



Stress and Environmental Contamination: Tips and Tools from ATSDR

Fact sheet: <https://go.usa.gov/xn8Mn>

**Webinar
10/10/2018**

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Question for participants

How often do community members tell you they are stressed or worried about environmental contamination?

- A. Often
- B. Sometimes
- C. Rarely
- D. Never

Today's take-aways

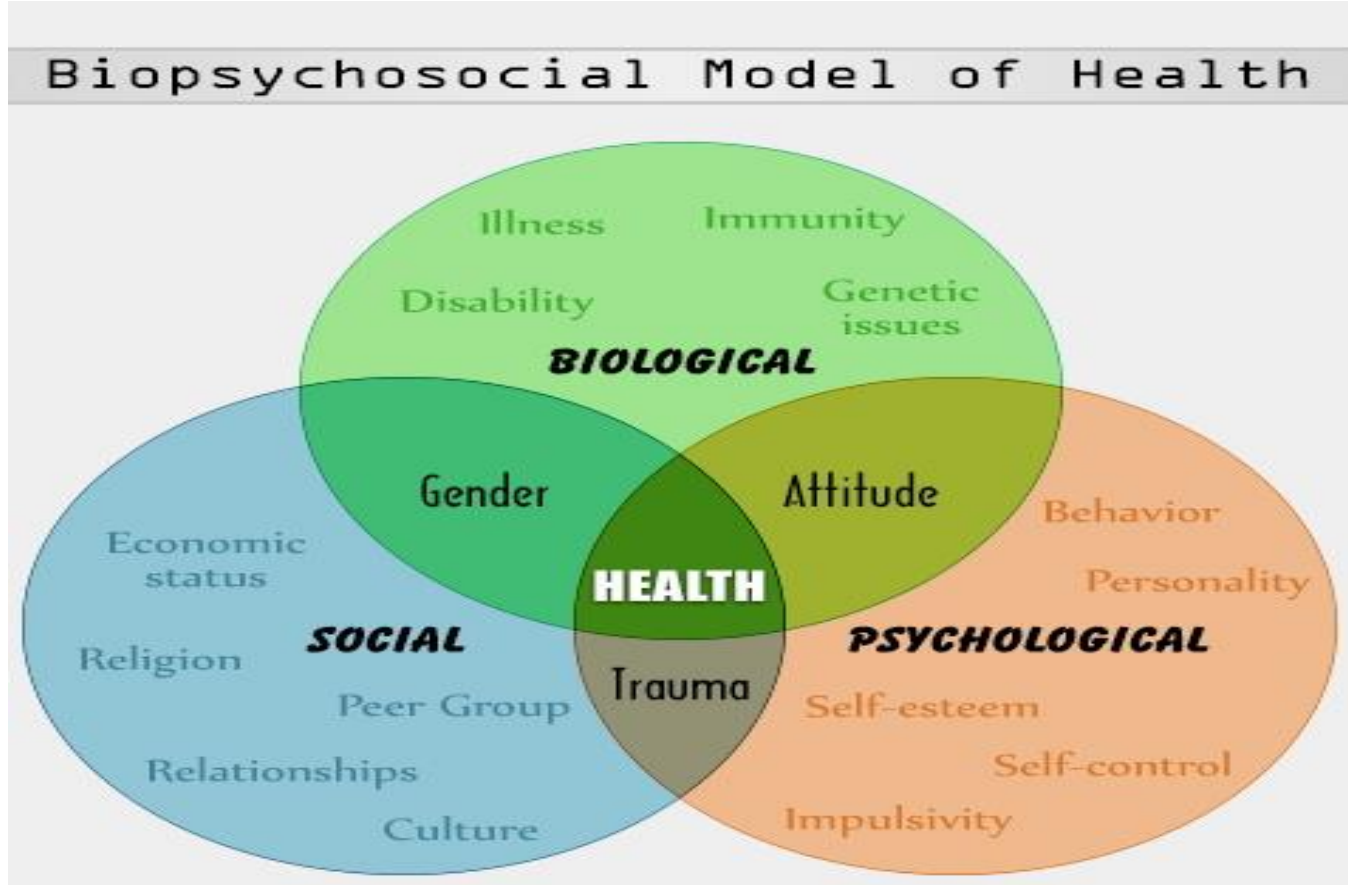
- Environmental contamination can cause stress
- Long term stress can harm people's health
- Consider using ATSDR's new stress fact sheet in conversation with community members
- Read the "Tips sheet" to prepare
- Environmental health professionals can use stress reduction techniques on the job

Overview of stress and environmental contamination

What is stress?

- Stress – a feeling of strain or pressure.
- Psychological Stress – emotional and physiological reactions experienced when someone judges a situation to be beyond their ability to cope.
- Psychosocial stressors – factors which can cause stress in social settings are: personality types, education, socioeconomic status among other things.

What is stress?



Physical aspects of stress

- Stress response is the body's method of reacting to a threatening or overwhelming encounter.
- A stress response can make one go into a fight-flight-or freeze mode.
- Stress has a powerful impact on how your body's systems function.

Psychological aspects of stress

- Change in behavior (e.g., increased impulsivity)
- Change in personality
- Change in ability to perform everyday tasks
- Loss of self-esteem

Social aspects of stress

Stress can be engendered by one's:

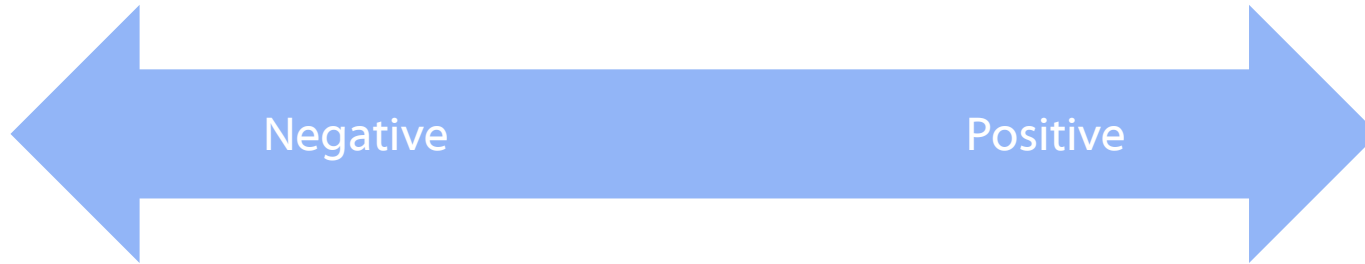
- social status (perceived)
- economic status
- our cultural background

Stress modifiers

- It is thought that one's gender plays a role in our biological, social, and psychological behavior towards stress.
- Stress is experienced in different ways in each individual.
- Some people can have an extreme stress reaction.
- Your overall health and your overall attitude will determine how you handle stress and how you cope with everyday “living” when a perceived stressful situation comes your way.

