

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

Funding Support: Internal funds along with support from the Kentucky Tobacco Prevention and Cessation Program.



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...

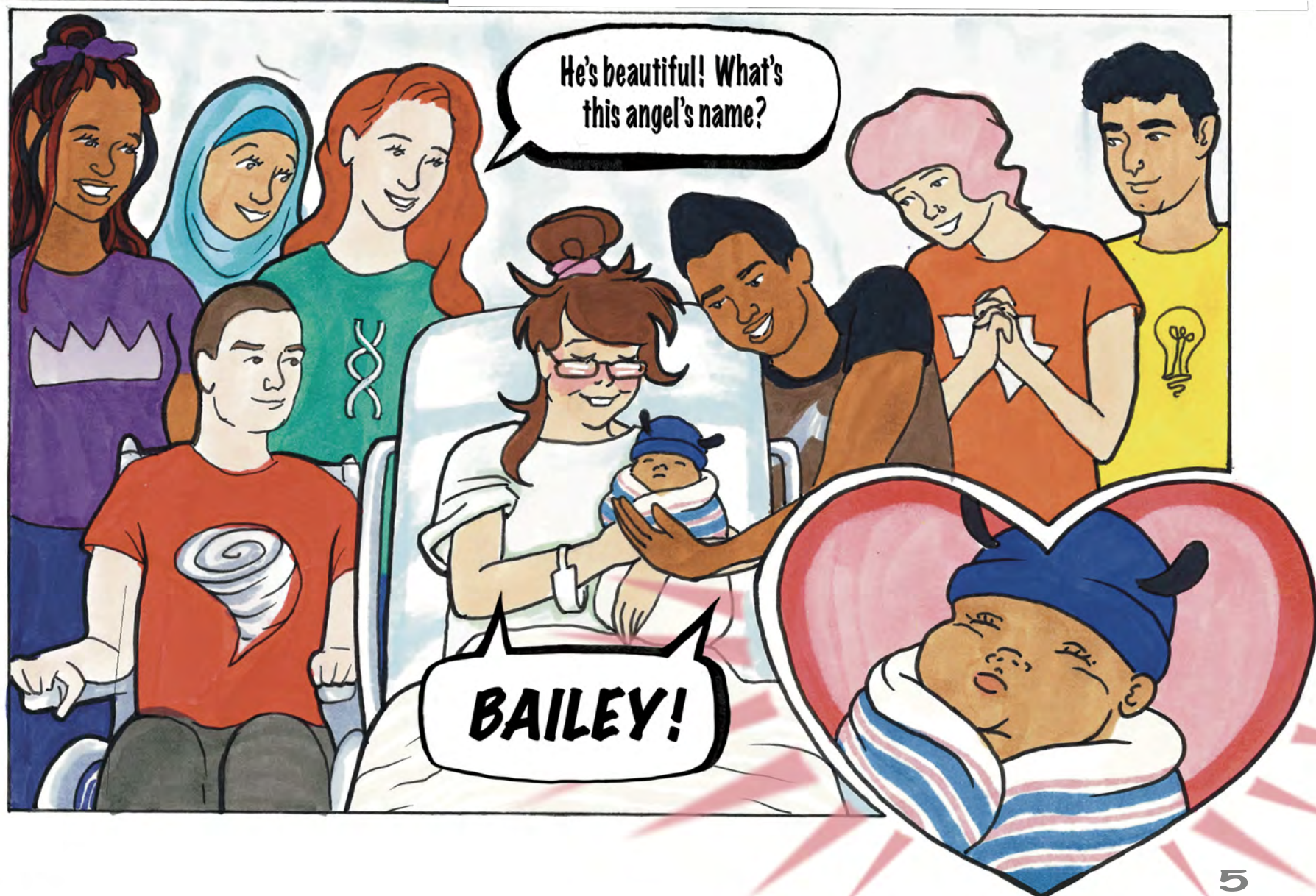
SHHHH!
I thought we agreed to
keep it a secret until the
baby is born.

Agreed. Exactly who would hear?

