

THE DIMENSIONS



**AGITATED BY ANGST:
SELF-CARE OVERCOMES!**

The DIMENSIONS



Issue 7

About BH WELL

The University of Kentucky College of Nursing's Behavioral Health Wellness Environments for Living and Learning (BH WELL) research team exists to promote behavioral health and wellness among individuals facing behavioral health challenges. We live DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

Research

Among healthcare professionals, compassion satisfaction is a sense of gratification that comes from providing care that makes their patients feel better. However, empathic distress fatigue (EDF) is often a result of being so involved in caring for others that one feels burned out or starts to take on too much responsibility for their patients suffering. This type of fatigue has a negative effect on a healthcare professionals' ability to care for their patients or themselves. The main character, Hope, is a member of *The Dimensions*, a superhero group who make mental health and well-being a priority. However, Hope is experiencing worsening distress from the demands of caring for her sick patients and taking care of a newborn baby after returning to work from maternity leave. This places her at greater risk for EDF. *The Dimensions*, along with her work colleagues, support her decision to slow down in time to bring work and quality of life back into balance.

Okoli, C. T., Seng, S., Otachi, J. K., Higgins, J. T., Lawrence, J., Lykins, A., & Bryant, E. (2020). A cross-sectional examination of factors associated with compassion satisfaction and compassion fatigue across healthcare workers in an academic medical centre. *International Journal of Mental Health Nursing*, 29(3), 476-487.

Acknowledgements and Credits

Script and Story: BH WELL Research Team

Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

Art Director/Production: David Bryan Blondell

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AGITATED BY ANGST: SELF-CARE OVERCOMES!

Storyline

Agitated By Angst: Self-Care Overcomes features the story of school teacher and lead singer for *The Dimensions*, Hope Ripple, aka the Healer. She and her bandmates are also a secret group of superheroes. When we join Hope's story, she has recently given birth and is returning back to work. Like so many professionals working in healthcare settings, Hope is convinced that she can separate her compassion and empathy when she leaves the children's hospital after teaching all day. However, as a new mom coming back to work, her empathy is heightened for the children battling serious illnesses from their hospital beds. This empathy grows beyond compassion and she experiences a panic attack which is a sudden feeling of disabling anxiety. With the help of her work colleagues, and *The Dimensions*, Hope is able to pause to take care of herself. Only then is she ready to resume taking care of her patients and her family. And maybe, just maybe, the superhero children she works with will help her heal.

HOPE AND ERIC ARE AT HOME UNPACKING GIFTS FROM A RECENT BABY SHOWER...



How sweet of everyone to shower our baby with all these gifts. Can't wait to meet this little one!

A proper footballer* for sure! And are we set on the name?
B...

SHHHH!
I thought we agreed to keep it a secret until the baby is born.



Agreed. Exactly who would hear?

HaHaHaHa!

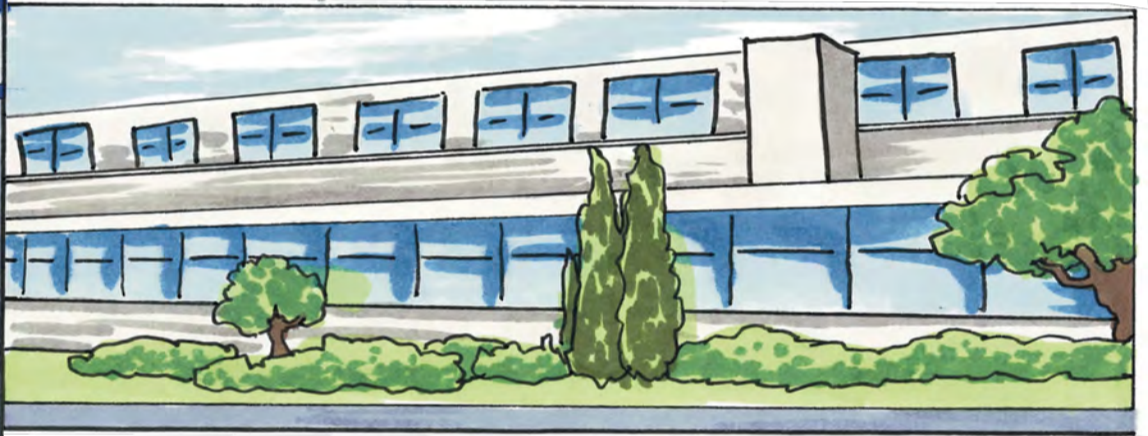
Hope, you are worn out. Are you sure you don't want to take the day off?

The kids need me... Oh! As a matter of fact, they need me right now!

JUST AS HOPE LEAVES FOR WORK, HER WATER BREAKS...

Eric! It is time!

I have the bag!



AFTER MATERNITY LEAVE, HOPE RETURNS BACK TO HER JOB AS A TEACHER AT THE CHILDREN'S HOSPITAL...



Hope! So glad to have you back!

Glad to be back!



