



HSE
Occupational Health & Safety
and Environmental Protection unit

What about your stress? A tool : Flash disconnection

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2023

EDMS reference

CARING FOR YOUR MENTAL HEALTH PRENDRE SOIN DE SA SANTÉ MENTALE

MENTAL HEALTH
AWARENESS CAMPAIGN
CAMPAGNE DE PRÉVENTION
SANTÉ MENTALE

11 October, 774/R-013 (Prévessin)

Flash disconnection / 11.30 a.m. in English
Déconnexion flash / 13h30 en français

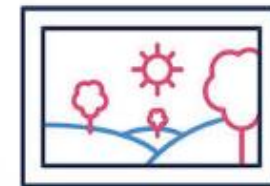
18 October, 774/R-013 (Prévessin)

Cardiac coherence / 11.30 a.m. in English
Cohérence cardiaque / 13h30 en français

25 October, 31/3-004 (IT Amphitheatre)

Stress self-evaluation tool / 11.30 a.m. in English
Outil pour auto-évaluer son stress / 13h30 en français

Campaign organised by the CERN Medical Service
Campagne organisée par le service médical du CERN.



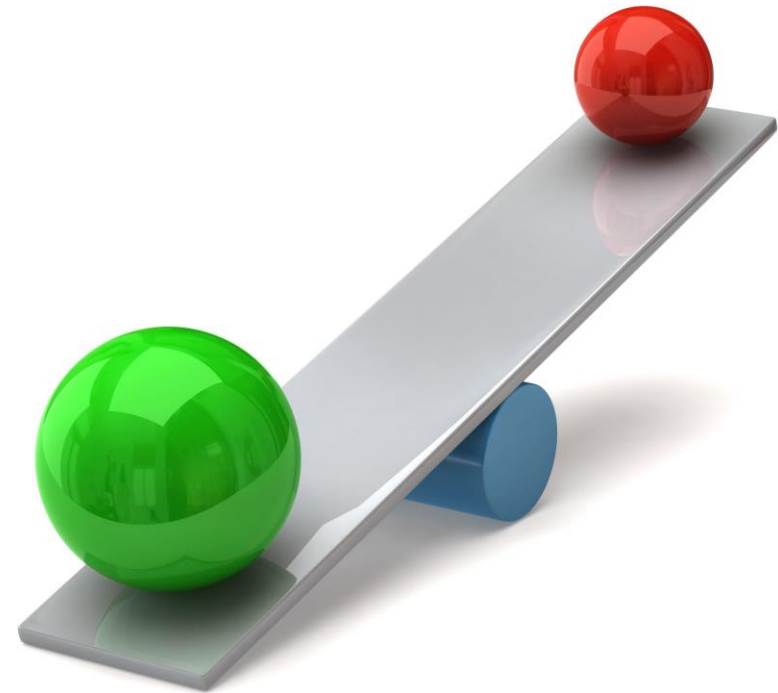
HSE
Unité Santé et sécurité au travail
et protection de l'environnement

More information: hse.cern/MentalHealth
Plus d'informations : hse.cern/fr/santementale

