

# Welcome

To listen in **Ukrainian** or **Russian**, please select:

- Interpretation > Preferred Language

## Ласкаво просимо

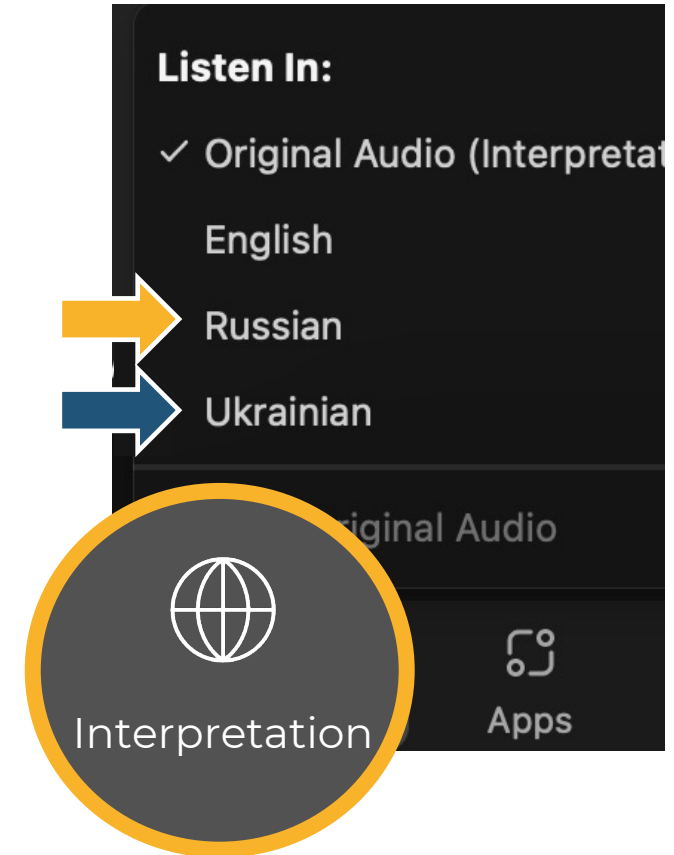
Для прослуховування українською або російською мовою, будь ласка, оберіть:

- Усний переклад
- Мова, якій надається перевага

## Добро пожаловать

Для прослушивания на украинском или русском языке, пожалуйста, выберите:

- Устный перевод
- Предпочитаемый язык



# Health: Stress and Wellbeing

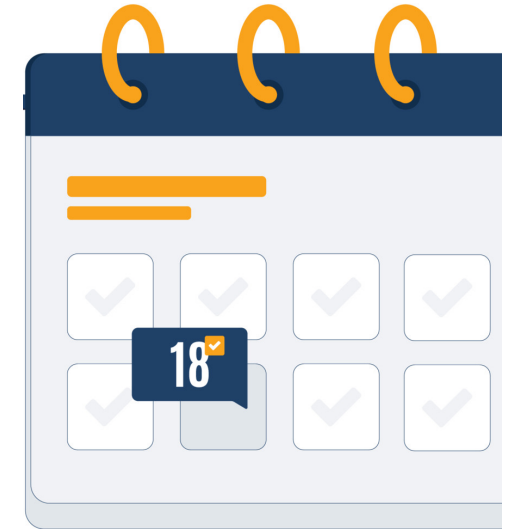
Ukrainian Support Convening Sessions

Hosted by Solvera Consulting, in partnership with California  
Department of Social Services' Refugee Programs Bureau



# Upcoming Convening Sessions

- On Mondays, 10:00-11:00am via Zoom
- Through September 2024
- Special HAU Program Review Session on July 30th for providers only. Register at [bit.ly/HAUReview](https://bit.ly/HAUReview)



Date	Topic	Designed For
Aug 5	Navigating Critical Situations: Abuse	UHPs & Sponsors (*English, Ukrainian, Russian)
Aug 26	Employment: Career Pathways	UHPs & Sponsors (*English, Ukrainian, Russian)

*Additional sessions on CPS, CellEd, and other topics coming*

# Expectation Setting



## Topics

- ✓ Understanding stress
- ✓ Effects of stress
- ✓ Coping strategies for stress
- ✓ Detected stress in your children
- ✓ What to expect