Directional nature of stress

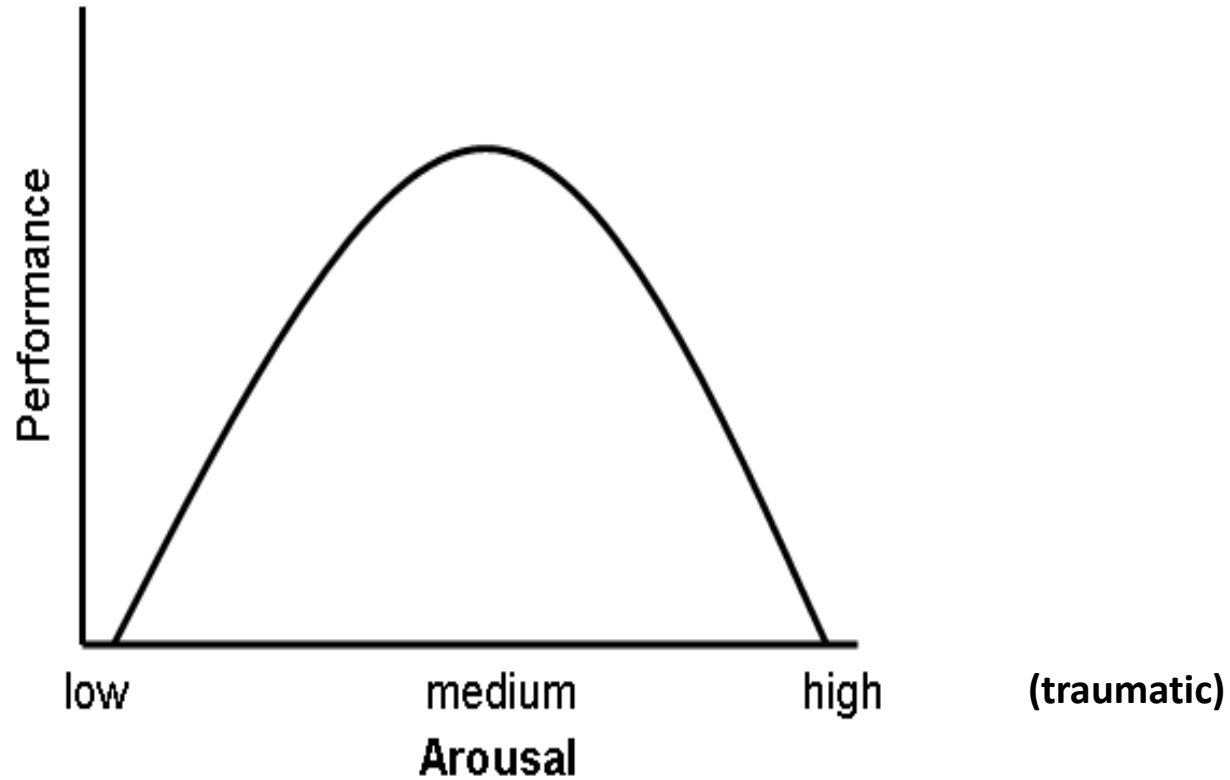
Stress can be experienced in either a negative or positive direction.



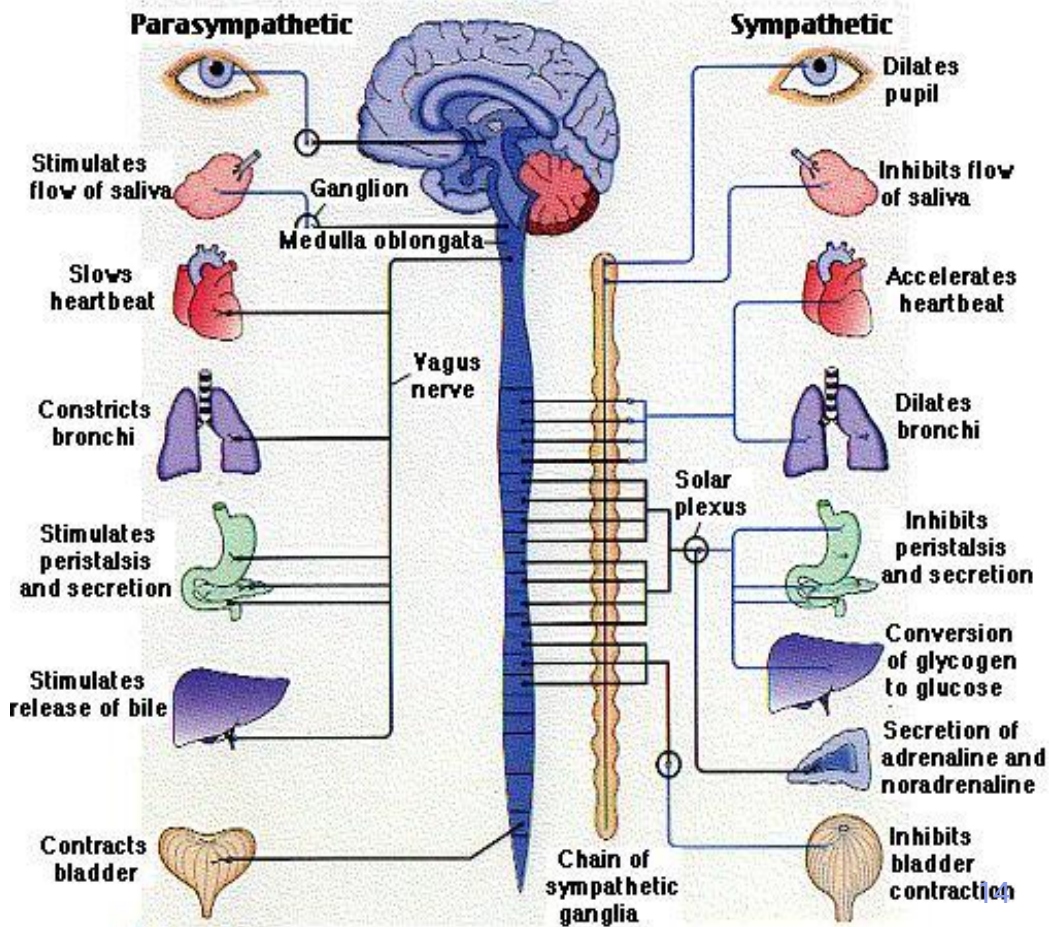
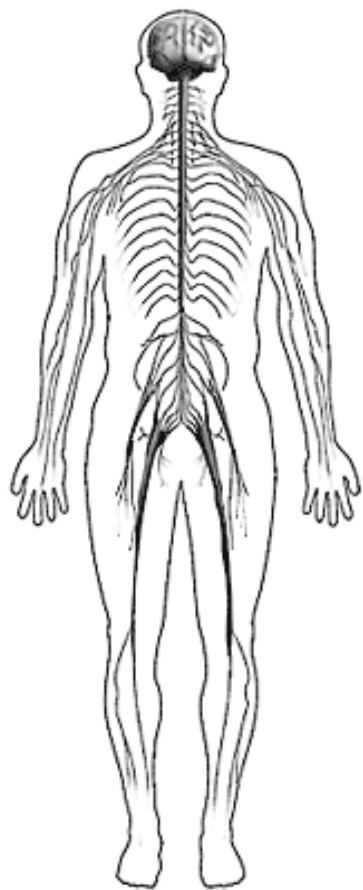
Types of stress