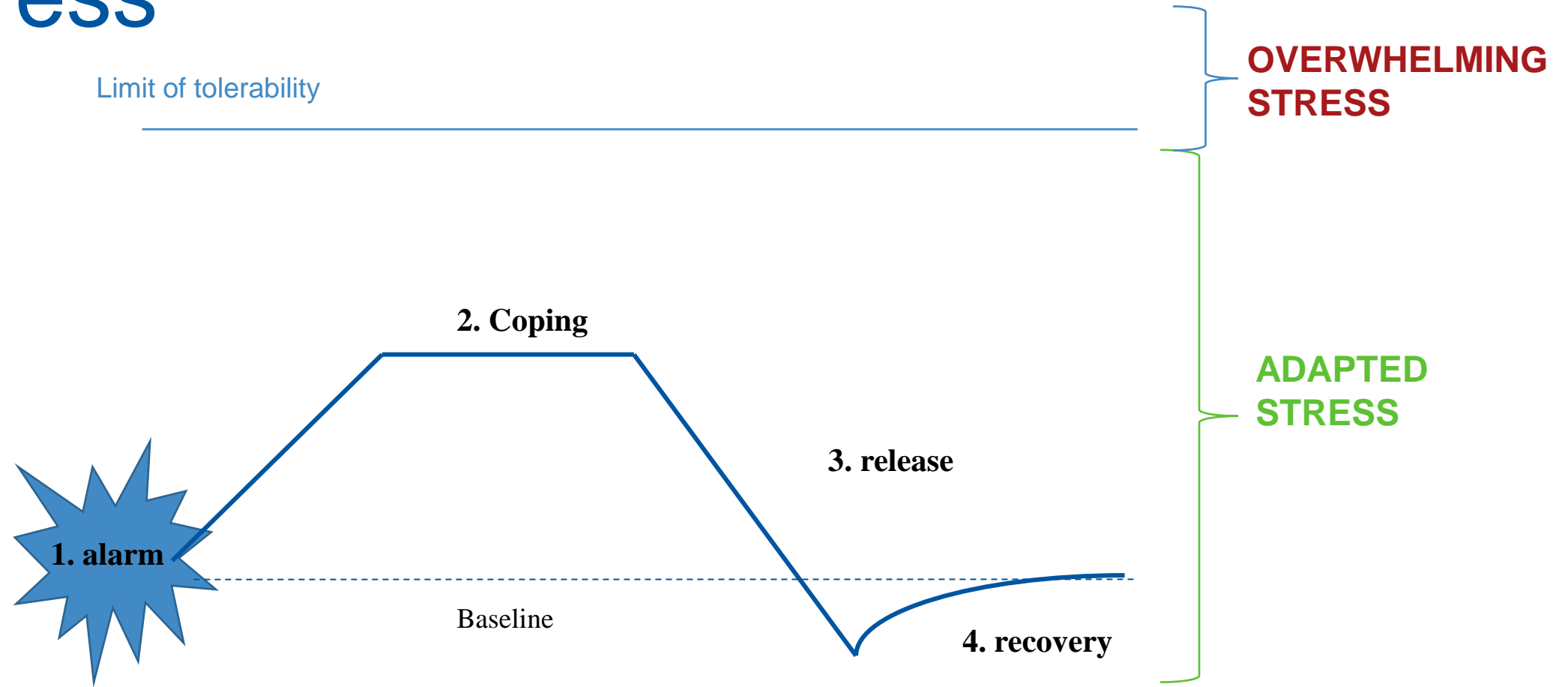


Definitions

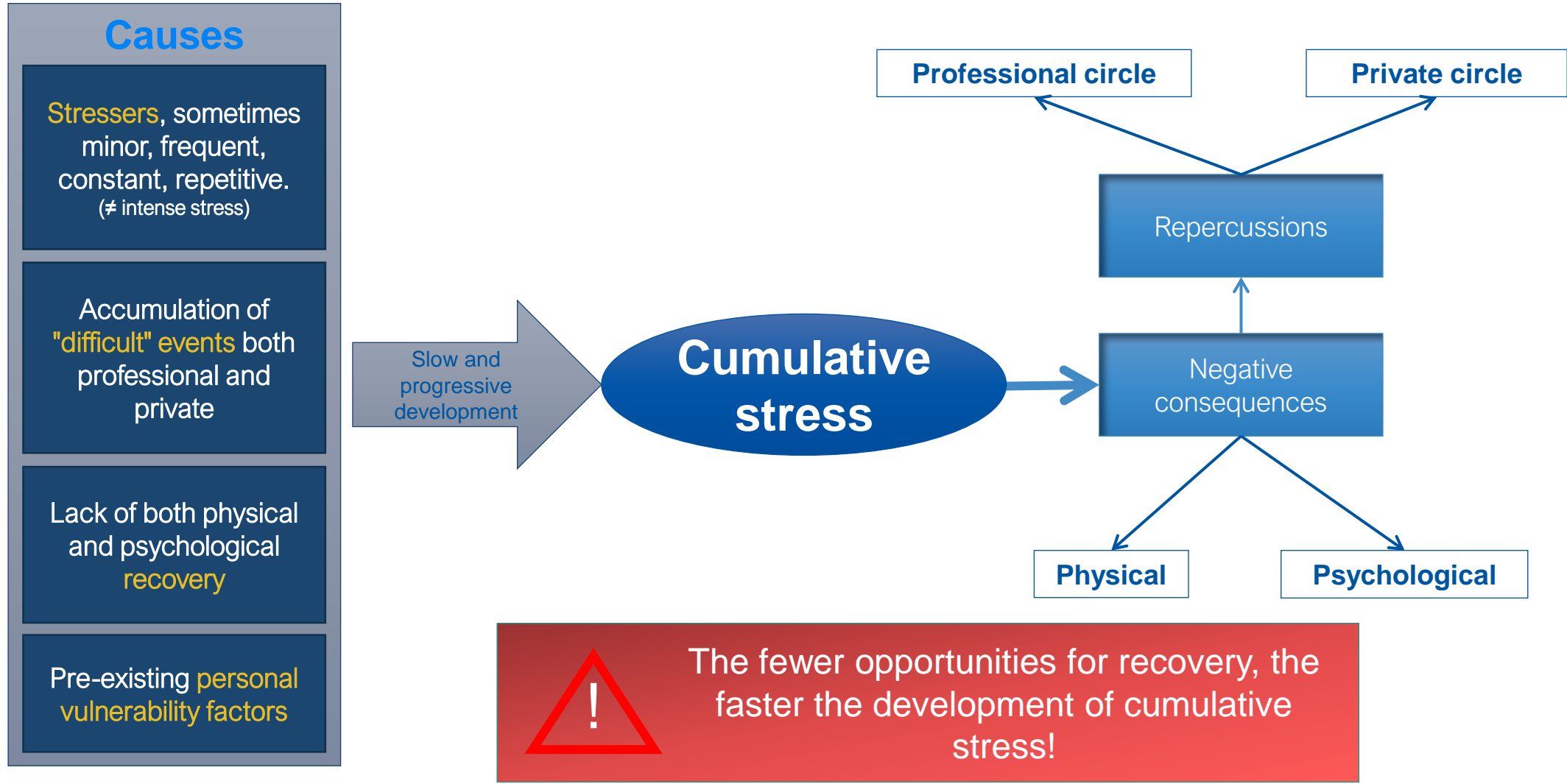
- Neurobiological, physiological reflex and psychological reaction of adaptation, alarm, mobilisation and defence of the individual confronted with an aggression, a threat or an unexpected situation.
 - Focus attention
 - Mobilize energy
 - Prepare to action
- Assessment of the balance between:
 - Demand / requirements (actual or perceived)
 - Capacities / resources (real or perceived)



Stress



Cumulative stress



Stress signals



Physical

E.g. Headache, tiredness, sweating, sleep issues, palpitations, vertigo, digestive issues, ...



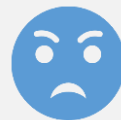
Psychical Emotional

E.g. Irritability, general dissatisfaction, pessimism, lack of self trust, distress, ...