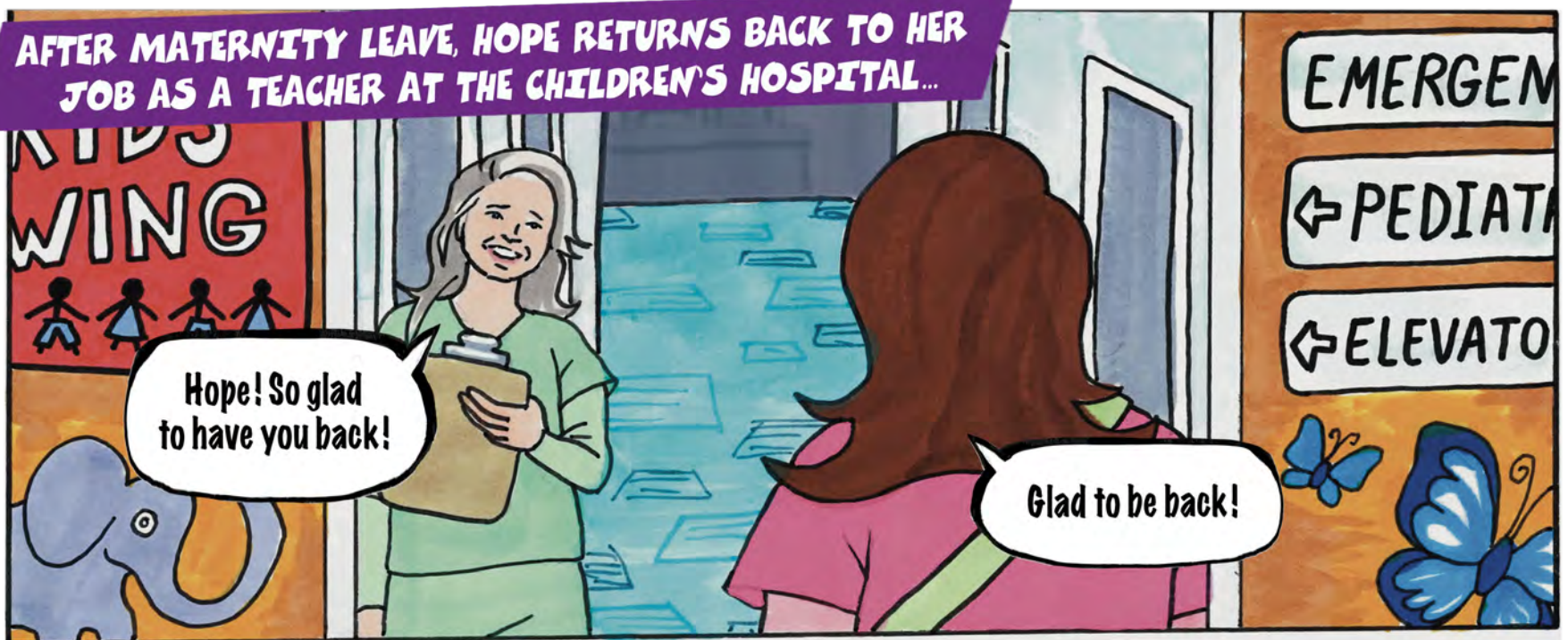
HaHaHaHa!