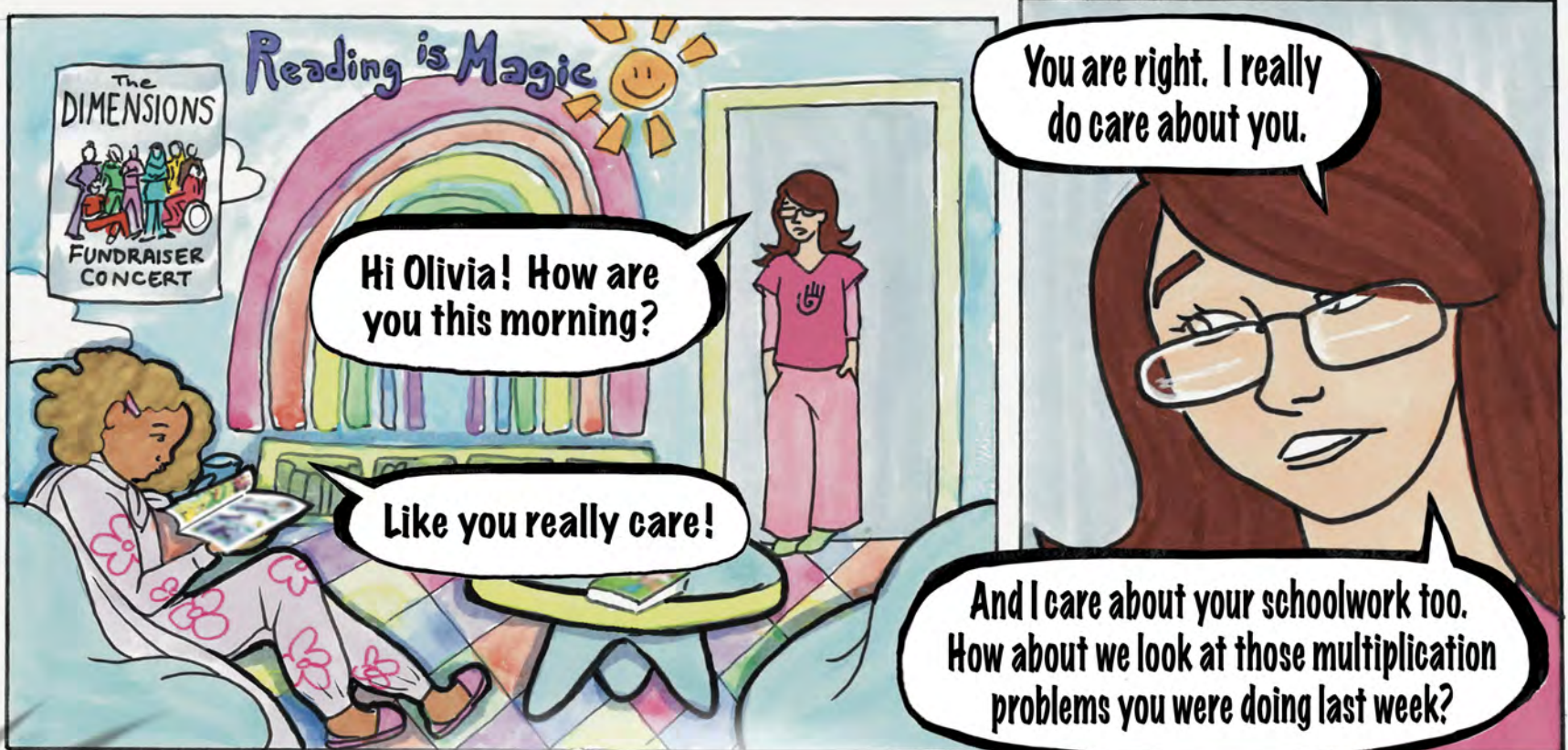
These kids have missed their teacher!

And I have missed them! It is going to be a full day. I'd better get started!



Whew! Life just keeps on spinning!

When caring for others who are suffering, we can sometimes experience emotional fatigue which is when our "emotional well" begins to deplete.