- Acute stress: Short-term stress conditions of varying degrees of intensity (Gibbons, Hickling, & Watts, 2012).
- Chronic stress: Long-term stress conditions of varying degrees of intensity.
- Traumatic Stress: Levels of stress high enough to overwhelm most people.

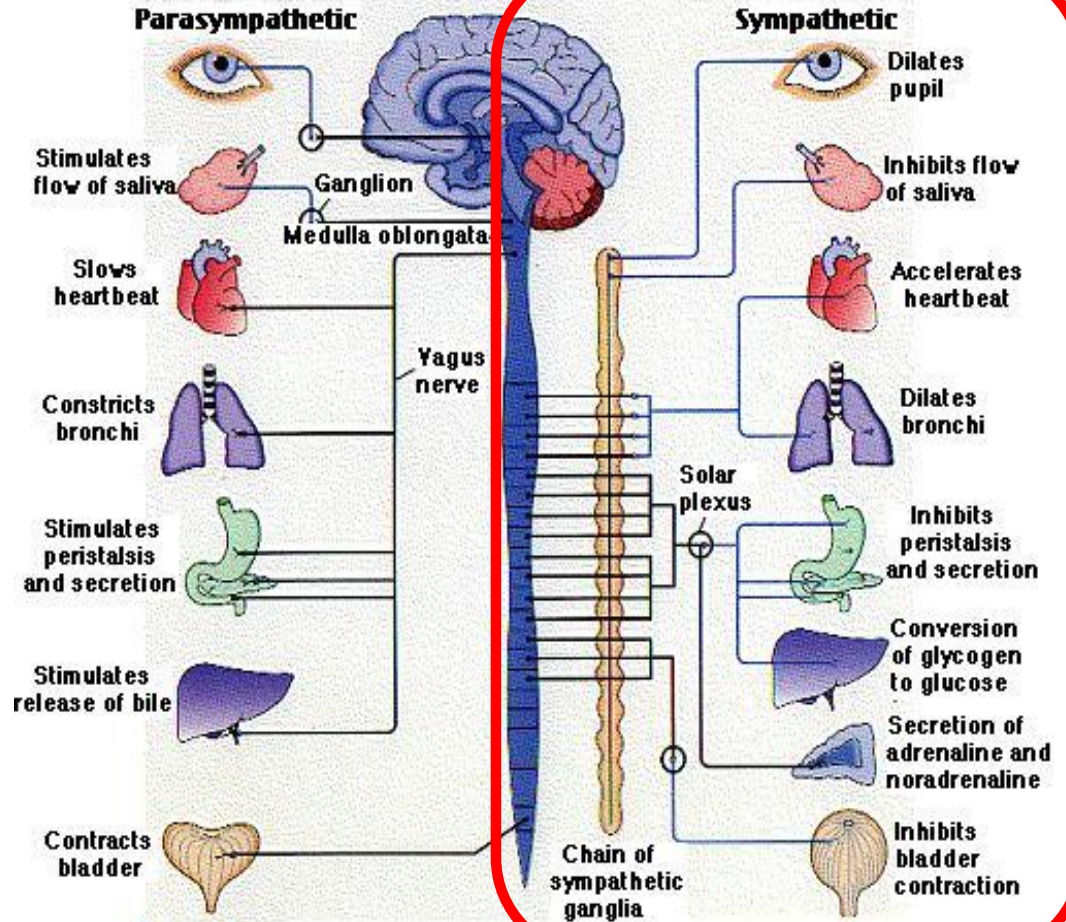
Stress effects on performance



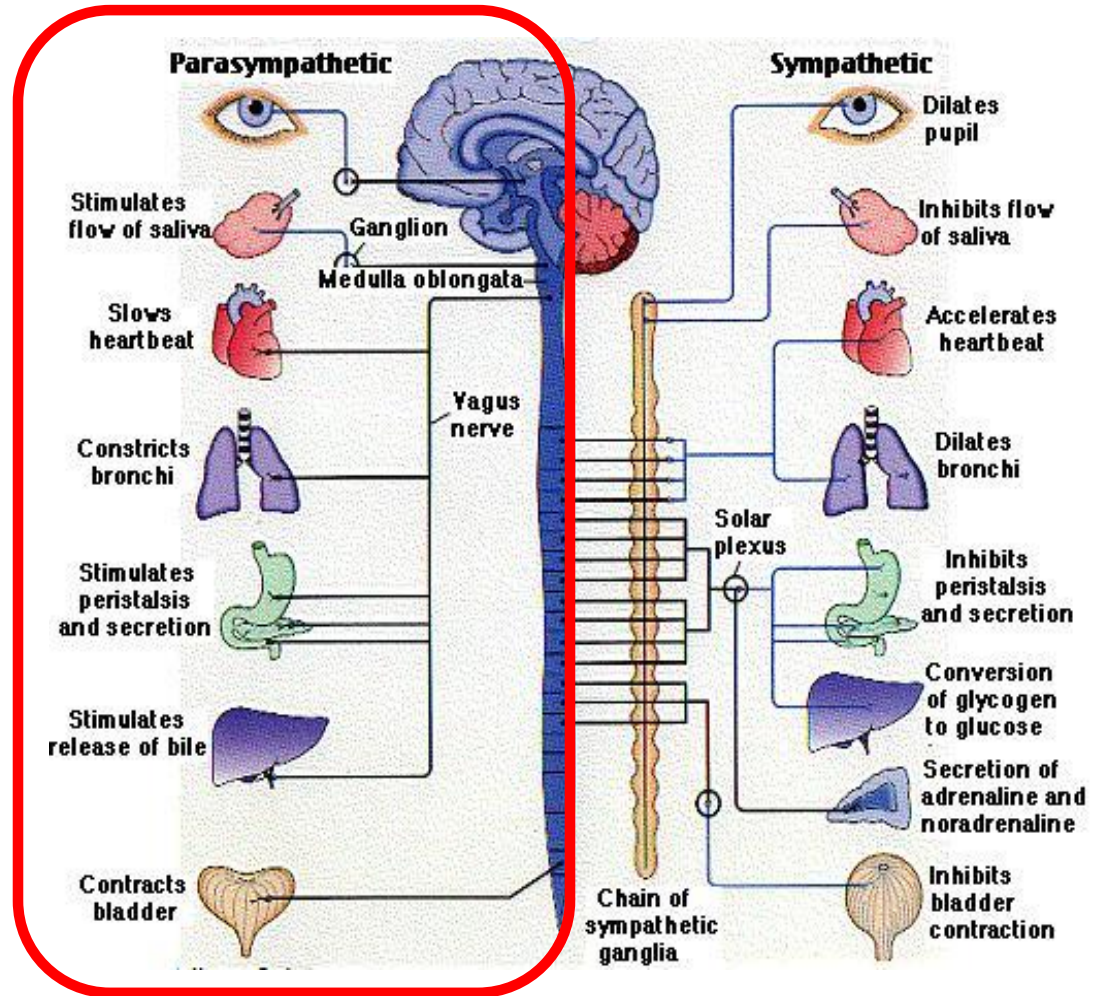
The nervous system controls our body's response to stress