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

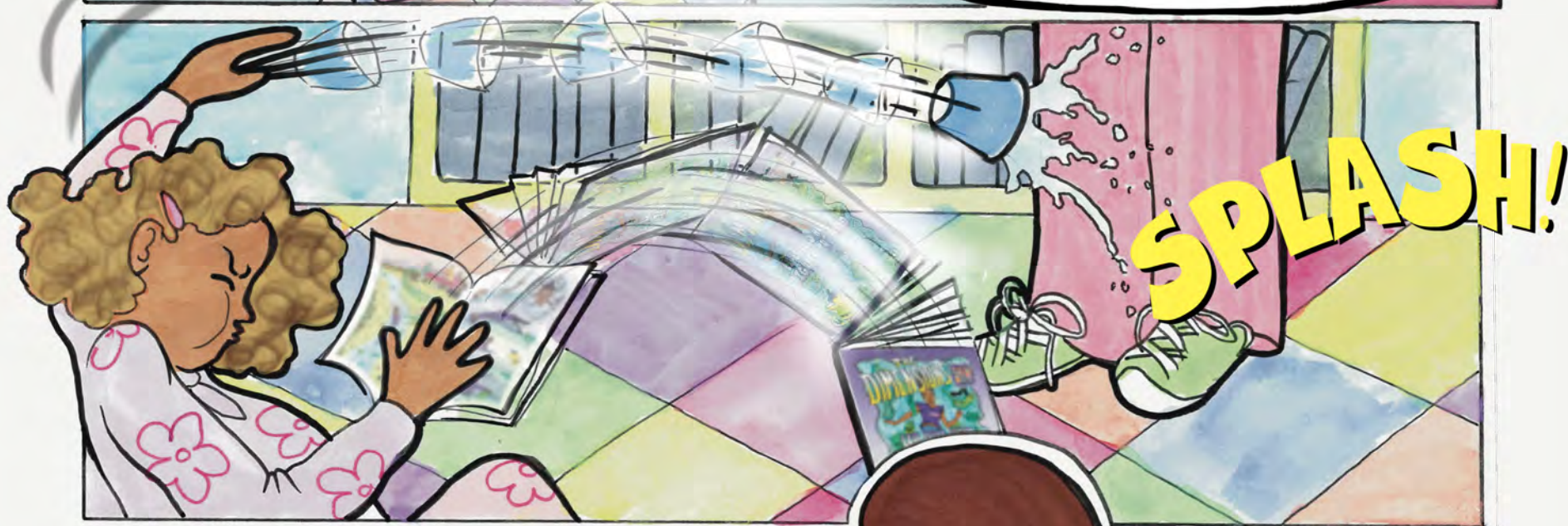
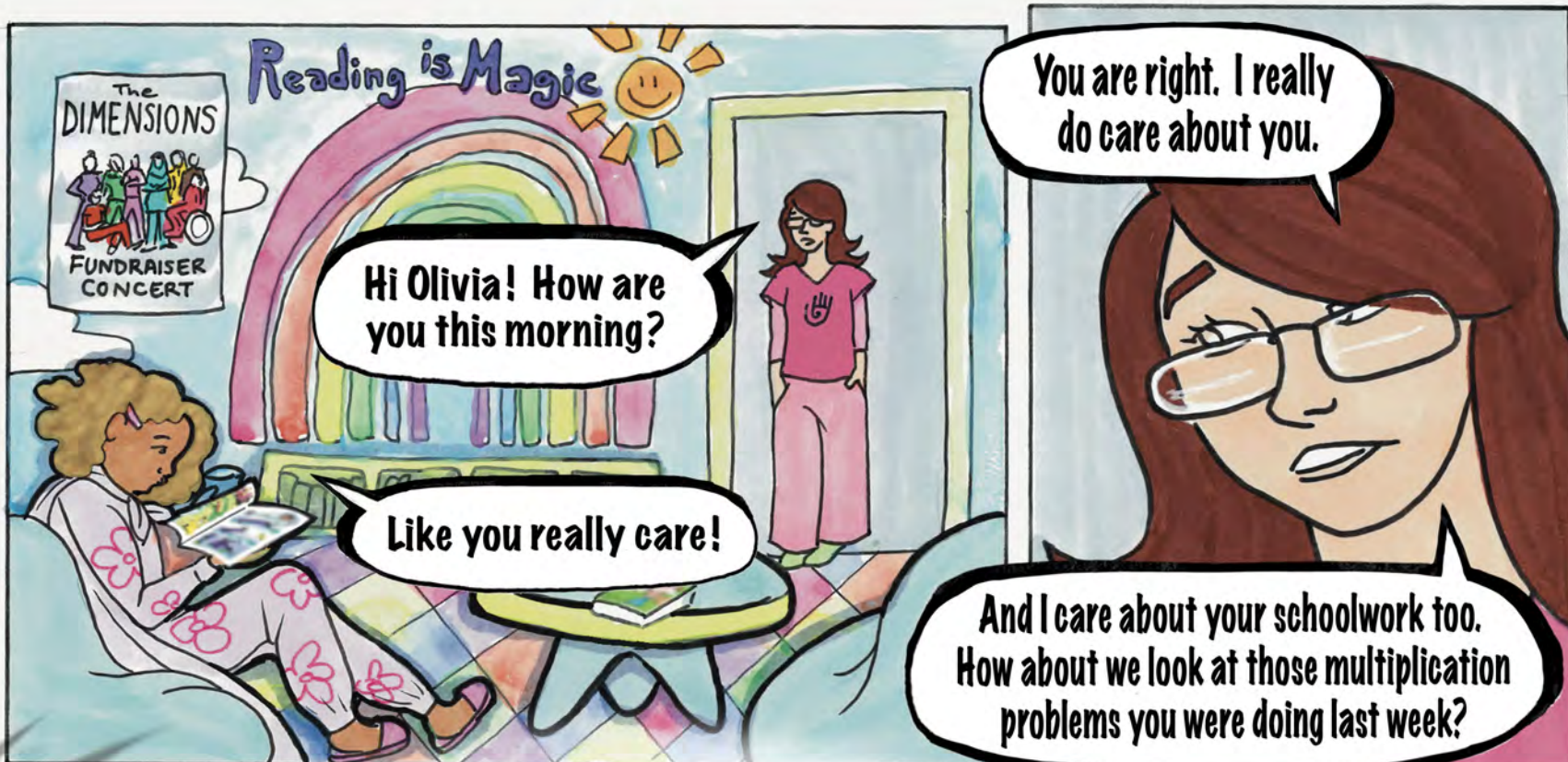
The kids need me... Oh! As a matter of fact, they need me right now!