Psychological

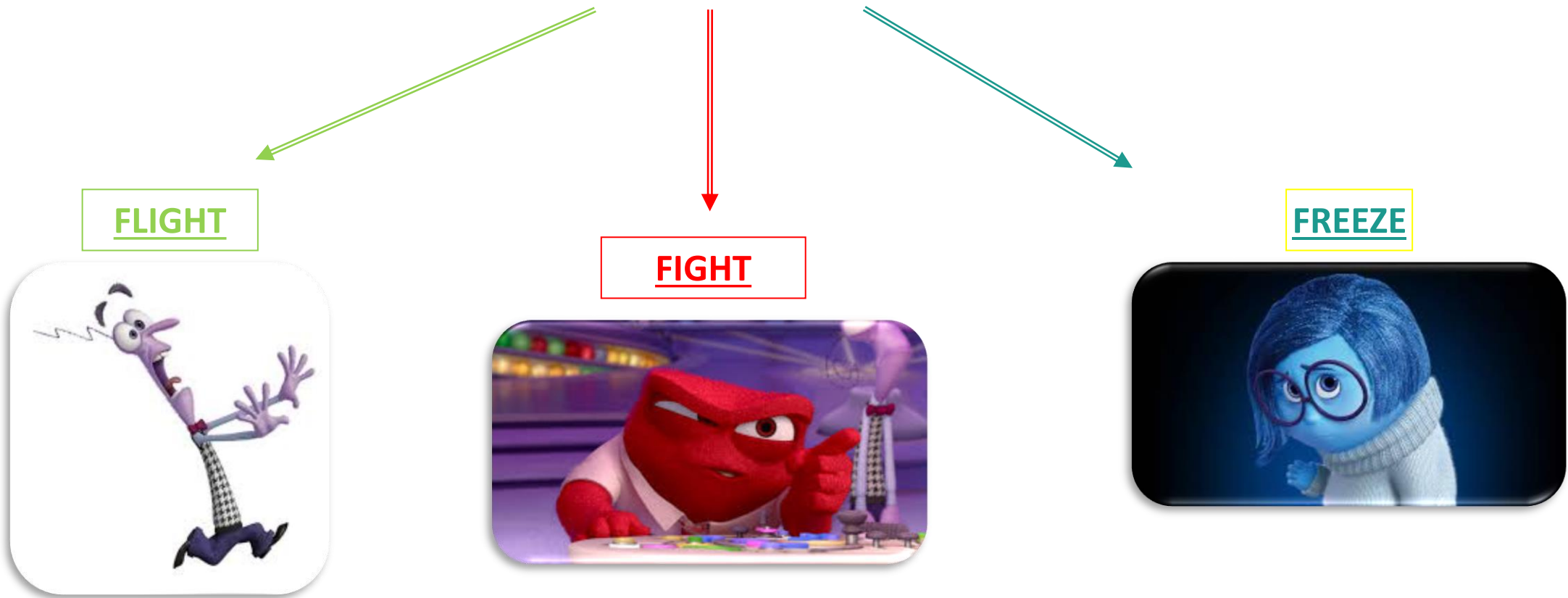
E.g. Lack of concentration, memory lapses, indecisiveness, limited or short-term perspective, difficulty in accepting novelty, ...



Behavioral

E.g. Altered communication, conflicts, isolation, loss of performance, absences, workaholism, ...

Reactions to a threat (Laborit)



These are an individual's automatic reactions to cope with aggressions that disrupt their natural balance.





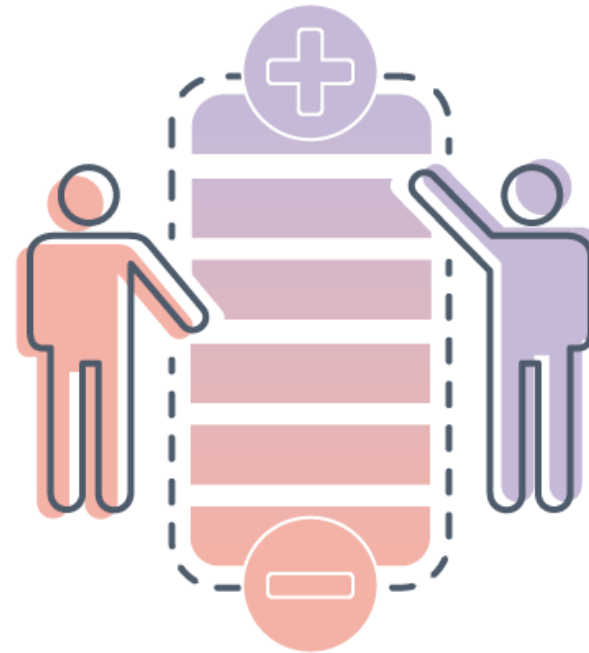
Good
practices



Self-assessment of stress/energy levels

Carrying out this assessment helps to :