Body's reaction to stress is controlled by the sympathetic nervous system



Body's recovery from stress is controlled by the parasympathetic nervous system

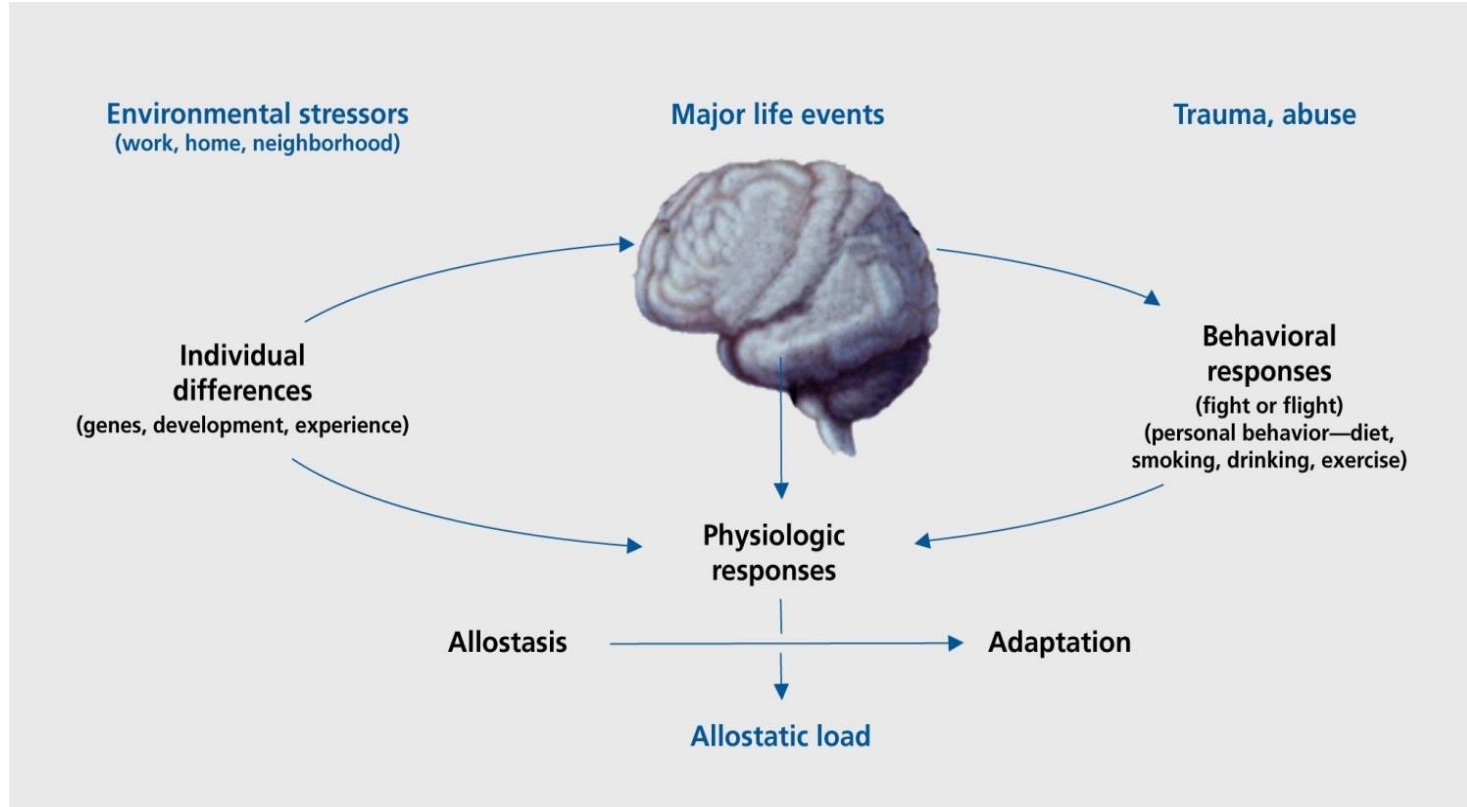


Allostatic load theory of stress

Allostasis: The process of maintaining stability (or homeostasis) through change (Sterling & Eyer, 1988).

Allostatic load is the “wear and tear on the body that grows over time when the individual is exposed to chronic stress. It represents the physiological consequences of chronic exposure to heightened neuroendocrine response that results from chronic stress” (McEwen, 1998).

The interpretation of stress



(McEwen & Tucker, 2011)

Health effects from chronic stress

Include

- Contribution to risk of hypertension and coronary artery disease
- Flares of inflammatory autoimmune disorders
- Triggering of GI conditions such as irritable bowel disorder

Rationale for addressing psychosocial stress

- Perceived or known exposure to environmental contamination near hazardous waste sites may lead to chronically elevated stress in some members of these communities.
- These conclusions are based on a body of scientific studies on acute chemical spills and chronically exposed communities near hazardous waste sites as well as repeated concerns expressed by some impacted communities.

Common causes of chronic stress in communities: Psychosocial stressors from chemical exposure

- Uncertain risks to health from potential or documented exposures
- Invisibility of exposures
- Latency of health effects
- Community turmoil over the degree of threat posed by exposure
- Feelings of alienation from others
- Concerns over economic loss
- Feelings of loss of control over daily life
- Frustration over the lengthy clean-up process

Incomplete and highly technical information are stressors in disasters



Public uncertainties related to possible exposures

- Uncertainty about past exposures
- Unknown present exposures
- In case of chemical accidents, evacuation uncertainty
- Where does the boundary of the contamination exist?
- If exposed, how much of a dose
- How to deal with an exposure
- Financial uncertainty

Scientific uncertainty as a stressor

- The invisible nature of most hazardous substances lead to cognitive uncertainty.
- Both sensory invisibility and difficulty understanding technical data about possible exposures can make appraisal of the real degree of threat difficult for communities and renders adaptation to the threat prolonged and uncertain.
- Scientific uncertainty in health assessments can at times make a definitive answer about health risk difficult to communicate.