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



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

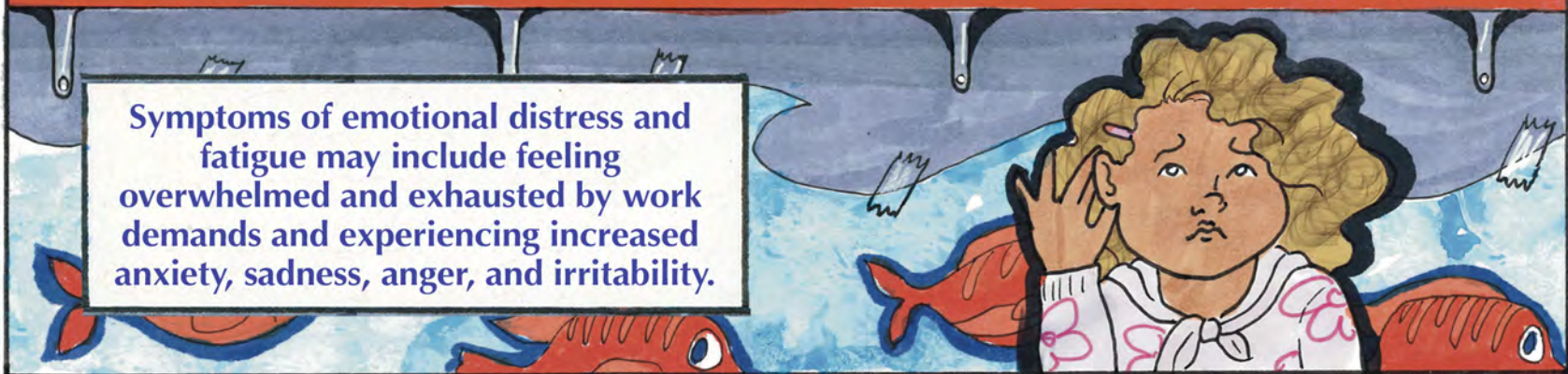




A panic attack is a sudden feeling of intense anxiety that can cause physical symptoms such as a racing heart, fast breathing, and sweating.



AFTER HOPE BEGINS TO CATCH HER BREATH...





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...



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



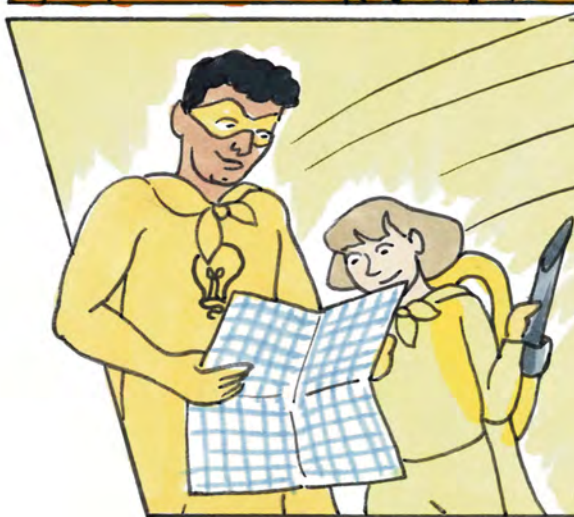
Let's get
training!



Point with purpose!



Think like a lion!



Hi, boy!

