

# SUPPORT GUIDE HEALTH

IT'S GOOD  
FOR YOUR  
BUSINESS







# Meet Your Guide

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# What is Guide Health?





**It's All**  
**Interconnected.**



**Burnout is most commonly defined as workplace exhaustion due to chronic stress, high ideals, high demands, and lack of (perceived or real) support.**





**Burnout is a combination of emotional, physical, and behavioral elements.**

## **Emotional**

- Increasing cynicism
- Intolerance
- Low mood
- Difficulty concentrating
- Lack of creativity
- Low commitment
- Emotional volatility
- Low motivation
- Lack of purpose
- Decreased sense of accomplishment

## **Physical**

- Headaches
- Lack of sleep
- Fatigue
- Body aches
- GI disorders
- Physical illnesses
- Hypertension
- Muscle tension and soreness
- Lack of sex drive
- Changes in weight/appetite

## **Behavioral**

- Reduced performance
- Not showing up
- Detachment
- Isolation
- Relationship strife
- Increase in “numbing” behaviors
- Lack of engagement in personal activities









## **Emotional Exhaustion**

A fatigue from caring too much, for too long. Can be chronic and less attributable to specific causes.



## **Depersonalization or Cynicism**

The depletion of caring and compassion. For guides, this may manifest in feelings towards clients, other guides and personal relationships, self, or your outfitter.



## **Decreased Sense of Accomplishment**

An unconquerable sense of futility: feeling that nothing you do makes any difference or like you have a lack of purpose.









# Mental Health



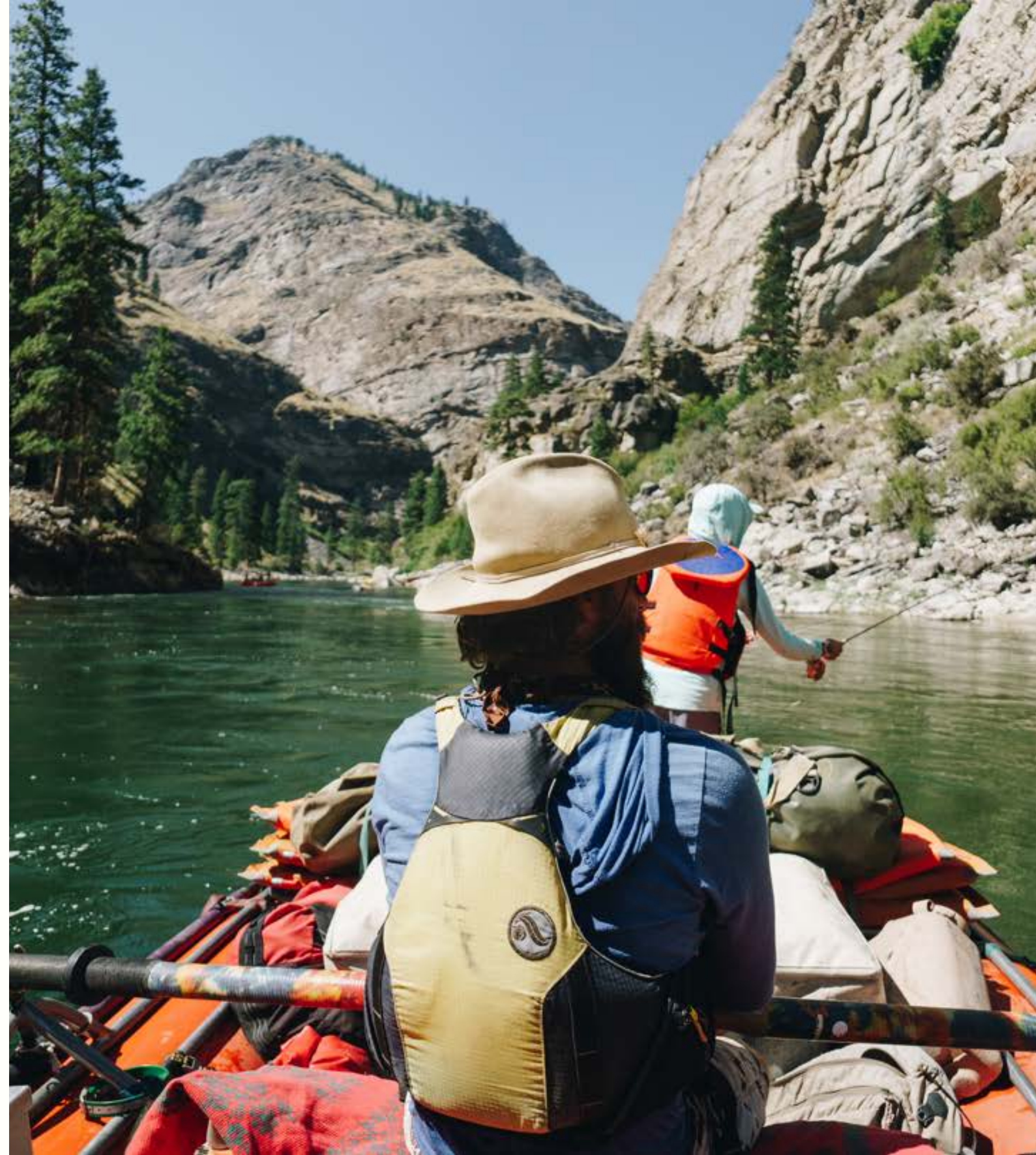
**“A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”**

**- The World Health Organization**



# **Components of Adaptive Mental Health**

- Strong Community
- Communication
- Sense of Purpose
- Good Sleep Hygiene
- Hydration & Nutrition
- Self-Acceptance
- Personal Growth







