

Optimize Service Delivery and Enhance Leadership through Evidence-based Self-care  
Convergence 2022 Pasadena  
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Facts about stress:

- Stress is a sensation of nervousness, tension, and strain — a growing modern epidemic and a major occupational risk factor
- Stress relates to increased anxiety and depression, which are expected to be the second-leading cause of disability globally
- More than \$42 billion per year (0.3% of Gross Domestic Product) is spent on stress-related disorders in the United States (Kalia, 2002).

Stress in the SLP and AuD community:

- Speech-language pathologists and audiologists frequently experience high levels of stress and tension (Felton, 1998; Ferney Harris, Prater, Dyches, Allen Heath, 2009; Severn, Searchfield, & Huggard, 2012; Wisniewski & Gargiulo).
- One of the major stress-inducing factors can be the demand for productivity (ASHA, 2000a; ASHA, 2000b; ASHA, 2001)
- Having too much work, not enough time to get work done, salary, and large caseload size are also contributors (Blood, Thomas, Ridenour, Qualls, & Hammer, 2002; Caesar & Nelson, 2008; Ferney Harris et al., 2009).

How is stress manifested:

- Physical stress-related illnesses include headache, respiratory illnesses, gastrointestinal disorders, and hypertension.
- Decreased productivity, increased feeling of helplessness, and decreased quality of life can also contribute to job burnout from stress (Lawless, 1991).
- Left untended, stress and burnout not only impact SLPs and audiologists, but also jeopardize both the students and the patients that we serve.

Natural solutions to relax the mind – since we cannot always change our environments:

- Yoga, a Sanskrit word for union, means balance between mind, body, breath, and the universe.
  - Guided Meditations <https://www.artofliving.org/us-en/online-guided-meditation>
  - Body stretches
    - Desktop Yoga <https://youtu.be/LjRg685h5FU>
  - Breathwork
    - Humming Bee [https://youtu.be/RQr\\_LalVw7M](https://youtu.be/RQr_LalVw7M)
- Evidence-based breath meditation program
  - <https://www.artofliving.org/us-en/courses>