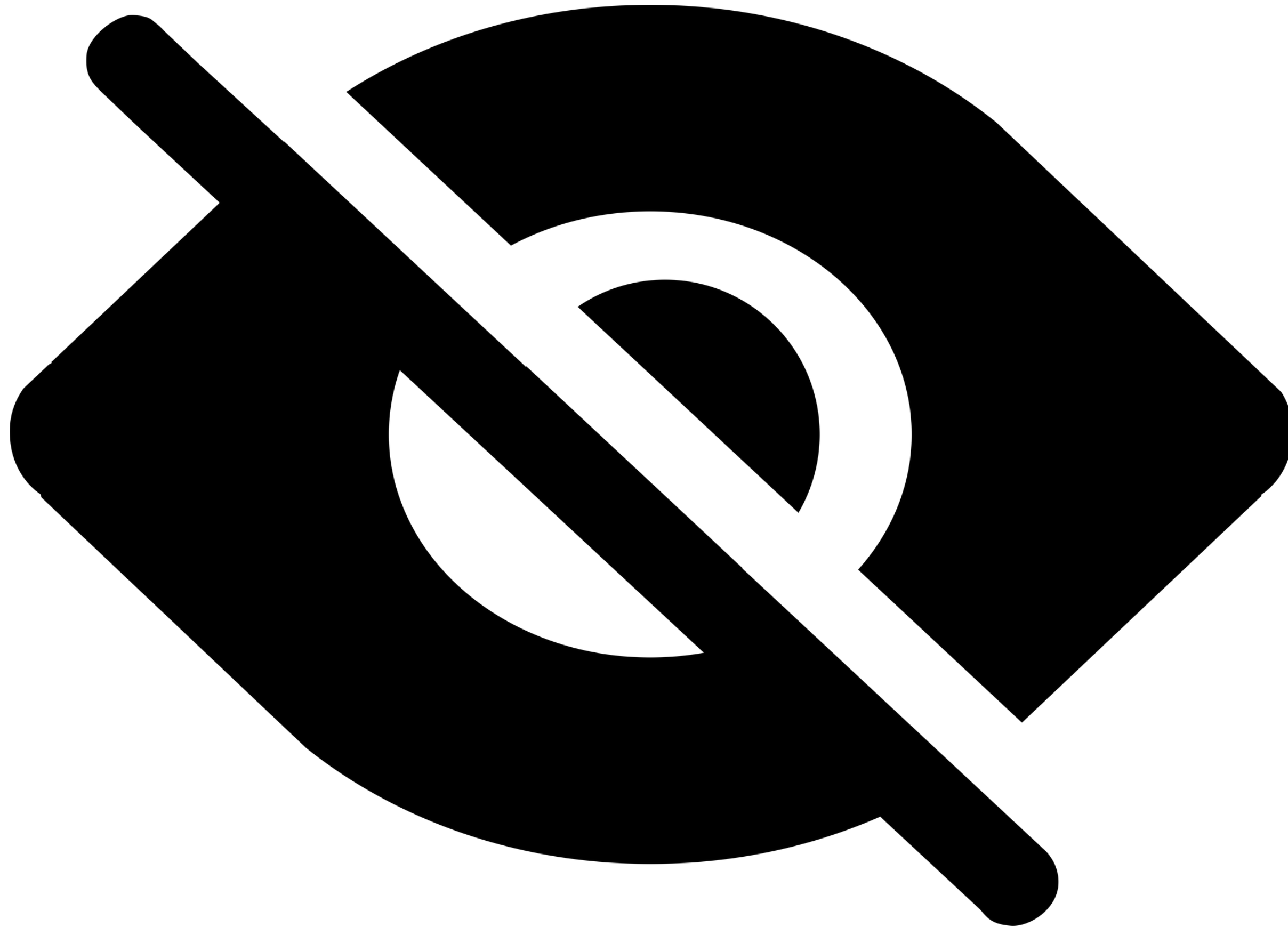
- Verbal

- Rational

- Logical