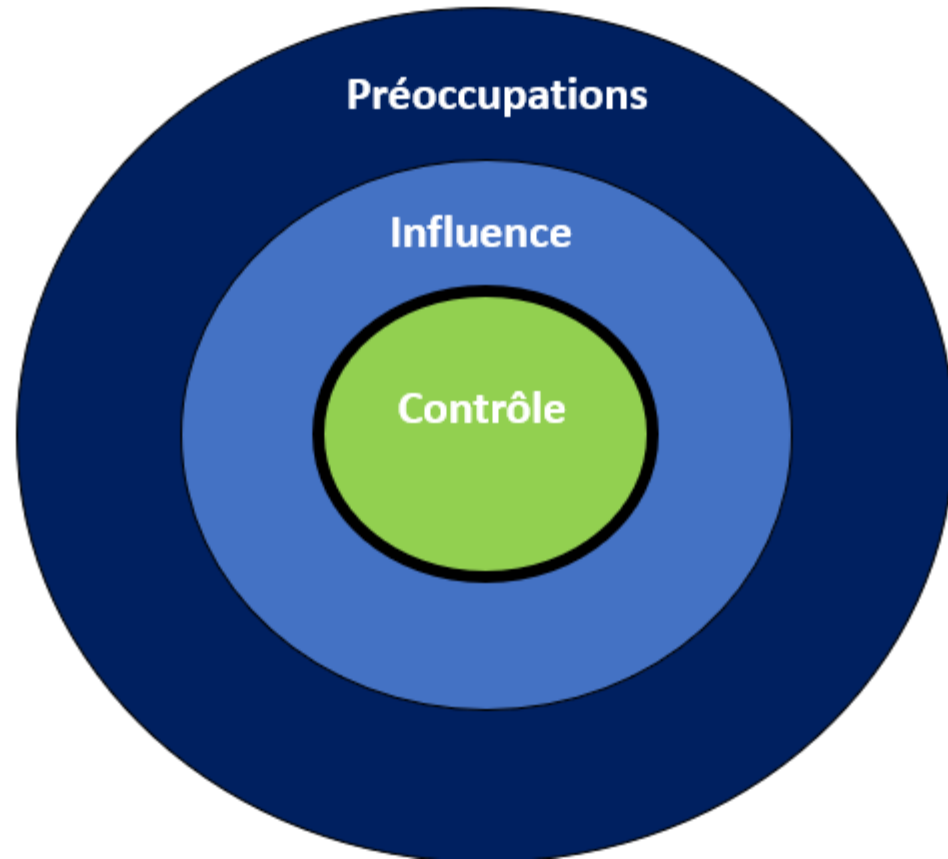
- Prevent stress contagion
- Implement counter-measures
- Maintain a feeling of psychological security