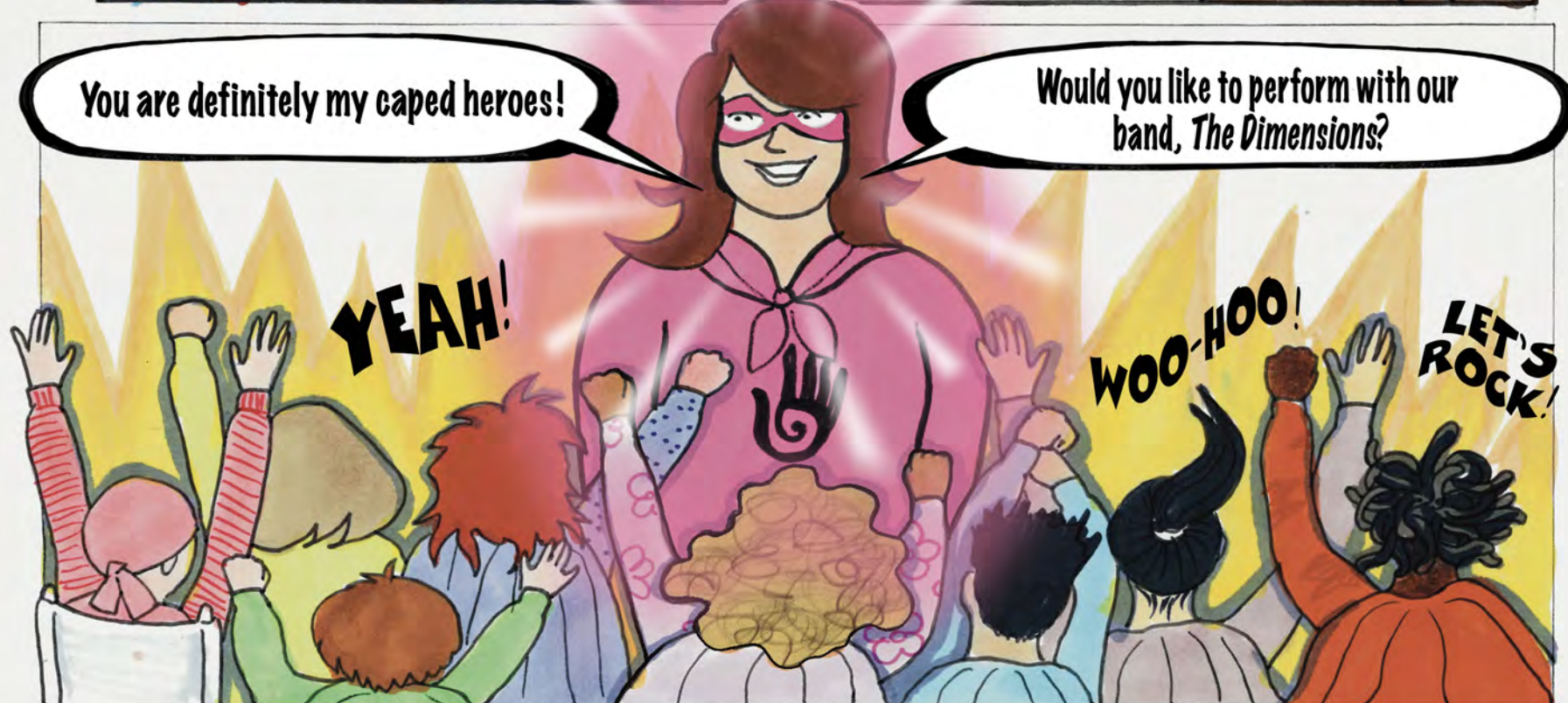
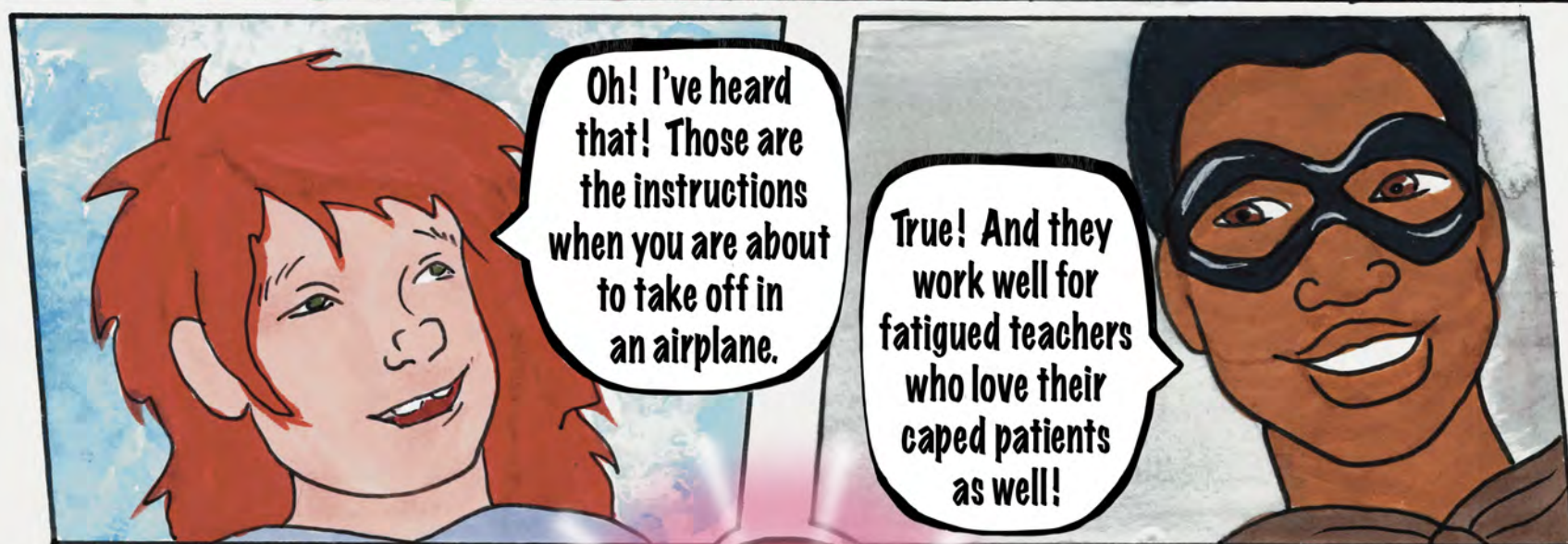
Hi, Captain Calm!