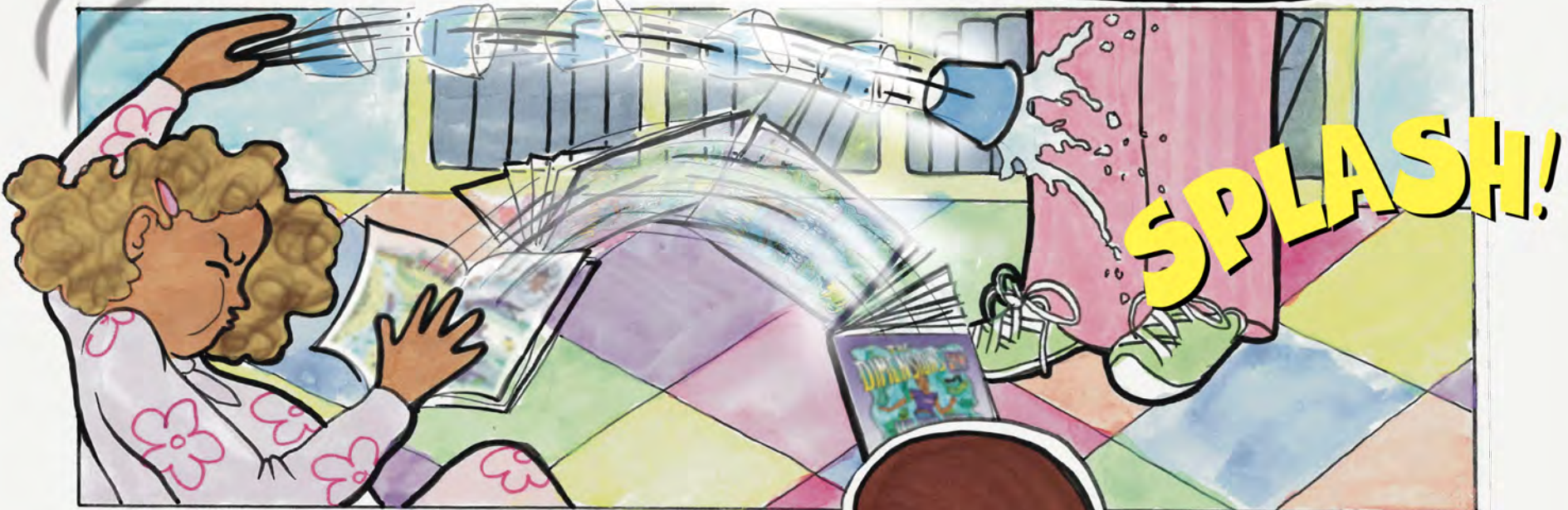


You are right. I really do care about you.

Hi Olivia! How are you this morning?

Like you really care!

And I care about your schoolwork too. How about we look at those multiplication problems you were doing last week?



SPLASH!



Olivia, it seems you are frustrated. I understand. But it's not okay to throw things at me.

I know. I am just so sick of being sick.

I would feel that way too. Let's talk about some ways to express your feelings without hurting people.

I just happen to have a coloring book about feelings. Plus, it doubles as your biological science class assignment.

Thank you, Hope.

Hope, you don't look good.

I'm not feeling well. I think I'm having a panic attack.



A panic attack is a sudden feeling of intense anxiety that can cause physical symptoms such as a racing heart, fast breathing, and sweating.



AFTER HOPE BEGINS TO CATCH HER BREATH...

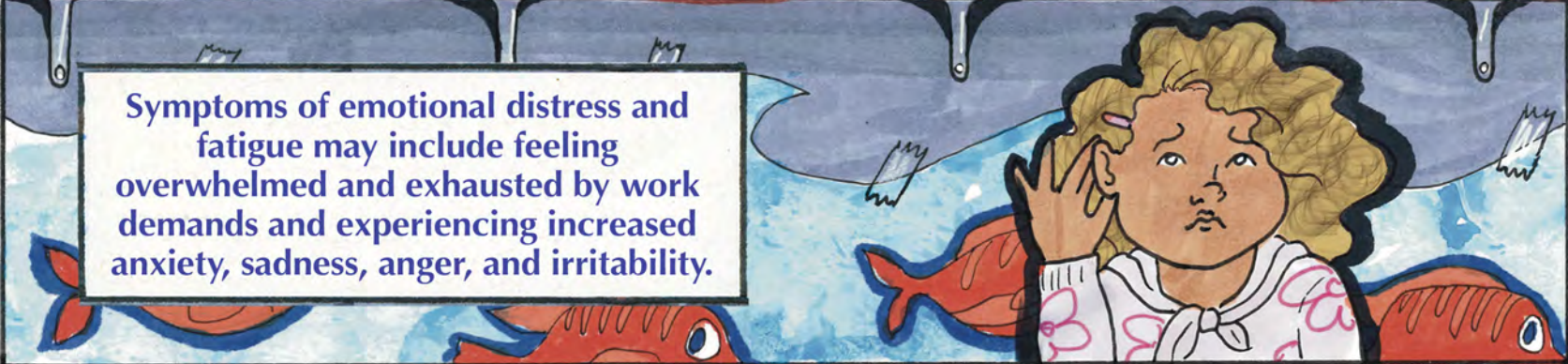
Deep breaths.

I love my job! I really do.

I'm feeling very anxious just thinking about how I can get through the rest of my workday.



Symptoms of emotional distress and fatigue may include feeling overwhelmed and exhausted by work demands and experiencing increased anxiety, sadness, anger, and irritability.





THE CHILDREN FROM THE HOSPITAL SUMMON THEIR INNER SUPERPOWERS TO HELP HOPE...



AS THE MINI-DIMENSIONS STRUGGLE TO USE THEIR POWERS...

I meant to dim the light, not flash-fry it!

My hands are too weak — she can't feel the heal!

I need the instruction manual!

OUCH!

SPLAT!!

Let me go!

I'm tangled!

Help us to help Hope!

???