*Will receive PPT (in-language) + links after*



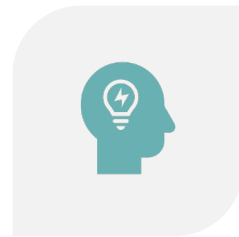
## Not Covered

- x Personal details
- x All situations
- x Topics like immigration status, HAU, specific cases
- x Enrolling in public benefits (CalWORKS, RCA, CalFresh, WIC)

# Session Reminders



Mute



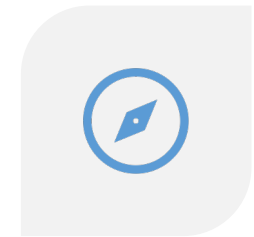
Select  
preferred  
language



Upvote  
Questions



Live Q&As



Survey

# Who you are hearing from today



# **Tatiana Shevchenko**

MA, MDR, social worker and protective services specialist



# Outline of Session Topics

1

**Stress-related  
damages of  
physical and  
mental health**

2

**Healthy and  
unhealthy  
coping  
strategies**

3

**How to see if  
your children  
are affected  
by stress**

4

**Helping  
yourself to  
deal with the  
stress**



# Stress and Effects on the Body

*Stress-related damages to health*

# Stress and Stressors



**Stress:** a response to events that are threatening or challenging.

**Stressor:** an event that causes stress

Stress is a psychological and physiological response to a perceived or real danger or demand in our life. This is an automatic body reaction that is **beneficial** for immediate, short-term situations.

This body reaction

- Can help cope with potentially serious situations
- Acts to protect your survival
- Helps you to stay focused, energetic, and alert
- In emergency situations, can save your life

# Good Stress and Bad Stress

Good stress helps us to achieve something or is a natural component of happy moments.

Non-stop or prolong stress causes more harm than good.

- Chronic stress can lead to major problems in:
  - Health (physical condition)
  - Efficiency in daily life
  - Relationships: intimate, family, relatives, friends, and at work
  - Mood (mental condition)
  - Overall quality of life

# The Body Responses to Stress

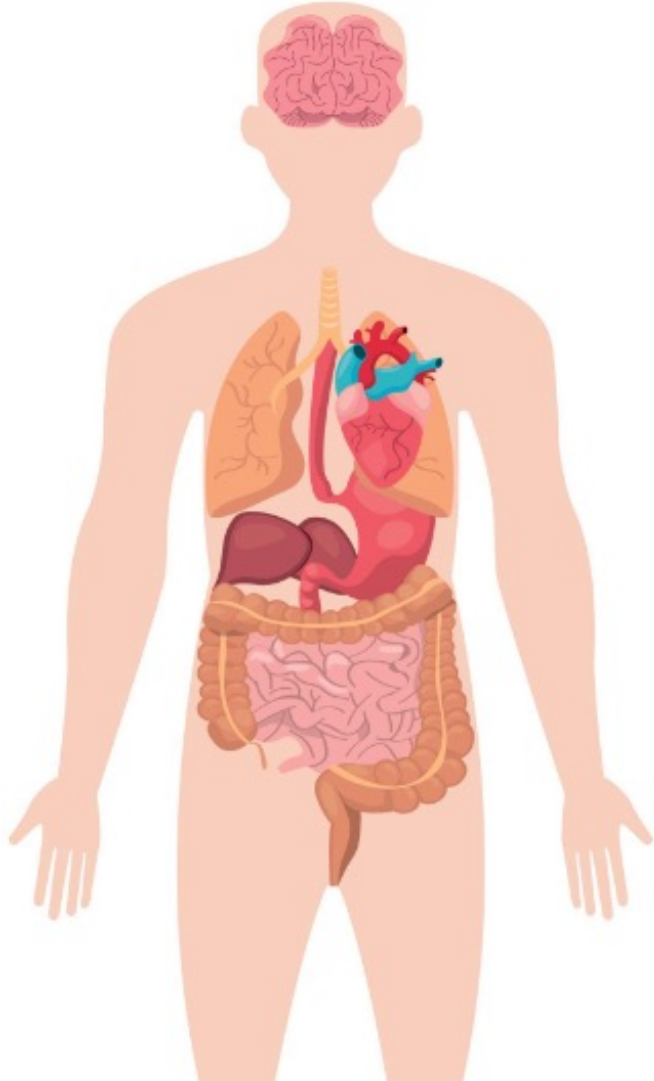
**Acute stress:** body increases stress hormones: adrenaline, noradrenaline and cortisol to prepare to respond.