Wow!



Yes! Linguine,
not rotini!





... 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>



	Environmental Dimension: Eric Ripple aka Captain Calm	- Local park ranger - Married to Hope Ripple - Co-lead singer for The Dimensions	- Experiences anxiety and has an addiction to nicotine - Superpower: Super strength and the ability to talk to animals
	Emotional Dimension: Hope Ripple aka The Healer	- School teacher who works at the local children's hospital - Married to Eric Ripple - Co-lead singer for The Dimensions	- Experiences panic attacks and compassion fatigue - Superpower: Healing hands and X-ray vision
	Physical Dimension: Leo Lowe aka Thundering Tornado	- Army veteran and librarian - Drummer for The Dimensions - Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits	- Living with PTSD and recently diagnosed with diabetes. - Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain
	Occupational Dimension: Aanisah Alomar aka The Gentle Chameleon	- Small business owner - Bass guitar player for The Dimensions	- Experiences depression - Superpower: Shapeshifts and can see the future
	Social Dimension: Nova Pow aka Magnetic Shock	- Martial artist - Percussionist for The Dimensions	- Needs support controlling anger and substance use - Superpower: Magnetically manipulates and attracts objects
	Financial Dimension: Lucy Stretch aka Elastic Beauty	- Owner of a beauty company - Plays lead guitar for The Dimensions	- Experiences ADHD and is known for showing up late - Superpower: Body manipulation
	Intellectual Dimension: Einstein Al-Kno aka Agent Replacement	- Professor and health professional who studies Alzheimer's and dementia - Plays keyboard for The Dimensions	- Can be self-centered and selfish which makes it difficult to socialize - Superpower: High intelligence and wears a water-hose-soaker backpack
	Spiritual Dimension: Raha aka The Divine Queen	- Dance instructor - Violinist for The Dimensions	- 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!



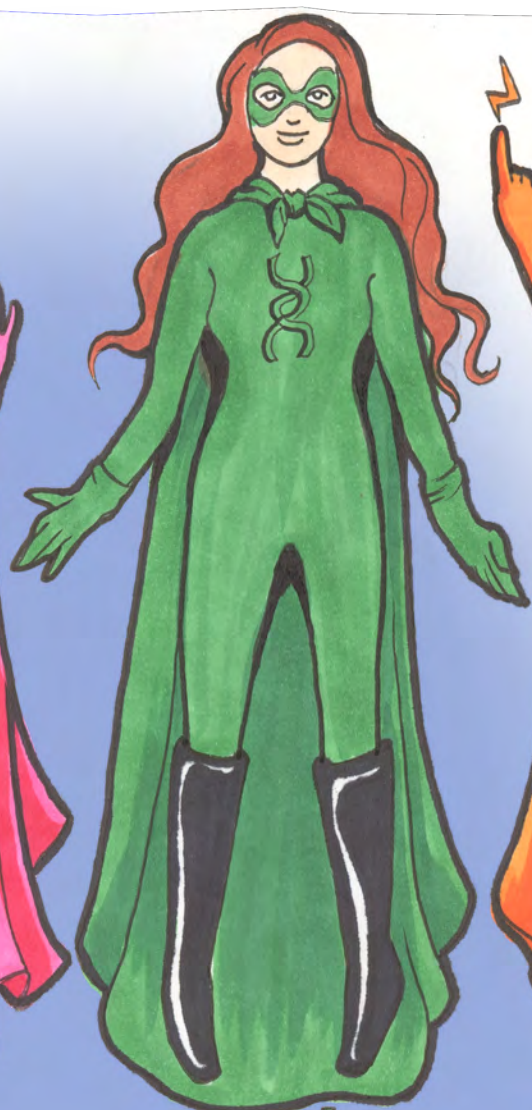
The DIMENSIONS ARE...