SERVICE DOG

THE DIMENSIONS ARRIVE TO HELP THE MINI-DIMENSIONS WITH THEIR SUPERPOWERS...



What a mess!

And that is coming from a diaper changer!

Ah, I remember when I got my superpowers...

Let's get training!



Point with purpose!

Think like a lion!



Hi, boy!

Hi, Captain Calm!

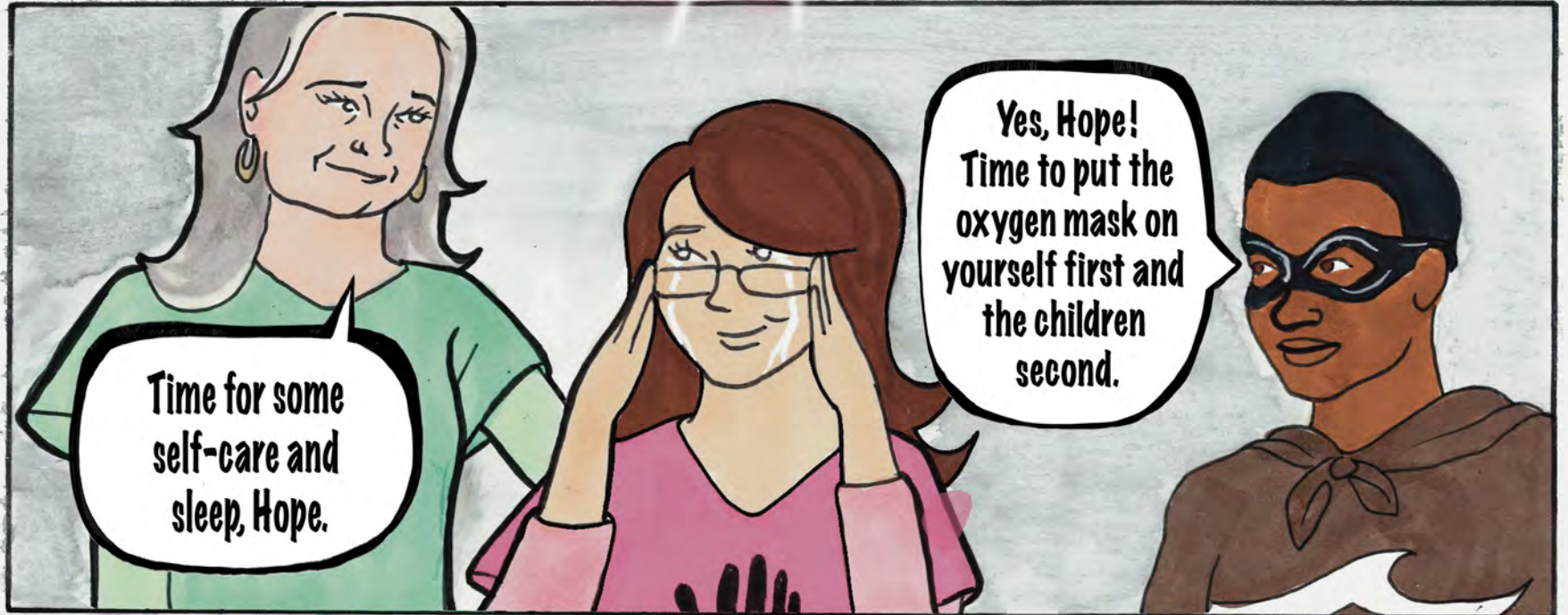
Wow!

Yes! Linguine, not rotini!



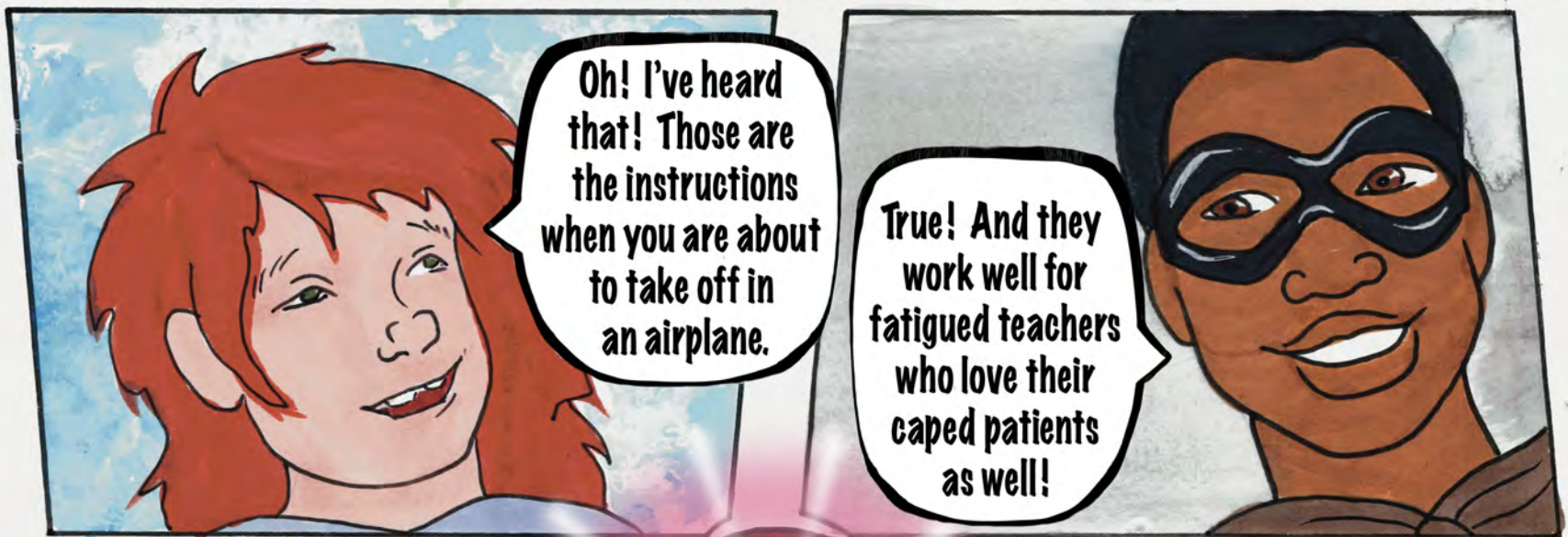
Need a helping hand?