**Chronic stress:** experiencing stressors over a prolonged period, can result in an exhaust of physical and mental abilities.

It's not what chronic stress does to the nervous system, but what continuous activation of the nervous system that triggers physical reactions, does to other systems.



# Stress causes all systems to **work harder**



The heart to beat faster

The respiration rate to increase

Adrenal glands increase the production of cortisol.

Cortisol increases the level of energy fuel available by mobilizing glucose and fatty acids from the liver.

During a stressful event, an increase in cortisol can give your body the energy to run from danger.

The liver produces more glucose, for body to have an extra energy.

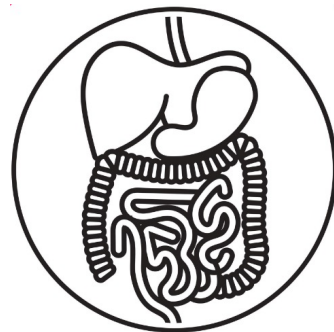
Chronic stress can be linked to the future development of numerous physical and mental health conditions, including chronic fatigue, metabolic disorders (such as diabetes, obesity), depression, and immune disorders.

<https://www.apa.org>

# Negative physiological effect of severe stress

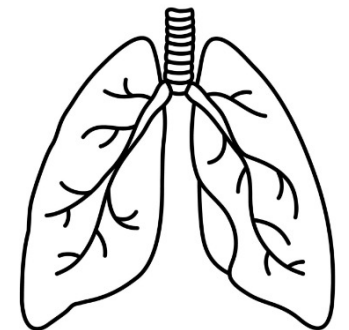
It affects **digestive system**:

eating more food, or starving, experiencing acid reflex, vomiting, developing ulcers or severe stomach pain even without ulcers, disfunctions in ability to process food: diarrhea or constipation



It affects **respiratory system**:

intensified breathing to quickly distribute oxygen-rich blood, may worsens preexisted conditions such as emphysema or asthma, may cause rapid breathing, hyperventilation and panic attacks in some people



# Negative physiological effect of severe stress

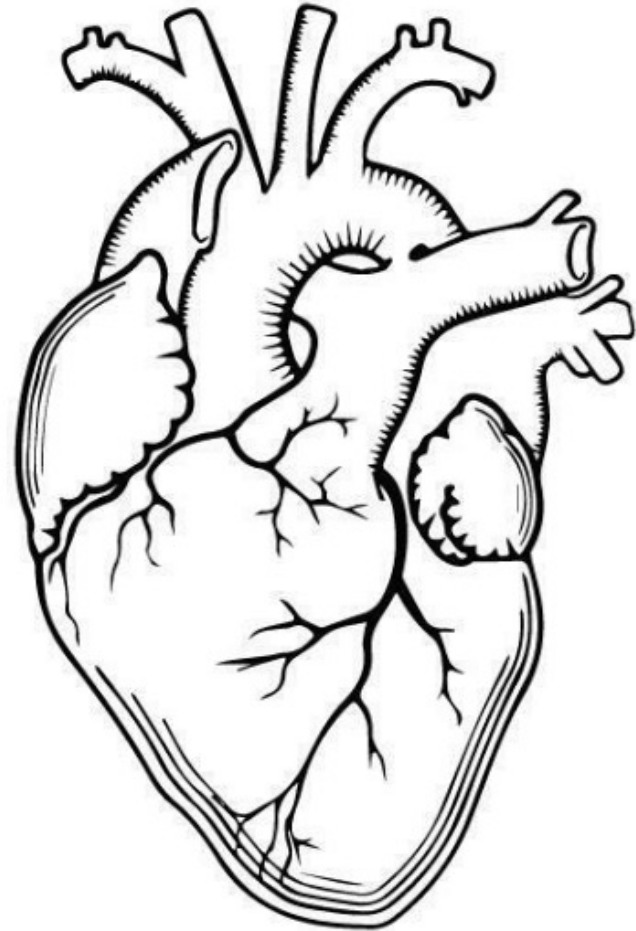
It affects **cardiovascular** system:

Acute stress causes an increase in heart rate and stronger contractions of the heart muscle. Chronic stress can contribute to long-term problems for heart and blood vessels. The consistent increase in heart rate, and the elevated levels of stress hormones and of blood pressure increase the risk for hypertension, heart disease, or stroke.

