



# FRONTLINE EMPLOYEE

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## AFFECTED BY ‘HEADLINE STRESS DISORDER’?

Are you affected by “headline stress disorder?” It’s not a real mental health diagnosis, but it has been discussed at the National Institutes of Health. News travels faster than ever. There is more competition for your attention and your loyalty, but it can be at a price if the news you consume keeps you agitated, angry, depressed, and worried. Combine this reality with our ability to share news with others in seconds, and you have a recipe for experiencing palpitations, insomnia, anxiety, depression, endocrine disorders, and hypertension. If this sounds too familiar, monitor your news consumption. Keep a record of what you read, watch, and listen to for a few days. Experiment with cutting back, and if you don’t make progress in reducing exposure and reduced symptoms, speak with your Assistance Program or a professional counselor.

Source: [www.ncbi.nlm.nih.gov/pmc](http://www.ncbi.nlm.nih.gov/pmc) [search PMC7104635]

## WHEN YOU ARE A VICTIM OF SEXUAL HARASSMENT...

Despite the protection of sexual harassment policies, 72 percent of sexual harassment victims don’t report the incidents they have suffered. Have you been sexually harassed but did not report it because you feared the consequences? Did you dismiss the incident, embracing that strategy as a way to cope? Did you think that somehow you were to blame for being harassed? If you are sexually harassed, follow your company’s policy and report it. Your employer wants to support you, and every sexual harassment prevention policy forbids retaliation. Decide to step forward so you can be the content and focused employee that both you and your employer want you to be.

Source: [i-sight.com](http://i-sight.com) (Search “sexual harassment infographic.”)

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# RACE-BASED TRAUMATIC STRESS

The national focus on racial discrimination has produced opportunities to discuss other harms of racism that do not receive much attention in the news. One of these is race-based traumatic stress, which is an injurious response to the stress experienced in relation to a discriminatory or racist event or interaction. If you have been affected by race-based trauma, you may experience symptoms of post-traumatic stress: anxiety, nightmares, sleep difficulties, and relationship and communication problems with those you love. These types of traumas might lead to fear of social situations, trouble being relaxed in social situations, feeling worried others might notice your anxiety, feeling that the world is an unsafe place to be, avoiding activities that might find you at the center of attention, and many other negative realities. Research shows that children may be particularly vulnerable to race-based traumatic stress from bullying peers and authority figures, or even from what they witness in the media or secondary to the racial discrimination experienced by their parents or caregivers. Those affected by race-based traumatic stress may find it tougher to seek help for symptoms because they don't believe professional counselors or mental health clinicians will understand their worldview or experiences about racism. Fortunately, this concern is being overcome with new awareness, education, and increasing numbers of professional counselors who identify as members of diverse communities. If you think race-based traumatic stress is interfering with your ability to be happy, healthy, and productive, consider professional counseling or contacting your Assistance Program.

Source: [www.fact.virginia.gov/racial-trauma/](http://www.fact.virginia.gov/racial-trauma/) (See "download brief.")



# LEADERSHIP SKILLS CAN BE LEARNED

Don't dash your dreams for a leadership position because you think you don't have the skills. They can be learned. A goal of being a leader is a force that can bring more excitement and energy to your job. Some leadership skills are easy to learn and only require a mental shift to practice. For example, do you know that leaders are also good followers? That doesn't mean sitting back and being told what to do. It means feeling comfortable with someone else having control, being okay with others questioning your ideas, having an open mind, trusting others, spotting opportunities to step in and help, and being a good observer of the larger picture. Explore more about leadership skill development. You may discover the hardest step is just deciding to do it!



# HAVE A BURNOUT PREVENTION PLAN

You can experience burnout even if you love your job. Your initial enthusiasm, energy, and accomplishments can obscure your awareness of being overworked, resource limitations, lack of control of your schedule, and the negative consequences of neglecting work-life balance. Eventually, enthusiasm and interest wane, excitement diminishes, and job strain begins with associated physical, mental, and emotional effects. Without intervention, you risk a spiraling of increased symptoms of exhaustion, cynicism, and diminished effectiveness. Design strategies for renewal and work-life balance and consider a plan to spot symptoms early so you can intervene in order to halt "burnout creep."