Neato!



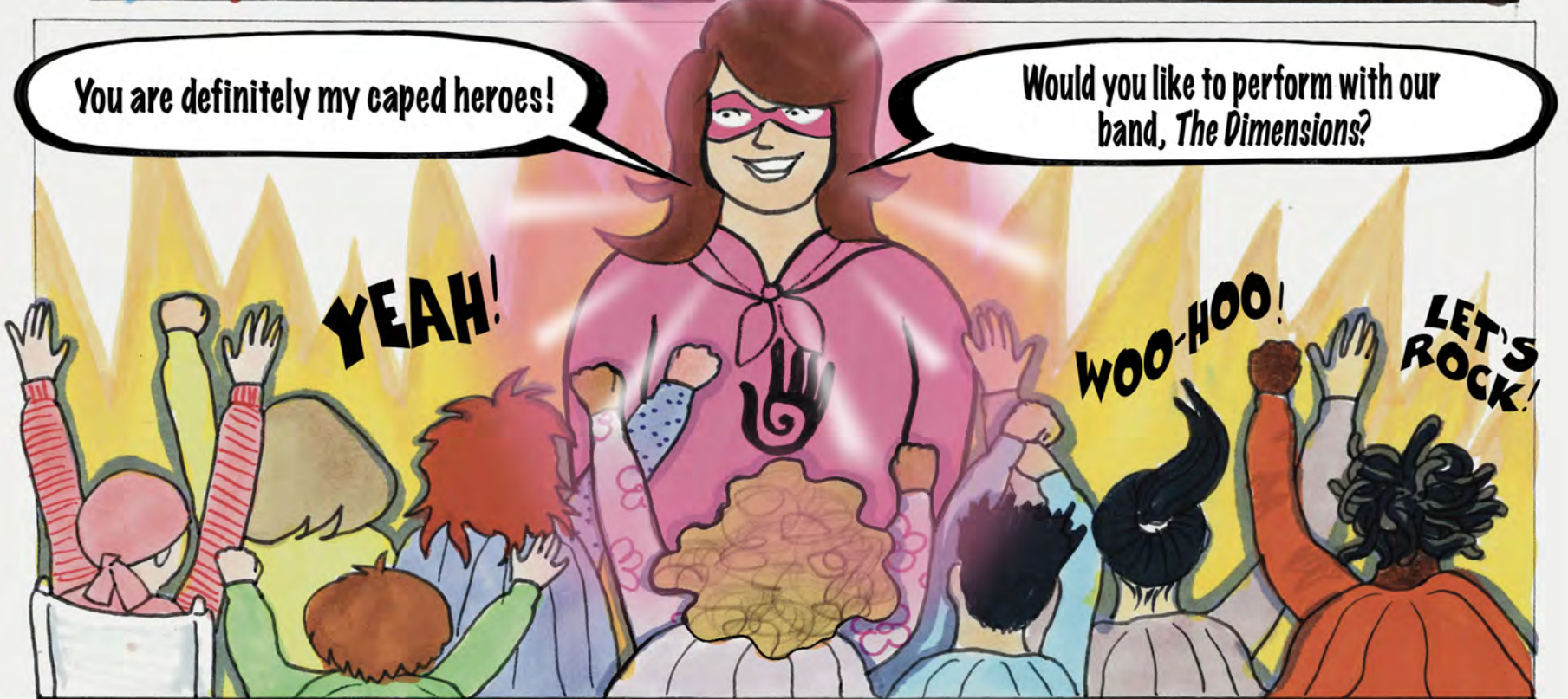
Time for some self-care and sleep, Hope.

Yes, Hope!
Time to put the oxygen mask on yourself first and the children second.