ATSDR's "Coping with stress" fact sheet

Background: State and local stress and environmental contamination fact sheet examples



Stress and Worry: A Normal Response to Potential Environmental Exposures

This fact sheet covers:

- Why potential environmental exposures are so stressful
- Psychological and emotional stress among Portland residents
- Signs that stress management assistance is needed
- What you can do to ease the stress
- Resources for you and your health care provider

It is **normal to experience stress and worry** if you believe you or your family may have been exposed to environmental contamination. Stress can take a toll on your quality of life and emotional and physical well-being.

Persistent stress may lead to serious health problems, such as depression, chronic anxiety, and posttraumatic stress disorder.

Why are potential environmental exposures so stressful?

- **Feeling unsafe at home**
 - It is very important for people to feel safe in their homes. Potential environmental contamination near or in the home may create deep-seated feelings of anxiety and helplessness.
- **Fear for health of loved ones, especially children**
 - Parents want to protect their children from anything that may cause them harm. Exposure to contamination that parents have little or no control over may cause them to feel unable to fulfill the very important role of creating a healthy environment for their children.
- **Uncertainty**
 - The health risks from exposure to environmental contaminants over time are often difficult to define. This uncertainty makes it hard for individuals to decide how real a threat is and makes choosing protective action very difficult.
 - The invisibility of these toxic exposures contributes significantly to the uncertainty. Exposure to contaminants may result in effects years or decades later. The uncertainty of when or if there will be effects makes it more difficult for the affected individual to have a sense of closure.

February 16, 2016

Los Angeles County's Response to Contamination from Exide: FIND | CLEAN | INFORM

FREQUENTLY ASKED QUESTIONS (FAQ) ABOUT

STRESS

Operations at the former Exide battery recycling plant in Vernon released harmful levels of lead and arsenic into surrounding communities. To protect the public's health, specially-trained workers are cleaning affected homes and yards in these areas. It's normal to feel stress, anxiety, and fear during this time. This sheet lists actions you can take to help yourself deal with these feelings.

1. Be aware of your stress.

- Stay informed. Look to trusted sources for the latest information
- Stay focused on your personal strengths
- Keep up with your daily routine
- Make time to have fun and relax

2. Prepare yourself and your family.

- Attend community meetings for resources/education
- Give honest age-appropriate information to children
- Learn more about local medical and mental health resources in your community
- Stay calm since kids look to adults to understand confusing events

3. Connect with your community.

- Keep contact with family and friends
- Join a community or religious group
- Accept help from family, friends, co-workers, and clergy
- Reach out to neighbors and friends that may need your help

4. Reach out and help.

- Get involved in the recovery process. Helping others heal can help you heal too
- Find a charity or volunteer organization near you
- Find out what's needed and how you can be of most help
- Ask friends and family to get involved with you

If you or a loved one are having a hard time coping with this event, call:

**Los Angeles County Department of Mental Health
Access Center 24/7 Helpline 1-800-854-7771**

For More Information

Los Angeles County,
Department of Public Health
www.publichealth.lacounty.gov/eh/exide

1-844-888-2290

www.bloodleadtesting.com

California Department of
Public Health

1-844-225-3887

www.dtsc.ca.gov/HazardousWaste/Projects/UpdateExideSuspension.cfm



LOS ANGELES COUNTY HEALTH AGENCY
EH-04-0043-01 (2/2/2016)



Fact sheet (page 1)

- Validates stress as normal
- Defines stress
- Explains why environmental contamination can cause stress

Coping with the stress that environmental contamination can cause

Environmental contamination in your community can disrupt life as usual. Feeling stress is a normal reaction to this unusual situation.

This fact sheet discusses some reasons people feel stress about environmental contamination, what you can do to support your health if you feel stress, and who to contact if you need help dealing with stress.



Stress is your body's natural reaction to any kind of threat that disrupts life as usual.

While not all stress is bad, ongoing stress can lead to mental and physical health effects.

Environmental contamination can cause stress for several reasons.

You may feel unsafe at home.

You may worry that your home and neighborhood are unsafe.

■ **You may fear for your children's health.**

If you have little or no control over possible harmful exposures, you may feel you can't protect your children from harm.

■ **You may feel uncertain about your present and future health.**

It's often not easy to spot or measure health effects from exposure to environmental contaminants. Sometimes people exposed to contaminants don't show health problems until years later. Sometimes exposure is at levels that will not cause harm. You may feel like you can't protect your health or gain closure because of these uncertainties.

■ **Your family and community may have conflict.**

Family and community members may disagree about how serious the environmental contamination is and what to do about it.

■ **You may feel frustrated by the long investigation.**

Investigating environmental exposure and health risks, as well as cleaning up contaminated areas, can take years. Waiting can be stressful, especially if you are worried about your family's health.

■ **You may lose trust in government, community leaders, organizations, and businesses.**

You may lose trust in people or organizations that caused the problem or could have prevented it. You may also worry that you are not getting the information you need to protect your health.

■ **You may have financial concerns.**

If you are a property owner, you may fear that environmental contamination will lower your property value.

Participant question

Do these reasons resonate with your experience working with community members affected by environmental contamination?

- A. Yes, you hit the nail on the head
- B. Most of them
- C. A few of them
- D. Nope, these are totally off base

Participant question

Can you think of a community or site where environmental contamination has caused stress? If so, type it into the question pod.

Fact sheet (page 2)

- Suggests ways to cope
- Notes common signs of stress
- Lists resources for people overwhelmed by stress

There are ways to cope with the stress that environmental contamination can cause.

Inform yourself and your family

- Stay informed about the environmental contamination using trusted sources of information.
- Talk with your children. Help them understand the situation using simple, factual statements appropriate for their age.
- Learn about resources in your community to help you cope with stress.
- Learn what steps you can take to avoid or reduce exposure to harmful chemicals.

Connect with your community and help out

- Tell your story. Listen to others' stories.
- Find out what people need and how you can help.
- Get involved in the response to the contamination.
- Join or start a community group.

Take care of yourself

- Continue your healthy, regular routines. Make time to eat well, exercise, have fun, and relax.
- Focus on your personal strengths.
- Connect with family and friends.
- Watch for signs of stress (see box).