Repeated acute stress and persistent chronic stress may also contribute to inflammation in the circulatory system, particularly in the coronary arteries, and increase a risk of heart attack.

It is not safe for **muscular** system:

muscles stay tense, cause bodily pain and headaches



It affects **reproductive** system:

In males: chronic stress over an extended period of time, can affect testosterone production resulting in a decline in sex drive or libido, and can cause erectile dysfunction or impotence.

In females: may cause absent or irregular menstrual cycles, more painful periods and changes in the length of cycles, decreased libido, decreased fertility and problems during pregnancy, cause mood swings, and if stress is during the menopause, it can also increase all physical symptoms and cause uncontrolled anxiety, mood swings and feelings of distress.



# Negative physiological **effect of severe stress**



It affects **immune** system:

While acute stress stimulates the immune system, and is helpful for immediate situations, such as it can help to avoid infections and heal wounds, **chronic** stress weakens the immune system, increases susceptibility to viral illnesses like the flu, common cold, and other infections, and increases time to recover from illness or injury.

# Stress affects your **cognition and emotions**

## Thinking:

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

## Emotional:

- Uneasiness, general unhappiness
- Anxiety
- Agitation or anger
- Moodiness, irritability
- Feeling overwhelmed



# Stress and Immigration

Get connected: it's important to avoid isolation and have social support.

Be open to new experiences and try to understand new culture.

Speak English as much as possible. Don't be afraid to make mistakes, your English doesn't have to be perfect!

Suspend judgement on things that are new, they may be different than you are used to, but they are not necessarily "good" or "bad".

Stages of cultural adaptation:

- Honeymoon: feelings of excitement, optimism and wonder often experienced when one enters a new environment
- Crisis: feelings of confusion, frustration, homesickness
- Recovery: understanding and re-adjusting to new environment
- Adjustment: love your new home

# Dealing with Stress

*Different ways of coping with stress*

# Common coping strategies



## Destructive:

- Avoidance: avoiding the source of stress altogether.
- Denial: refusing to acknowledge the source of stress or its impact.
- Self-medication: using alcohol, drugs or medications to adapt to pressure.

## Constructive:

- Counting your blessings.
- Engaging in positive activities: volunteering, helping others, go to the gym, etc..
- Seeking for more information on how to deal with the situation, asking for help.

# Stress and Children

*Supporting your child(ren)'s stress management*

# Children and stress

**1- 3 years old:** regression, may stop talking or not talking at all, may become too dependent on you, or acting too independent

**3-5 years old:** may blame themselves for the circumstances, feel confused or afraid, have nightmares or irrational fears

**6 -12 years old:** may have lack of energy to do things, ongoing problems in school, such as expressing themselves through strange behavior, not listening to the teacher, talking to themselves, difficulty making friends

**13-18 years old:** may feel hopeless, that things are out of control, may feel like they are so different from others, like nobody understands, may have school problems, express fear, unhappiness, anxiety, denial, or trouble getting close to others, may develop suicidal behavior



# What you, as a caregiver, can do to help



**0-3 years old:** create a daily routine and stay with that, create stable and predictable life, be calm and friendly.

**3-5 years old:** encourage the child to express feelings during play, do not criticize, provide ways for the child to remember the places/or people, stay with daily routine, create stable loving environment.

**6-12 years old:** encourage the child to talk about **his**/her feelings, and don't be judgmental, talk about previous trauma (loss) with clear information to reduce his/her feelings of responsibility or guilt, identify values as "this is the way we do it" rather than "this is the right way".