CAPTAIN
CALM



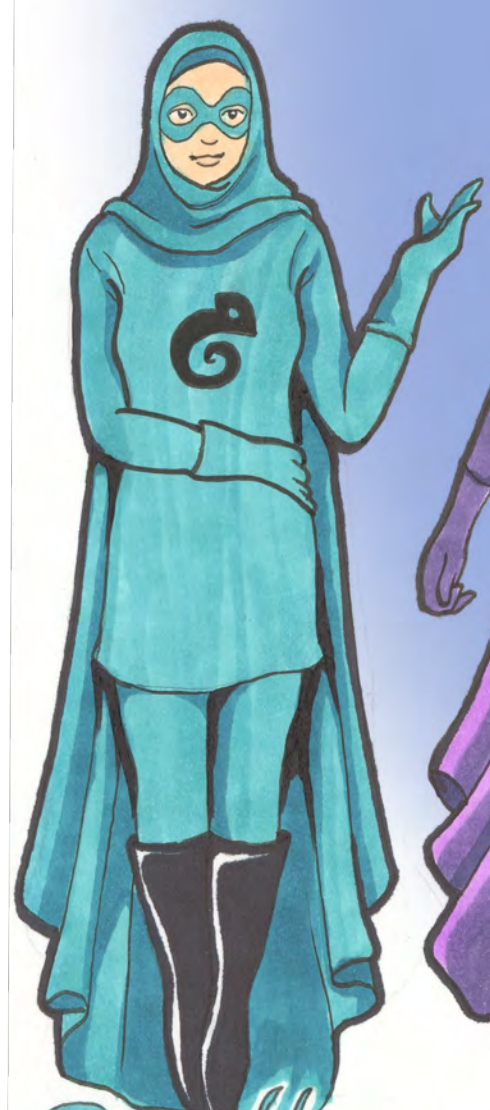
The
Healer



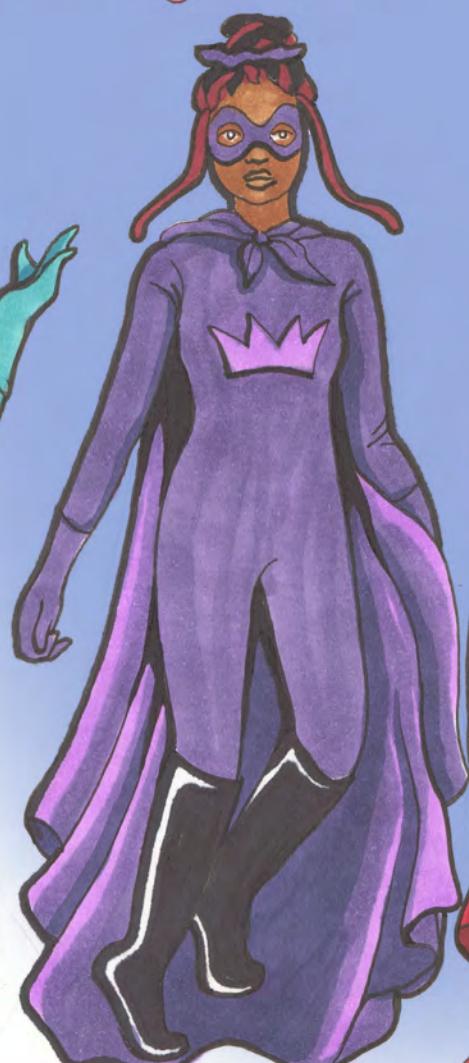
Elastic
Beauty



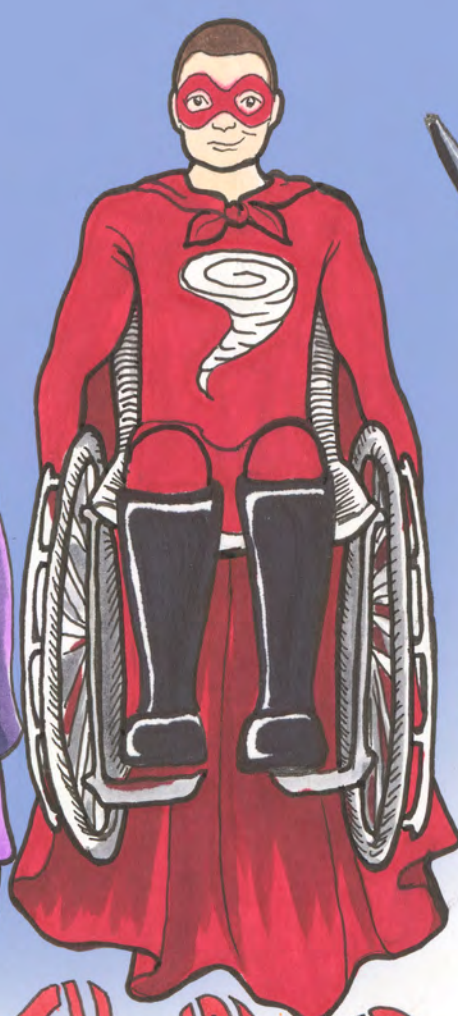
MAGNETIC
SHOCK



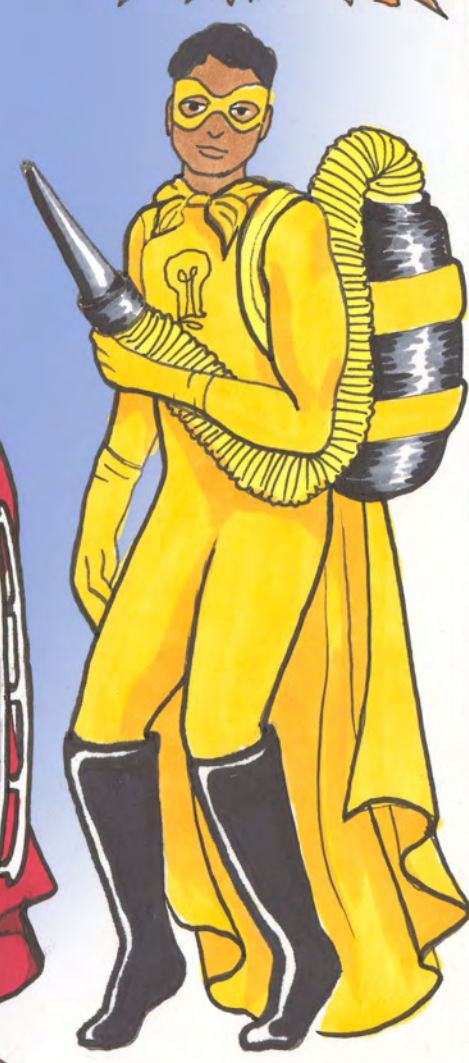
Gentle
Chameleon



DIVINE
QUEEN



THUNDERING
TORNADO



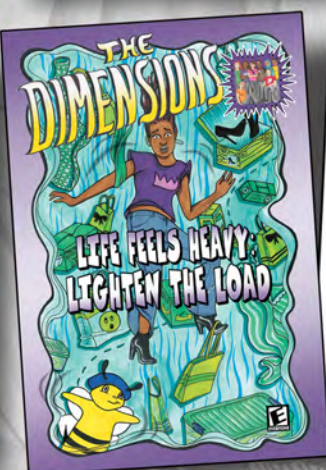