# **Resilience**

- **Able to recover quickly**
- **Able to get through hard things**
- **Stay calm & in control when faced with a challenge**
- **Turn hard things into doable things**



# **Encouraging Resilience**

- **Offer a greater sense of control/participation**
- **Clarify expectations**
- **Encourage creativity**
- **Build strong support systems**





## READY

Sense Of Mission  
Spiritually &  
Emotionally Healthy  
Physically Healthy  
Emotionally Available  
Healthy Sleep  
Gratitude  
Vitality  
Room For Complexity

## REACTING

Sleep Loss  
Change In Attitude  
Criticism  
Avoidance  
Loss Of Interest  
Distance  
From Others  
Short Fuse  
Cutting Corners  
Loss Of Creativity  
Lack Of Motivation  
Fatigue

## INJURED

Sleep Issues  
Emotional Numbness  
Burnout  
Nightmares  
Disengaged  
Exhausted  
Physical Symptoms  
Feeling Trapped  
Relationships  
Suffering  
Isolation

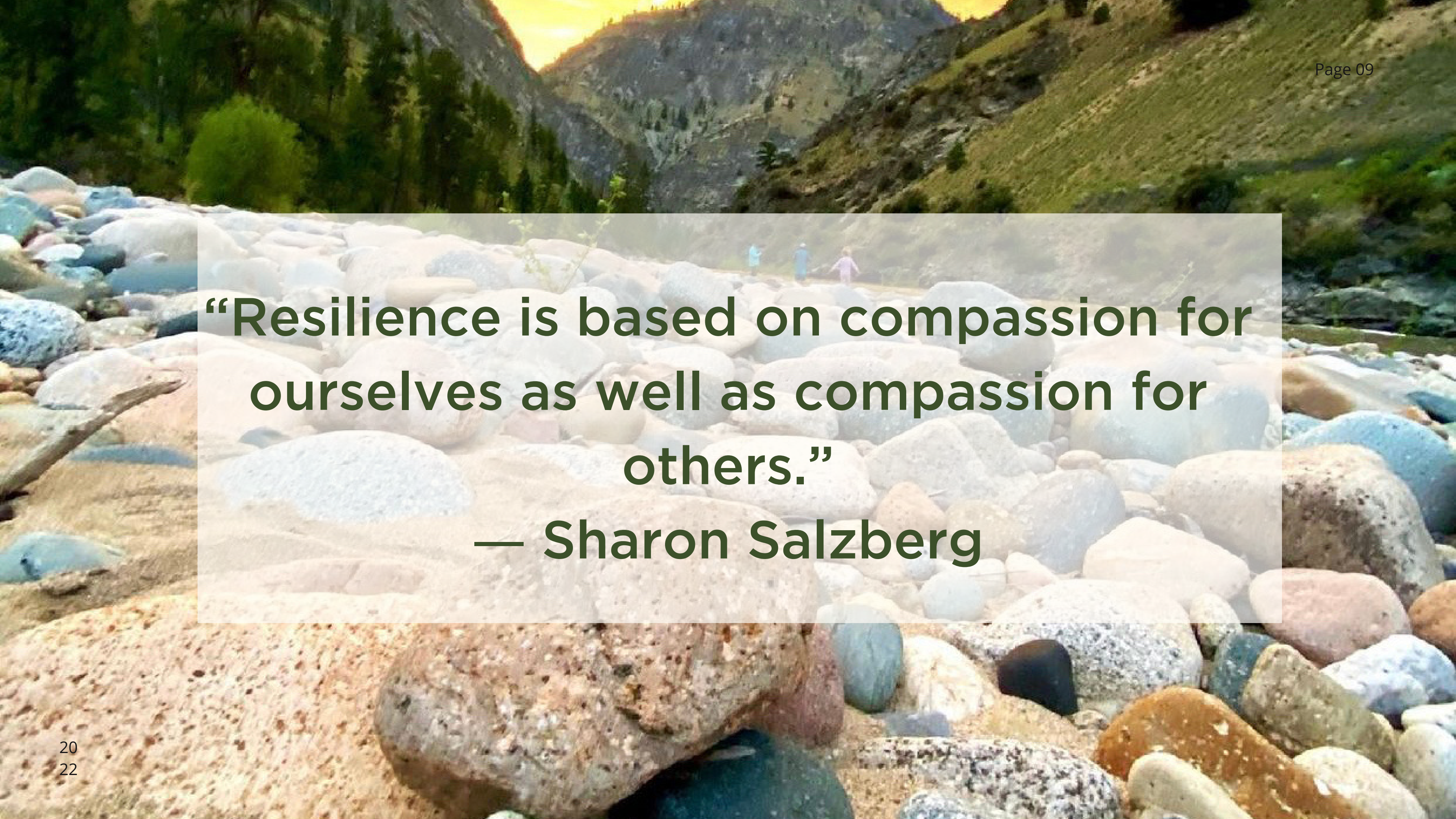
## CRITICAL

Insomnia  
Hopelessness  
Anxiety & Panic  
Depression  
Intrusive Thoughts  
Feeling Lost Or  
Out Of Control  
Blame  
Hiding Out  
Broken Relationships  
Thoughts Of Suicide









**“Resilience is based on compassion for  
ourselves as well as compassion for  
others.”**

**— Sharon Salzberg**



# Resources:

[www.redsidefoundation.org/resilience-and-burnout](http://www.redsidefoundation.org/resilience-and-burnout) - Learn more and personal worksheets

<https://www.responderalliance.com> - Psychological First Aid Kit Trainings

<https://www.viacharacter.org/character-strengths> - Know your team

<https://www.traumaresourceinstitute.com/> - Community Resilience Model Trainings

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THANK YOU