Oh! I've heard that! Those are the instructions when you are about to take off in an airplane.

True! And they work well for fatigued teachers who love their caped patients as well!



You are definitely my caped heroes!

Would you like to perform with our band, *The Dimensions*?

YEAH!

WOO-HOO!

LET'S ROCK!



... And Hope realized that taking care of herself is critical to taking care of the next generation.








THE END!

GET TO KNOW THE DIMENSIONS CHARACTERS!



The Dimensions characters represent the 8 dimensions of wellness supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

<https://bhwell.uky.edu/about-us/dimensions-wellness>

	<p>Environmental Dimension: Eric Ripple aka Captain Calm</p>	<ul style="list-style-type: none"> Local park ranger Married to Hope Ripple Co-lead singer for The Dimensions 	<ul style="list-style-type: none"> Experiences anxiety and has an addiction to nicotine Superpower: Super strength and the ability to talk to animals
	<p>Emotional Dimension: Hope Ripple aka The Healer</p>	<ul style="list-style-type: none"> School teacher who works at the local children's hospital Married to Eric Ripple Co-lead singer for The Dimensions 	<ul style="list-style-type: none"> Experiences panic attacks and compassion fatigue Superpower: Healing hands and X-ray vision
	<p>Physical Dimension: Leo Lowe aka Thundering Tornado</p>	<ul style="list-style-type: none"> Army veteran and librarian Drummer for The Dimensions Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits 	<ul style="list-style-type: none"> Recently diagnosed with diabetes Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain
	<p>Occupational Dimension: Aanisah Alomar aka The Gentle Chameleon</p>	<ul style="list-style-type: none"> Small business owner Bass guitar player for The Dimensions 	<ul style="list-style-type: none"> Experiences depression Superpower: Shapeshifts and can see the future
	<p>Social Dimension: Nova Pow aka Magnetic Shock</p>	<ul style="list-style-type: none"> Martial artist Percussionist for The Dimensions 	<ul style="list-style-type: none"> Needs support controlling anger and substance use Superpower: Magnetically manipulates and attracts objects
	<p>Financial Dimension: Lucy Stretch aka Elastic Beauty</p>	<ul style="list-style-type: none"> Owner of a beauty company Plays lead guitar for The Dimensions 	<ul style="list-style-type: none"> Experiences ADHD and is known for showing up late Superpower: Body manipulation
	<p>Intellectual Dimension: Einstein Al-Kno aka Agent Replacement</p>	<ul style="list-style-type: none"> Professor and health professional who studies Alzheimer's and dementia Plays keyboard for The Dimensions 	<ul style="list-style-type: none"> Can be self-centered and selfish which makes it difficult to socialize Superpower: High intelligence and wears a water-hose-soaker backpack
	<p>Spiritual Dimension: Raha aka The Divine Queen</p>	<ul style="list-style-type: none"> Dance instructor Violinist for The Dimensions 	<ul style="list-style-type: none"> Can be impulsive when shopping which leads to feelings of guilt and hoarding Superpower: Flies and reads minds

IN ADDITION TO THESE, BE ON THE LOOKOUT FOR 2 HIDDEN CHARACTERS!

ALLENE RECORDSTEIN is the band manager for The Dimensions. Her superpower is keeping the band organized!

DOTTY K. BERRYMAN is, well, the amazing artist of The Dimensions. But did you know she is also their biggest fan? Look for her cheering on The Dimensions at their shows!



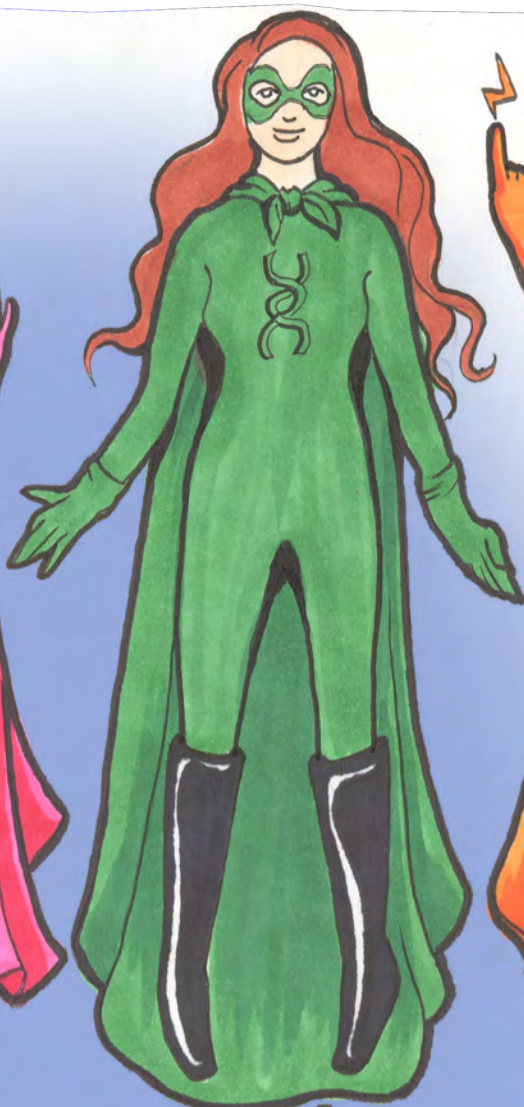
The DIMENSIONS ARE...