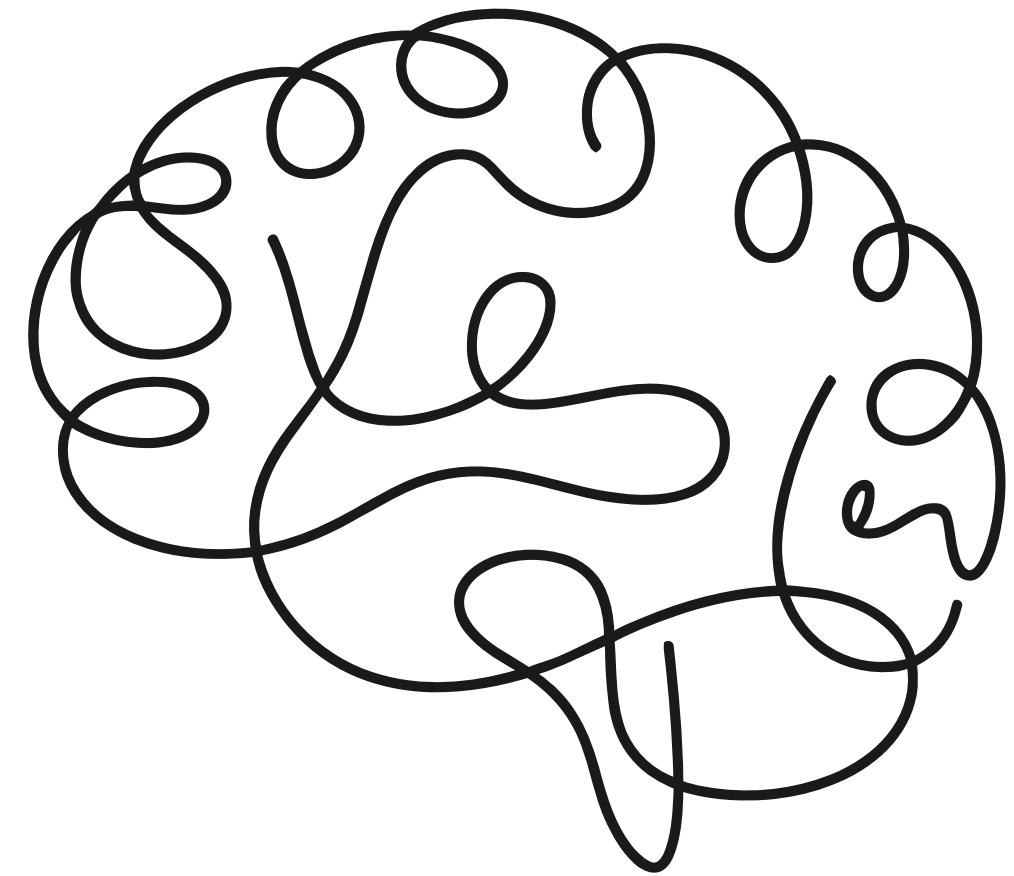
Everything
that makes you
good at your job