Some common signs of stress

Your behavior <ul style="list-style-type: none">■ Change in your energy and activity levels■ Trouble relaxing or sleeping■ Start or increase use of alcohol, tobacco, or drugs	Your emotions Feeling <ul style="list-style-type: none">■ Nervous, anxious, or fearful■ Irritable and angry
Your body <ul style="list-style-type: none">■ Stomachaches or diarrhea■ Headaches and other pains	Your thinking Problems with <ul style="list-style-type: none">■ Memory■ Confusion



Seek help if stress is negatively affecting your daily life.

High levels of stress can make everyday activities seem harder, and ongoing stress can contribute to or worsen existing health problems such as heart disease and high blood pressure. If you or your loved ones feel overwhelmed, seek help.

Get in touch with:

- Your doctor
- A religious or spiritual leader
- A local mental health provider: <https://findtreatment.samhsa.gov/>
- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

Participant question

Are you prepared to point someone overwhelmed by stress to local health and helping resources (e.g., local health departments and mental health professionals) in the communities you've worked?

- A. Yes, in most communities
- B. Maybe, in certain communities
- C. No, haven't thought about it

Cómo enfrentar el estrés que puede causar la contaminación ambiental

La contaminación ambiental en su comunidad puede alterar la forma en que está acostumbrado a vivir. Sentir estrés es una reacción normal ante esta situación inusual.

Esta hoja Informativa analiza algunas de las razones por las cuales las personas se sienten estresadas por la contaminación ambiental, qué se puede hacer por la salud si se siente estresado y a quién contactar si necesita ayuda para enfrentar el estrés.



La contaminación ambiental puede causar estrés por varios motivos.

- Se puede sentir inseguro en su propia casa.**
 Es posible que le preocupe que su casa y el vecindario sean inseguros.
- Se puede temer por la salud de los hijos.**
 Si tiene muy poco o nada de control ante las posibles exposiciones perjudiciales, quizás sienta que no puede proteger a sus hijos de que sufran algún daño.
- Se puede tener incertidumbre con respecto a la salud actual y futura.**
 Con frecuencia no es fácil determinar o medir los efectos que la exposición a contaminantes ambientales provoca en la salud. A veces las personas que están expuestas a contaminantes no muestran problemas de salud por varios años. A veces la exposición es a un nivel que no causa daños. Es posible que sienta que no puede proteger su salud o darle el mejor cuidado a causa de estas incertidumbres.

El estrés es la reacción natural

que se produce ante cualquier tipo de amenaza que altera el equilibrio acostumbrado a vivirla. Si bien no todos los tipos de estrés son malos, el estrés continuo puede afectar la salud física y mental.

SPANISH VERSION

Hay formas de hacerle frente al estrés que la contaminación ambiental puede provocar.

- Infórmese e informe a su familia**
 - Manténgase informado sobre la contaminación ambiental, consultando fuentes de información confiables.
 - Hable con sus hijos. Ayúdelos a entender la situación, explicándoles en forma simple y objetiva con información adecuada a sus edades.
 - Aprenda sobre los recursos existentes en su comunidad que lo puedan ayudar a hacerle frente al estrés.
 - Aprenda cuáles son las medidas que puede tomar para evitar o reducir la exposición a sustancias químicas dañinas.
- Conéctese con su comunidad y ayude a los demás**
 - Cuente su historia. Escuche las historias de los otros.
 - Averigüe qué necesitan las personas y de qué forma usted puede ayudar.
 - Participe en las iniciativas de respuesta a la contaminación.
 - Únase a un grupo comunitario o empiece uno.



Busque ayuda si el estrés está afectando su vida diaria en forma negativa.

Los niveles altos de estrés pueden hacer que las actividades diarias resulten más difíciles, y el estrés continuo puede propiciar o empeorar los problemas de salud existentes, como las enfermedades cardíacas y la presión arterial alta. Busque ayuda si usted o alguno de sus seres queridos se siente así.

- Cuide**
 - Siga con sus rutinas saludables de todos los días. Hágase un tiempo para comer bien, hacer ejercicio, divertirse y descansar.
 - Concédese momentos de relajación.
 - Comunique con su familia y sus amigos.
 - Establezca límites de estrés (un recuento).

Algunos signos comunes de estrés	
Su comportamiento <ul style="list-style-type: none"> Cambios en los niveles de energía y actividad Dificultad para relajarse o dormir Comenzar o aumentar el consumo de alcohol, tabaco o drogas 	Sus emociones <p>Sentirse</p> <ul style="list-style-type: none"> nervioso, ansioso y temeroso irritable y enojado
Su cuerpo <ul style="list-style-type: none"> Dolor de estómago o diarrea Dolores de cabeza y otros 	Sus pensamientos <p>Problemas con la</p> <ul style="list-style-type: none"> memoria confusión

Comunique con alguien de los siguientes perfiles

- Un médico
- Un consejero o espiritual
- Un proveedor local de atención de salud mental: <https://findtreatment.samhsa.gov/>
- Línea telefónica de ayuda para sobrellevar la angustia ante desastres de la Administración de Servicios de Salud Mental y Abuso de Sustancias (SAMHSA): 1-800-985-5990 o envíe un mensaje de texto con la palabra TalkWithUs al 66746

Tips, additional reading, and feedback form

Tips for using the fact sheet

Share the fact sheet with individuals or small groups of community members who express interest in the topic.

Tips on using the "Coping with Stress" fact sheet

for ATSDR & Health Department staff

Share and discuss the Coping with Stress fact sheet with individuals or small groups of community members who express interest in the topic.

Ways to use the fact sheet

Use it responsibly

- Bring it with you whenever you are in a community: "keep it in your back pocket"
- Share it with individuals when they mention they are feeling stress
- Balance the stress fact sheet information with information on the site-specific health/exposure issue

Use it passively

- Put it out on a table along with other fact sheets at an Open House or community meeting about the site – and talk with people about it if they express interest

Keep in mind

- The intent of the fact sheet is to validate stress as a normal reaction to environmental contamination, suggest ways to cope with that stress, and point people to resources if stress is affecting their daily life.
- Communicate with empathy: put yourself in the shoes of the people you are working with.

Tips on talking with a community member, leader, or health provider

Responding

- If someone tells you they are stressed, ask if any of the issues on p. 1 are causing them stress
- If yes, ask if they have thought about ways to cope with stress and point them to the section "ways to cope" (see p. 2 of fact sheet, left side)
- If a person says that stress is negatively affecting their daily life, suggest resources for help (p. 2, right side, and local resources)

Initiating

- If you suspect that stress may be an issue for someone, and feel comfortable gently introducing the topic, then
 - State it is normal for people affected by environmental contamination to experience some stress.
 - Note that ATSDR has developed a fact sheet on this topic and ask if they are interested in looking at it with you.
- If you have a good relationship with a trusted leader and/or health provider in a community you think might be experiencing stress, consider sharing the fact sheet with them and asking if they think the information would be helpful to community members.
 - Encourage the leader or health provider to share the fact sheet with community members who may be interested in the topic. Follow up in a month to see if they've used it.