Energy level



Focus on what you can control



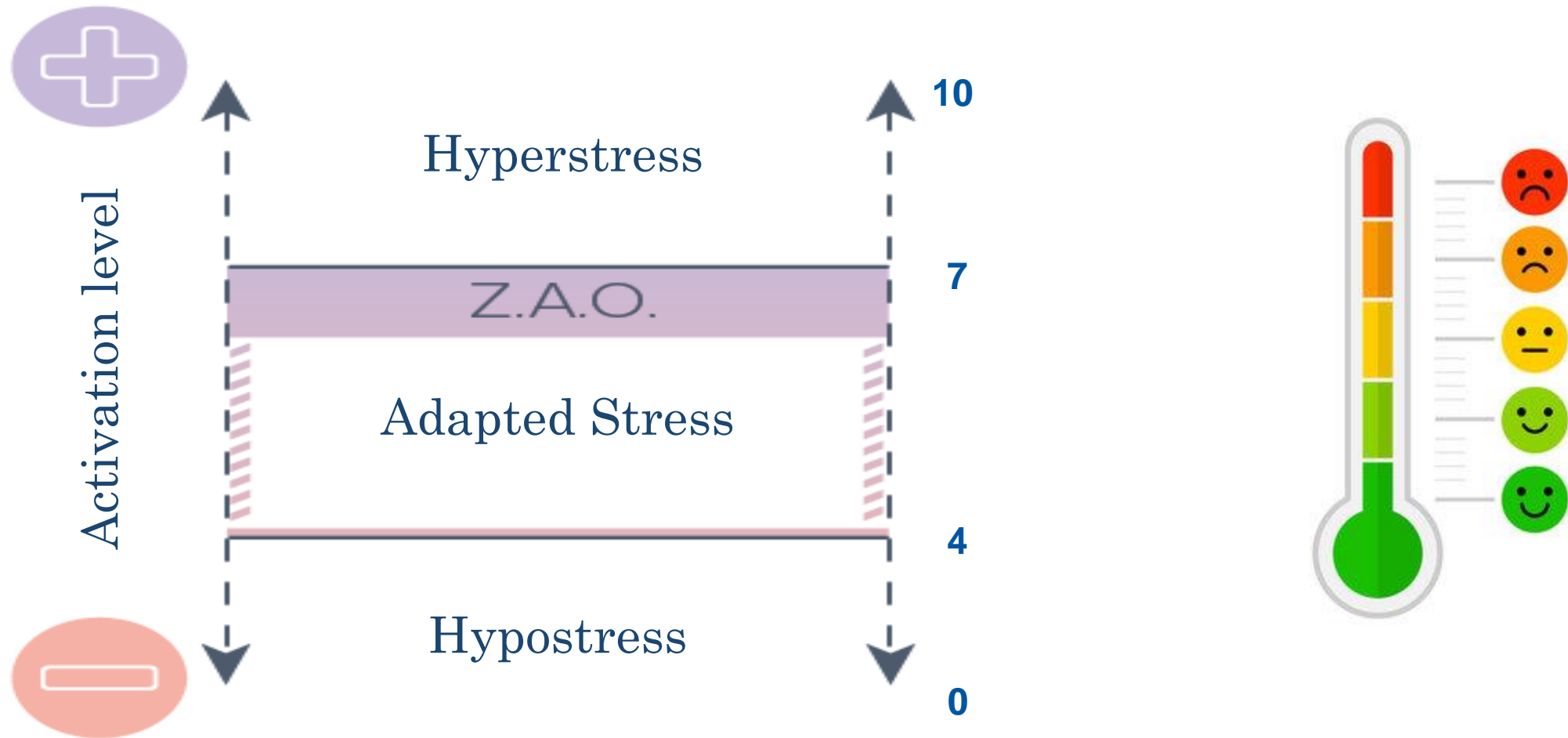
(Stephen, R. Covey)

- What are my means of action?
 - My zone of influence?
 - Countermeasures?

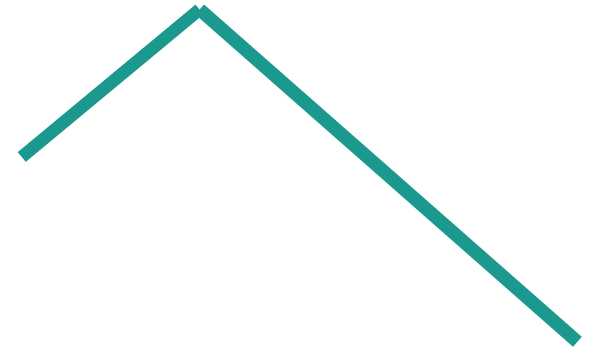
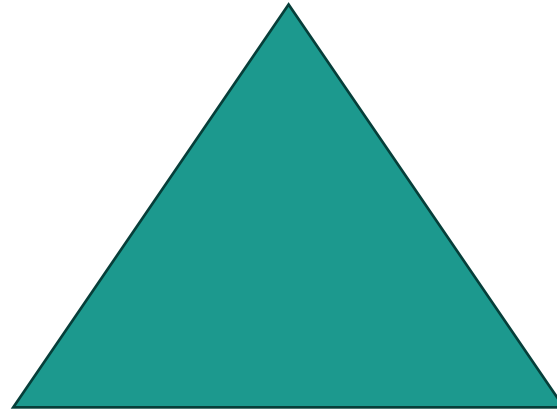
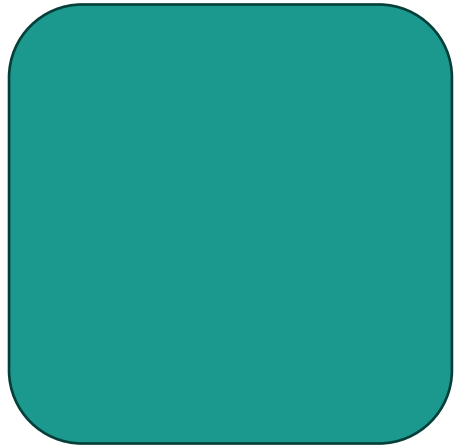
Flash Disconnection