**13-18 years old:** be open and honest when they asks questions, encourage him/her to talk about **his**/her feelings, involve them whenever possible, in making decision about his/her future

No matter how tired you are, please make yourself available to talk calmly and friendly with your children, no not hide your tears, but explain to them it is not their fault you feel stressed, tired, overwhelmed or sad.



# Stress and Helping Yourself

*Self-management of stress and resources*

# What you can do to help yourself

**Learn to say “No”**, life is demanding, decide on what is more important to you and learn to resist the temptation to do more than needed.

Exercise: anything is better than nothing.

Get enough sleep, and the world can wait if you need some rest.

Meditate: doing repetitive tasks brings you on a state that calms down the mind and body: knitting, cooking, ironing, you name it.

Connect with nature as much as you can.

Seek information about all your questions, from professional resources!

Help others, do something good for those around you, say good words, and smile!



# Your resources: California and Nationwide

## Healthcare and “how to get help” information:

California Healthcare Department

<https://www.dhcs.ca.gov/Language-Resources/Pages/Ukr-home.aspx> in Ukrainian

<https://www.dhcs.ca.gov/Language-Resources/Pages/Rus-home.aspx> in Russian

Nationwide:

If you need to locate any services in your area, call 211

Crisis line to get supported: call 988 or visit <https://988lifeline.org/language-russian/> in Russian

## How to help children to overcome traumatic experiences:

[https://childmind.org/wp-content/uploads/2022/02/CMI\\_Guide\\_Trauma\\_2022\\_Ukrainian\\_edited.pdf](https://childmind.org/wp-content/uploads/2022/02/CMI_Guide_Trauma_2022_Ukrainian_edited.pdf) in Ukrainian

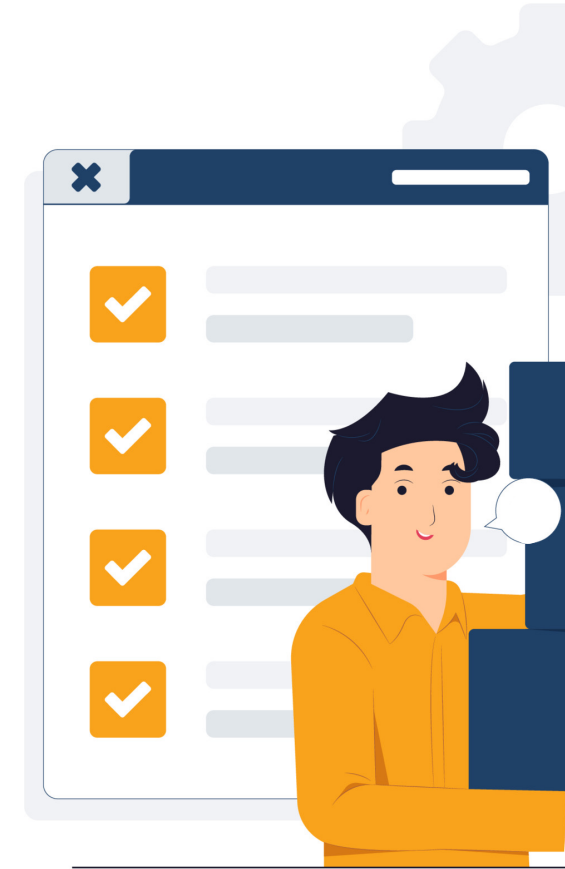
[https://childmind.org/wp-content/uploads/2022/03/CMI\\_Guide\\_Trauma\\_2022\\_Russian\\_R1.pdf](https://childmind.org/wp-content/uploads/2022/03/CMI_Guide_Trauma_2022_Russian_R1.pdf) in Russian

<https://www.anxietycanada.com/free-downloadable-pdf-resources/>

# Next Steps

After this session you will receive:

- ✓ The slide deck
- ✓ Referenced links
- ✓ Survey to provide feedback on today's session
  - Ask additional questions
  - Suggest future topics



# Question & Answers





# Complete a **Feedback Survey** & Request **Future Session Topics**

Email the hosts: [UHPinfo@solveraconsult.com](mailto:UHPinfo@solveraconsult.com),  
[RPBTTAU@cdss.ca.gov](mailto:RPBTTAU@cdss.ca.gov)