CAPTAIN CALM



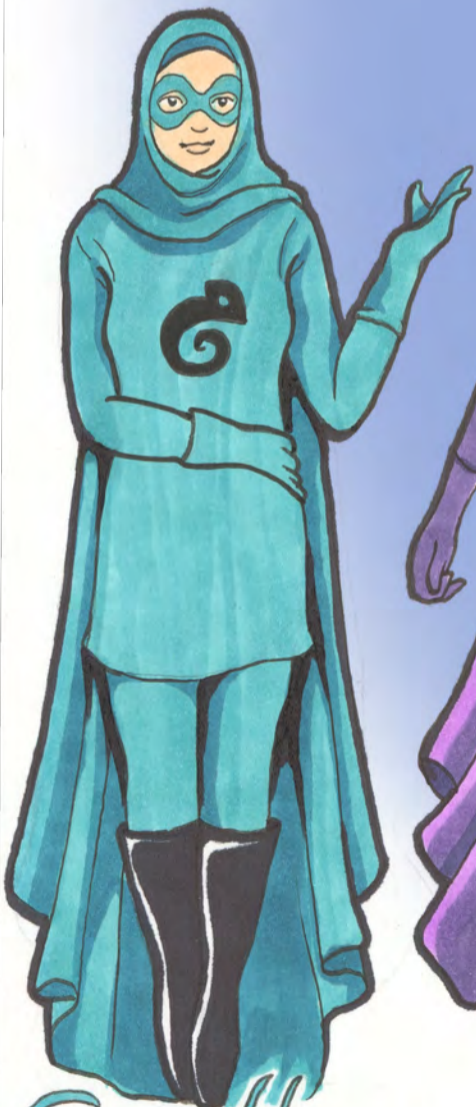
The Healer



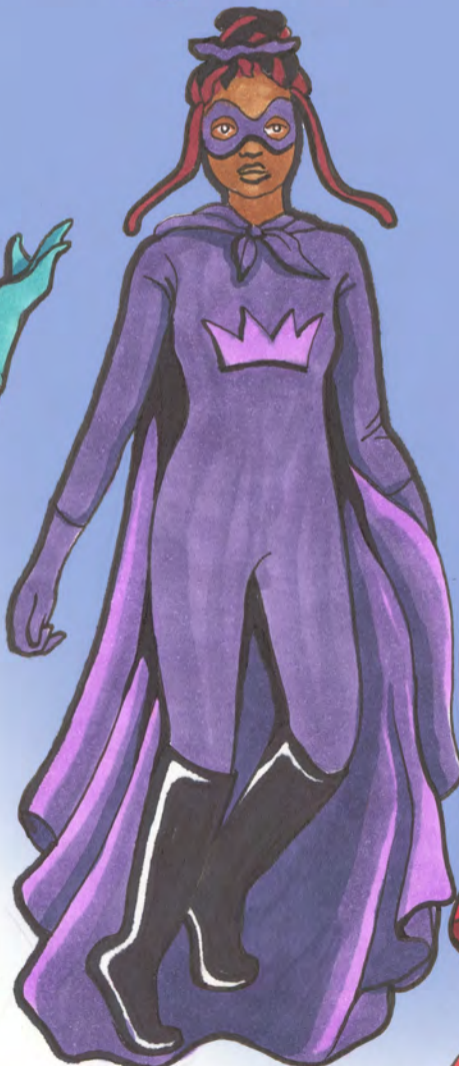
Elastic Beauty



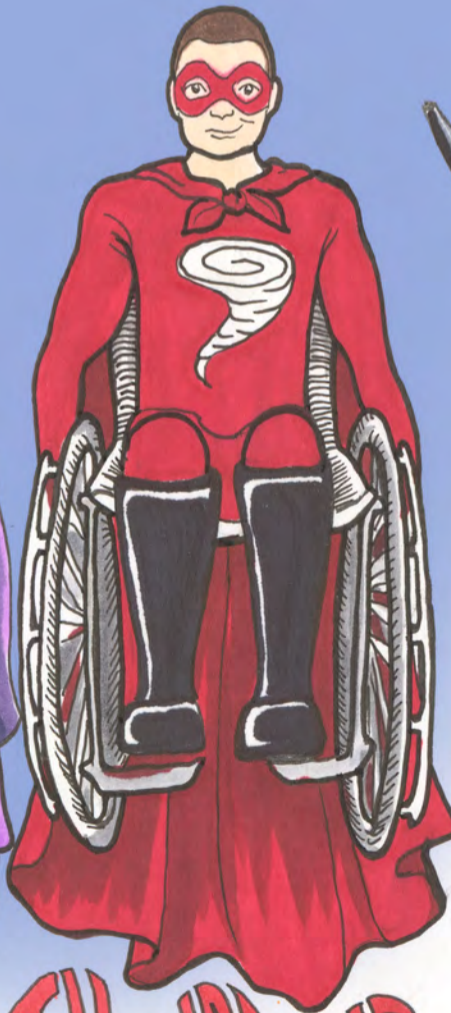
MAGNETIC SNOCK



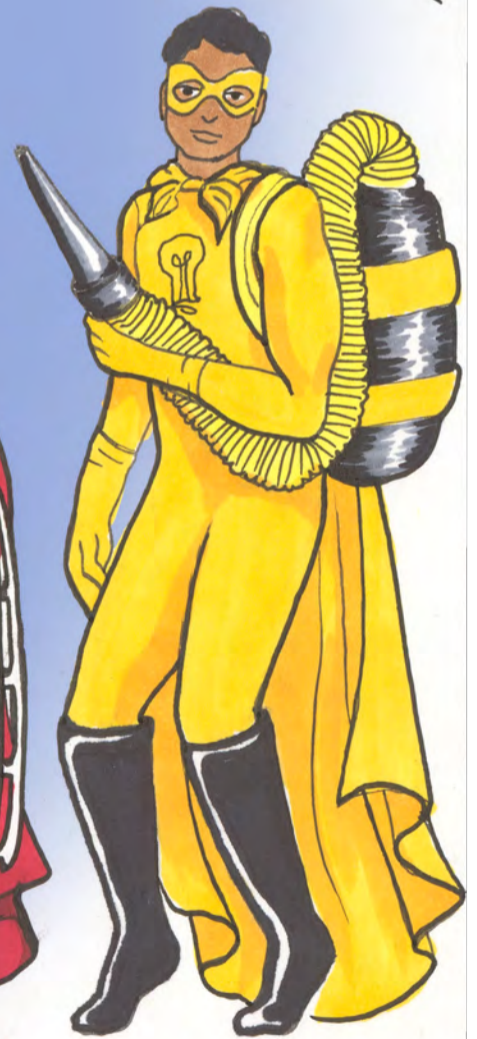
Gentle Chameleon



DIVINE QUEEN



THUNDERING TORNADO



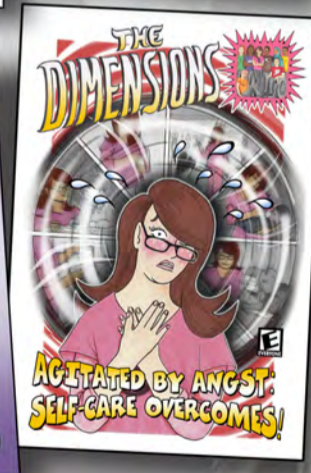