Step 1: Evaluate your activation level / Internal weather forecast



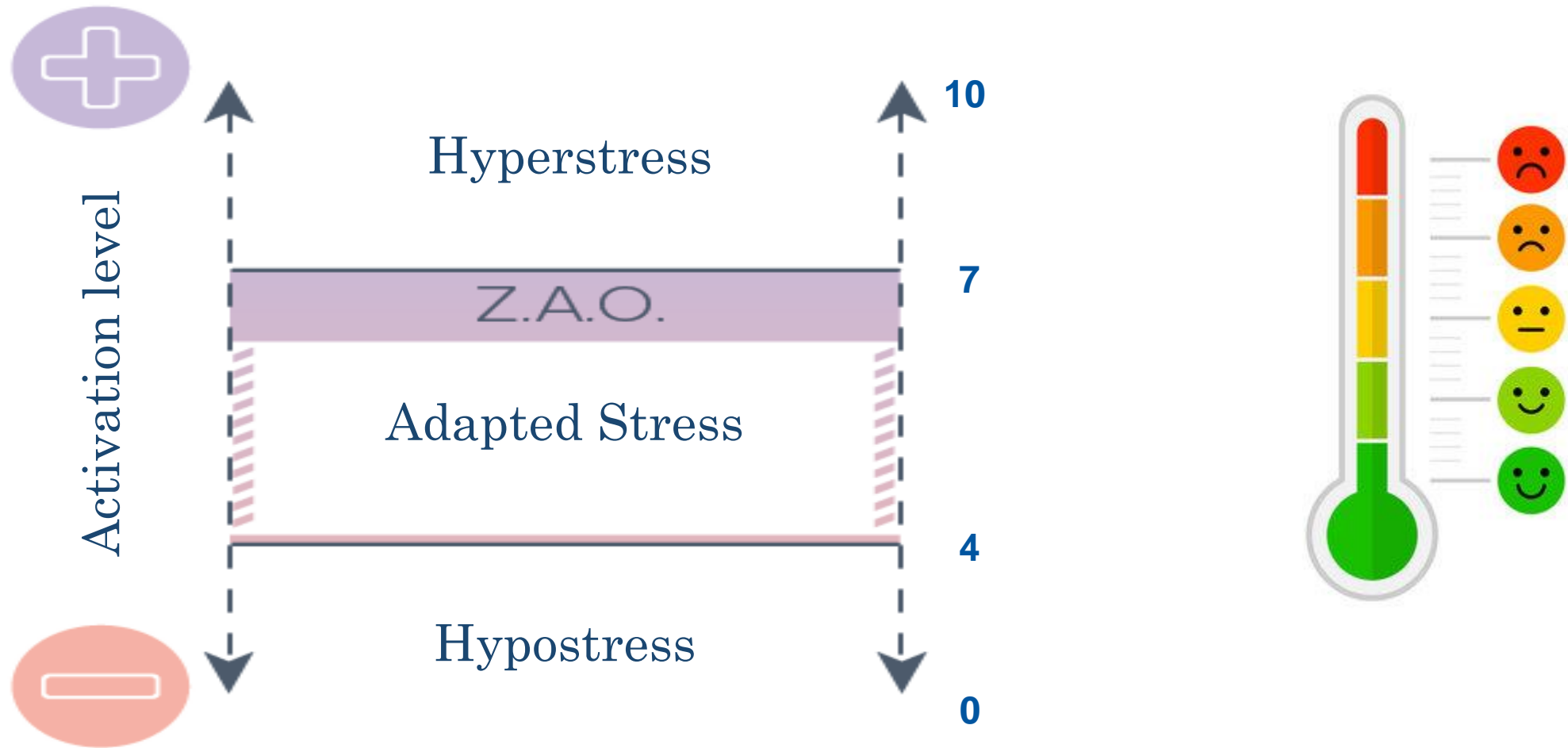
Breathing techniques



Step 2: Let yourself be guided



Step 3: Evaluate your activation level / Internal weather forecast again



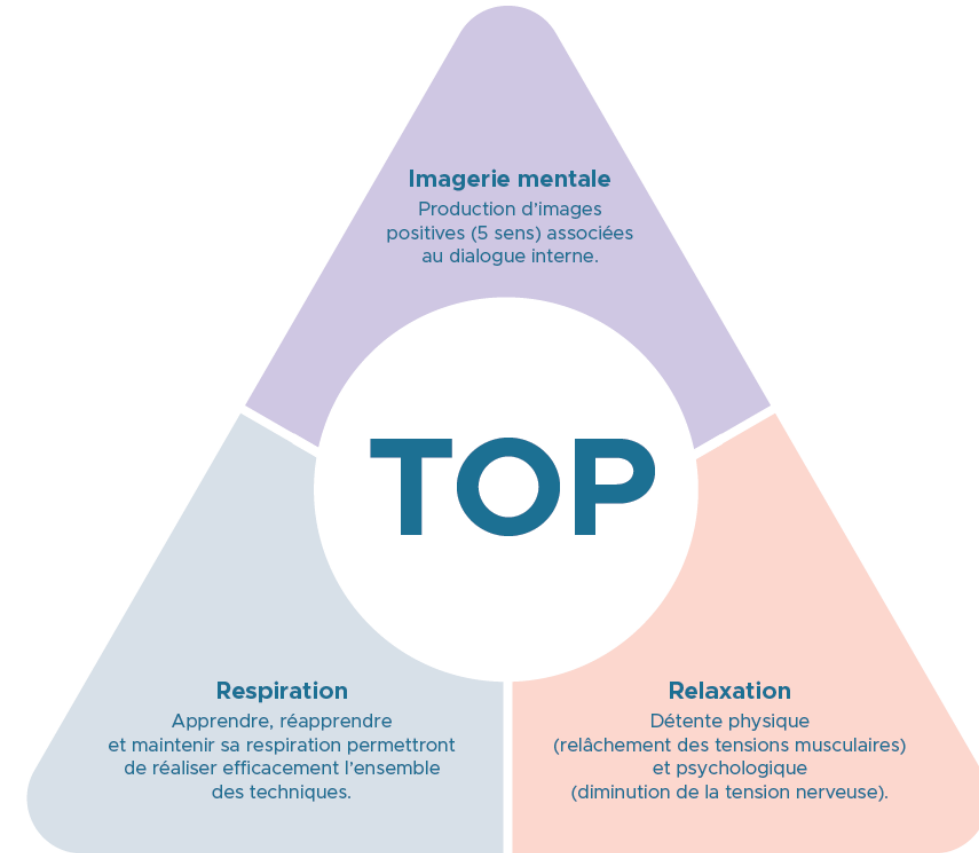
Tool basics

- Deep breathing:
 - Reduces cortisol levels
 - Improves sleep quality
- Visualization reduces anxiety and stress



Potential Optimization Techniques presentation

- A set of mental techniques and strategies that enable each individual to mobilize his or her psycho-cognitive and physiological resources to best effect, depending on the situation.
- Developed for and by the French Army
 - Objective: give soldiers the tools to manage stress, promote recovery and operational efficiency
- Today used in companies to:
 - Manage stress and Recovery



Conclusion

- Stress is one of the psychosocial risks that have a significant impact on the health of employees
 - The risk of cumulative stress is increased in the current situation (post-pandemic)
- It is essential to evaluate it for yourself
- There are preventive measures to act on stress and cumulative stress
- The medical service and psychologists are available to discuss it

If you need primary care, advice or support

We are here for you!

Building 57

Monday – Friday

8.00 - 12.30 | 13.30 - 17.00



Ground floor

- Infirmary: for anyone on the CERN site

1st floor

- Psychologists: for MPE & MPA
- Occupational Health Medicine: for MPE & students





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