Agency for Toxic Substances and Disease Registry
Division of Community Health Investigations



OSD0016A September 2017

- ...presentation, conference call).
- ...To respond to concerns about possible physical health effects of exposures to site-related contaminants.
- ...When someone wants answers to other questions.
- ...When someone is expressing outrage or anger.

ng with Stress" fact sheet

Make your own site-specific stress fact sheet

- Use this fact sheet as a template and source of general information.
- Modify the reasons for stress to reflect concerns you've heard from the community (p. 1).
- Modify the "Ways to cope" section (p. 2, left side).
- To include information on advisory groups (e.g. CAPs or CAGs) or other ways to get involved.
- Include references (e.g. web addresses, repository) where people can get information about possible physical health concerns of site-related contaminants (e.g. ToxFQAs, site-related fact sheets).
- Modify the "Get in touch" section to include locally available mental health resources that would resonate with the community (p. 2, right side).
- After you use the stress fact sheet with community members, please fill out the feedback form.
- Your responses will help ATSDR improve the stress materials and help staff use them more effectively in communities.

Who to talk to at ATSDR about using the fact sheet

- Ben Gerhardtstein, Environmental Health Scientist, ATSDR Region 9 (415.947.4316, bgerhardtstein@cdc.gov)
- Jamie Rayman, Health Educator, ATSDR Region 9 (415.947.4318, jrayman@cdc.gov)
- Pam Tucker, MD, ATSDR/DTHHS (770.488.3458, pgt0@cdc.gov)

For more information about ATSDR, visit: www.atsdr.cdc.gov

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Tips: Do...

- Educate yourself on stress
- Use responsively
- Pair use with site-specific exposure information
- Explore its use with local leaders
- Learn about local helping resources
- Insert stress content in your own site-specific materials



Navajo-specific modifications

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- **Your family and community may have conflict.**
Family and community members may disagree about how serious the environmental contamination is and what to do about it.
- **You may feel frustrated by the long investigation.**
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You may lose trust in people or organizations that caused the problem or could have prevented it. You may also worry that you are not getting the information you need to protect your health.
- **You may have financial concerns.**
If you are a property owner, you may fear that environmental contamination will lower your property value.

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Seek help if stress is negatively affecting your daily life.

High levels of stress can make everyday activities seem harder, and ongoing stress can contribute to or worsen existing health problems such as heart disease and high blood pressure. If you or your loved ones feel overwhelmed, seek help.

Get in touch with:

- Your doctor
- A religious or spiritual leader
- A local mental health provider
- Navajo Nation Department of Behavioral Health Services: (928) 871-6877

Information about ATSDR see:
www.atsdr.cdc.gov

Tips: Don't...

- Compare stress and exposure-related health risks
- Use in large group presentations
- Diagnose mental health issues
- Focus on personal health behaviors (for coping)
- Talk about stress with a person who is angry
- Overpromise what you or ATSDR can do



Participant quiz

Which of the following are recommended uses of the ATSDR stress fact sheet? (Pick all that apply)

- A. Integrate the content into a presentation for a large public meeting.
- B. Display it at an open house table along with other materials.
- C. Share and discuss it with someone who tells you he's been stressed.
- D. Share it with a person who is visibly angry or emotional.

Additional reading sheet to learn more about

- Stress
- Community-wide stress interventions

Additional reading about stress

for ATSDR & Health Department staff

Use the resources below to learn about stress and community-wide stress interventions before using the ATSDR Stress Fact Sheet in a community setting.

Learn about stress and how it can affect people's health

There are different types of stress

- The different kinds of stress: <http://www.apa.org/helpcenter/stress-kinds.aspx>
- Understanding chronic stress: <http://www.apa.org/helpcenter/understanding-chronic-stress.aspx>
- Stress: <https://medlineplus.gov/stress.html>

Stress can have various health effects

- Stress effects on the body <http://www.apa.org/helpcenter/stress-body.aspx>
- How stress affects your health: <http://www.apa.org/helpcenter/stress.aspx>
- Video: How stress affects your brain: <http://ed.ted.com/lessons/how-stress-affects-your-brain-madhumita-murgia>

There are warning signs of stress

- Listening to the warning signs of stress: <http://www.apa.org/helpcenter/stress-signs.aspx>

People can use stress management techniques to cope with or reduce stress

- Manage stress: https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress#the-basics_1

Be aware of community-wide stress intervention resources

- The ATSDR stress fact sheet may be helpful for individual community members, but some communities may be interested in broader public health strategies for reducing stress.
- Evidence-based strategies for community-wide stress interventions are grounded in community disaster relief principles and community resilience theory.
 - Principles of disaster relief: *Disaster Theory – An Interdisciplinary Approach to Concepts and Causes*. (Book by David Etkin).
 - Community resilience: Community resilience as a metaphor, theory, set of capacities and strategy for disaster readiness. <https://www.ncbi.nlm.nih.gov/pubmed/18157631>
- The following reports provide a starting place for staff interested in learning about community-wide stress interventions related to environmental contamination. Such events are often called “Slow-Motion Technological Disasters” or “Chronic Technological Disasters” in the literature.
 - Community-Level Social Support Responses in a Slow-Motion Technological Disaster: The Case of Libby, Montana <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3779910/>
 - Public health strategies identified during ATSDR’s 1995 Expert Panel on Psychological Responses to Hazardous Substances: https://www.atsdr.cdc.gov/risk/prhs/panel3_results.html
- Dr. Pam Tucker (DTHHS) is available to discuss strategies ATSDR has used in the past to address community-wide stress (770.488.3458, pgt0@cdc.gov).
- Slides from Dr. Tucker’s June 2017 Topic in Environmental Health Exposure Investigation presentation, “Understanding and Responding to Community Stress: A Guide for Environmental Health Workers” are available on the DCHI SharePoint site, or upon request.

Help us improve these materials

If you use the fact sheet, fill out the feedback form

Did you use the Stress Fact Sheet?

Provide feedback to help ATSDR learn from your experience

Form Approved
OMB No. 0923-0047
Exp. Date 12/31/2018

for ATSDR & Health Department staff

Fill out this form to help ATSDR improve our stress-related materials. Send it to Ben Gerhardtstein (bgerhardtstein@cdc.gov) or Jamie Rayman (jrayman@cdc.gov).

Background Information

Your name(s): _____
Your organization: _____
Your telephone #: _____
Your email address: _____
Environmental contamination issue/site name: _____
Site location (City or County or Tribal area, and State): _____
Date(s) you used the fact sheet: _____

How did you use the fact sheet?