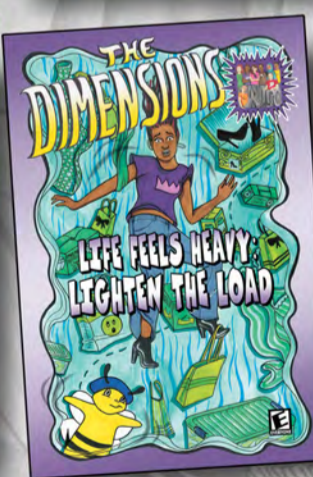
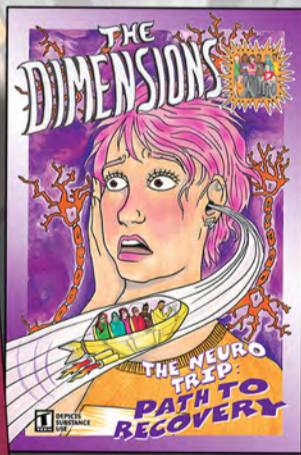
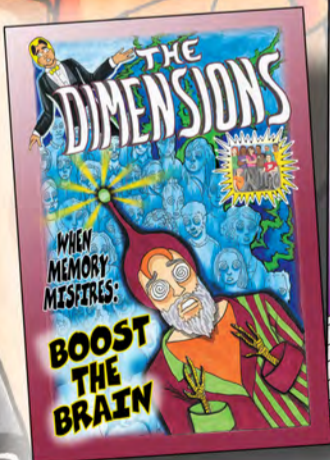
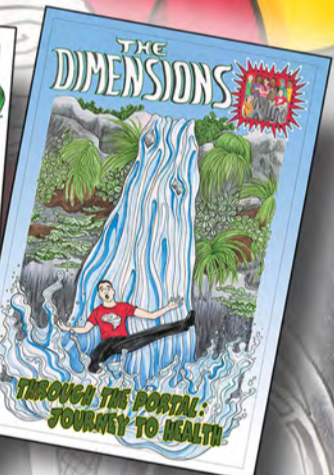
AGENT REPLACEMENT

READ THEM ALL!

Each character has their own story.



The
Dimensions
series
includes:



bhwell.uky.edu



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