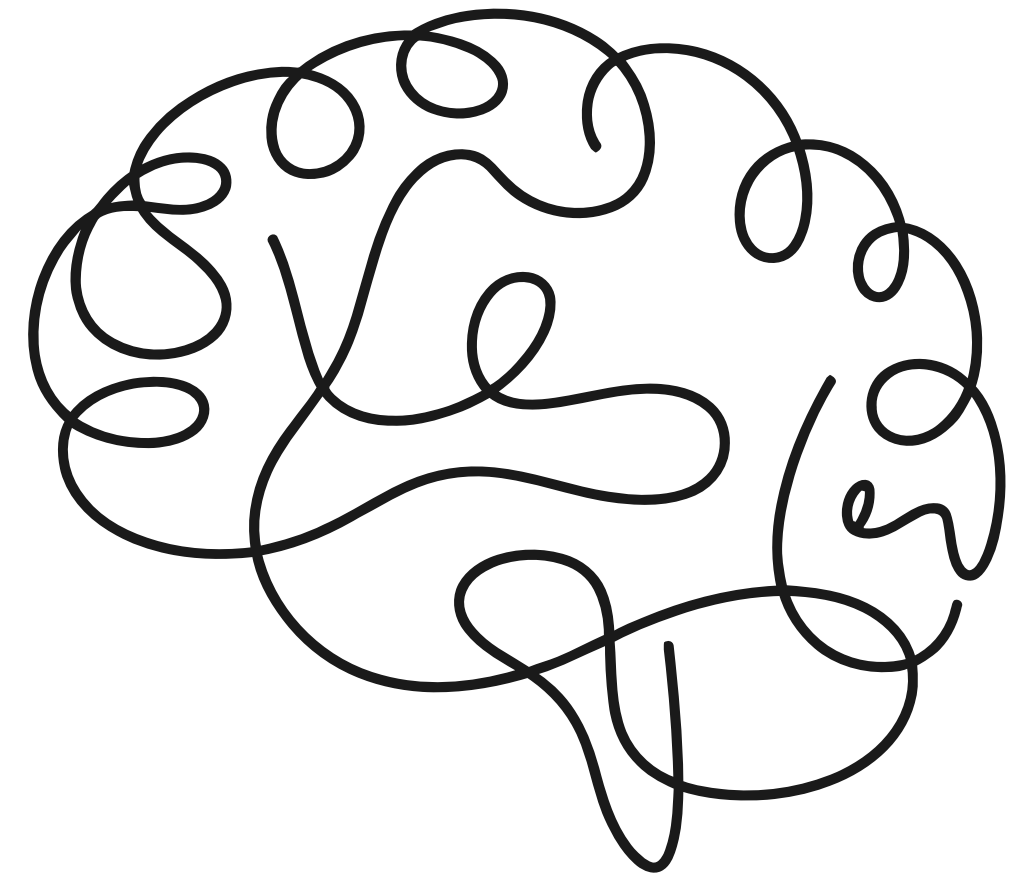


Ordinary Mind likes “rational” tools.



Ordinary Mind likes “rational” tools.

- Analysis
- Talk Therapy
- Metacognition
- etc.



The **Autonomic Nervous System** (ANS)
is key to many mental health concerns.



The **Autonomic Nervous System (ANS)** is key to many mental health concerns.

- **Anxiety**
- **Panic**
- **Depression**
- **Dissociation**



The ANS is self-correcting...



The ANS is self-correcting...
unless suppressed (blocked)
by ordinary mind.



4 tools rooted in **body intelligence**:



4 tools rooted in **body intelligence**:

Body Scan



4 tools rooted in **body intelligence**:

Body Scan

Breath



4 tools rooted in **body intelligence**:

Body Scan

Breath

Movement



4 tools rooted in **body intelligence**:

Body Scan

Breath

Movement

Boredom



Body Scan

Put ordinary attention on sensory experience.

- Head → Feet
- Feet → Head



Body Scan

Put ordinary attention on sensory experience.

- Head → Feet
- Feet → Head

When to use it:

- After an incident
- After on-call handoff
- Start/end of workday

Breath

Sympathetic → Parasympathetic

- **Longer Outbreath**
- **Diaphragmatic**
- **Extended**



Breath

Sympathetic → Parasympathetic

- **Longer Outbreath**
- **Diaphragmatic**
- **Extended**

When to use it:

- Start of incident (10s)
- When you're stuck
- Post-incident (2+ min)

Movement

Spontaneous >> Controlled

- Free-form Dance
- Shaking
- Play



Movement

Spontaneous >> Controlled

- Free-form Dance
- Shaking
- Play

When to use it:

- Post-incident (2+ min)
- End of workday
- When you're antsy

Boredom

Vacation for the ego.

- Stare at the wall
- Walk in silence



Boredom

Vacation for the ego.

- Stare at the wall
- Walk in silence

When to use it:

- Mid-day breaks
- Post-incident (2+ min)
- “Tired but wired”

Allow your system to manage itself:

Body Scan

Breath

Movement

Boredom



Stress is simply load.

It's not **good** or **bad**
on its own.



Healthy stress
expands capacity.





Practical tools for managing incident stress

Beth Adele Long
Continuous Re-integration



Free Webinar: Tuesday, April 7 @ 9am PDT

continuousreintegration.com/events