Check all that apply


- Brought it to a site visit, public meeting, or open house/availability session
- Displayed it at a table at a public meeting or open house/availability session
- Gave it to a community member during an in-person interaction
- Gave it with a community leader during an in-person interaction
- Sent it to a community member or leader via e-mail or postal mail
- Discussed it with a community member or leader but they didn't take it
- Used it to create a site-specific stress fact sheet
- Gave it to a local health provider
- Other: _____

How many fact sheets were distributed in total (e.g. handed out and/or taken from display table)?

ATSDR estimates the average public reporting burden for this collection of information as 20 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB Control Number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333, ATTN: PRA (0923-0047).

Agency for Toxic Substances and Disease Registry
Division of Community Health Investigations

1320004-0 September 2017



Stress Fact Sheet Feedback Form and Telephone Interview Request

Did anyone mention stress? Yes No

If yes, how many conversations about stress did you have with

Individuals who feel stress	_____
Individuals who know others who feel stress (e.g. family member, neighbor, etc.)	_____
Community leaders	_____
Anyone else	_____

How many fact sheets did you give out to

Individuals who feel stress	_____
Individuals who know others who feel stress (e.g. family member, neighbor, etc.)	_____
Community leaders	_____
Anyone else	_____

Anything else you want to share?

Can ATSDR staff call you to ask you a few more questions about ways we can improve our stress-related materials? It will be a short 15 minute call.

Yes No

Send this form to Ben Gerhardtstein (bgerhardtstein@cdc.gov) or Jamie Rayman (jrayman@cdc.gov), ATSDR Region 9, 75 Hawthorne St., Suite 9410, San Francisco, CA 94105

Email Form Print Form Gave Form

epg.cdc.gov

Where can I find these materials?

Materials available on the CLU-IN site

<https://clu-in.org/conf/tio/NARPMPresents41/>

CLU-IN | Training & Events | [NARPM Presents...Stress and Environmental Contamination: Tips and Tools from ATSDR](#)

NARPM Presents...Stress and Environmental Contamination: Tips and Tools from ATSDR

Sponsored by: EPA Office of Superfund Remediation and Technology Innovation

Live Webinar: Wednesday, October 10, 2018, 1:00 PM-3:00 PM EDT (17:00-19:00 GMT)

Register

Description

Presenters

Webinar Slides

Related Links

Feedback Form

Tips

Webinar Slides and References:

- *These materials will be available by Wednesday, October 10, 2018*

Additional Resources:

- *These materials will be available by Wednesday, October 10, 2018*

Find the fact & tips sheets on

ATSDR's Fact Sheets Web Page

www.atsdr.cdc.gov/factsheets.html

The screenshot shows a web browser window displaying the ATSDR Fact Sheets page. The browser's address bar shows the URL <https://www.atsdr.cdc.gov/factsheets.html>. The page features the ATSDR logo and the text "Agency for Toxic Substances and Disease Registry". A search bar is located in the top right corner, with a "TOPIC ONLY" checkbox and a search icon. Below the search bar is a dropdown menu labeled "ATSDR A-Z INDEX". The main content area is titled "Agency for Toxic Substances and Disease Registry" and includes a breadcrumb trail: "ATSDR Home > Publications". A sidebar on the left lists navigation options: "ATSDR Home", "About ATSDR", "ATSDR en Español", "A-Z Index", "Multimedia Tools", "Special Initiatives", "Publications", "Fact Sheets", "Sites", and "Toxic Substances". The "Fact Sheets" section is highlighted, and it contains a list of links: "Introducing ATSDR" (PDF - 2.7MB) and "Across the U.S. ATSDR" (PDF - 904KB). Below this is a section titled "Asbestos" with a link: "Asbestos in Your Environment: What You Can Do To Limit Exposure" (PDF - 3.7MB).

Contact ATSDR staff for additional reading sheet, feedback form, and questions

- Ben Gerhardstein, fty9@cdc.gov
- Jamie Rayman, fpe7@cdc.gov

Stress from relocation fact sheet

Available at <https://go.usa.gov/xPKFD>

Spanish version also available, contact
Pam Tucker, pgt0@cdc.gov



Helping Families Deal with the Stress of Relocation After a Disaster

What is included in this handout

This handout gives you information and tips that explain

- basic information about stress,
- signs of and ways to help family members deal with relocation stress,
- signs of stress in young people of different age groups (preschool to high school age),
- ways to help young people deal with stress (preschool to high school age),
- how to help the elderly deal with relocation stress, and
- where to find further information on these topics.

Stress Overview

What is stress?

Knowing some basic facts about emotional stress can help us understand its effects:

- Stress is both a physical and emotional response that results from an increase in tension or worry about something that is dangerous, unknown, or disturbing.
- Stress affects people's mind, emotions, and body. It can make it harder to think and concentrate. It can make it hard to control one's temper or easier to cry than usual. It can upset a person's digestion and make it difficult to sleep, even when tired. Sometimes stress will make the heart beat faster or cause you to feel short of breath.
- Some of the response to stress depends on the person's age. The young and the elderly show stress in different ways and may need specific ways to relieve stress for each of those age groups.

Coping with stress you may feel on the job

Coping after a community response

General Tips:

- Return to normal eating and sleeping;
- Within 24 to 48 hours after trip, exercise is important.
- Refrain from using alcohol for a few days during recovery from field duty:
 - Alcohol interferes with normal sleep patterns and
 - Alcohol can inhibit judgment and impair behavior.

Coping with stress you may feel on the job

- Stress Buffers for Physical Signs/Symptoms:
 - Relaxation
 - Meditation
 - Aerobic exercise (e.g., running, cycling, etc.)
 - Restorative Sleep
- Stress Buffers for Psychological/Behavioral Signs:
 - Social support (Formal or Informal)
 - Thought stopping or other cognitive techniques

Timelines for disaster responses

- Response Recommendations:
 - On a disaster site, team members should not have more than a 12-hour shift, and
 - Rotating team members is crucial.
- Team members need time away from a disaster site so:
 - Team members are strongly encouraged to not volunteer their time to a disaster response when off-shift.

Preventing occupational burnout

- Occupational burnout is characterized by the following three components:
 - emotional exhaustion,
 - feelings of depersonalization,
 - and reduced personal accomplishment (Maslach, 1993).
- Preventing and/or Managing Burnout
 - Comprehensive stress management program
 - Evaluation of options
 - Reassess your interests, skills, and passions

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 - Pamela Tucker, ATSDR
- Pease Community Assistance Panel (New Hampshire)
- California Dept. of Public Health Stakeholder Roundtable Participants
- Substance Abuse and Mental Health Services Administration
- Ileana Arias, ATSDR

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Questions & Discussion

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Disclaimer: The findings and conclusions in this presentation have not been formally disseminated by the Agency for Toxic Substances and Disease Registry and should not be construed to represent any agency determination or policy.