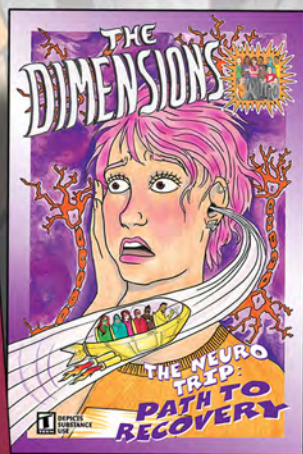
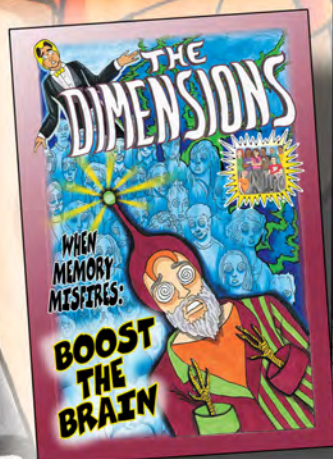
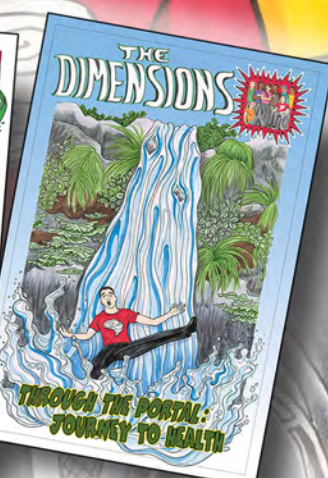
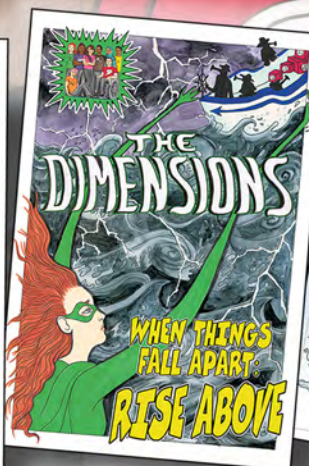
AGENT
REPLACEMENT

READ them ALL!

Each character has their own story.



The
Dimensions
series
includes:



bhwell.uky.edu

