



Embracing life with bravado

Presented by

ECC Staff Nurses
and the Decatur
Police Department

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Fearless Factor is powered by Spirit of Women®, a network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

Embrace Your Life With Bravado!

The road of life can lead to unexpected, new and exciting people, places, opportunities and experiences....embrace them all with bravado!

Incorporate the fearless factor into your life and live more safely and with less fear!

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What You Will Learn Today

- Common Fears
- What fear is?
- Our body's response to fear
- Fear as a positive emotion
- Recognizing the signs of a predator
- What to do in an emergency
- Coping with and taking the fear out of “bad” news
- Safeguarding your home
- When your home isn't safe: Domestic Violence
- Protecting your privacy and finances
- Fear as fun!
- How to be fearless in a “high-risk” world

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What Are You Afraid Of??

We all have fears!

- Snakes
- Spiders
- Heights
- Public speaking
- Flying

...are just some of the fears common to everyone

What is Fear?

- A basic human emotion
- An instinct
- Programmed into our nervous systems
- Helps protect us
- Reaction is instantly activated
 - Fight or flight response

Fear—More Than a Feeling

Fight or Flight? Our body's response to fear:

- Heart beat increases
- Breathing quickens
- Pupils grow larger
- Skin sweats
- Digestive and urinary systems slow down

Embrace the Feeling...of Fear

- Fear is a warning, a natural body response that alerts us to danger
- The feeling of fear is not to be ignored
- Reasons why women ignore this internal alarm bell include
 - I thought I was being overly paranoid
 - He looked harmless/seemed nice enough
 - I didn't want to be rude

The Signs of a Predator

- Offers to help with unrelated tasks
- Is curious and asks too many questions
- Stands too close
- Walks around your home freely or handles your possessions too comfortably
- Tries to engage in discussions on unrelated topics
- Makes personal comments
- No concern for time: seems in no hurry to leave or end the conversation
- Wants to know if others are home, if you are meeting someone
- Stares at you

Accidents & Emergencies

- Heart Attack & Stroke
- Poison
- Fire
- Burns, Breaks and Serious Scrapes
- Car Accidents
- Natural Disasters

Calling 9-1-1

- Remain calm
- Call 9-1-1 for help; state that there is an emergency
- Identify yourself and your location
- Explain the situation
- Stay on the phone with the operator

Heart Attack & Stroke

Know the Signs and Symptoms

Heart Attack

- Constant or reoccurring pain/discomfort in the chest area
- Shortness of breath
- Dizziness
- Flu-like symptoms
- Weak pulse
- Fatigue / weakness
- Heart flutters

Stroke

Sudden:

- Confusion, difficulty speaking or understanding
- Vision problems in one or both eyes
- Difficulty walking, dizziness, loss of balance/coordination
- Severe, unexplained headache

Poison

Common Poisons:

- Certain Medications
- Cleaners
- Pesticides/Insecticides
- Hydrocarbons
- Antifreeze

All should be:

- properly stored
- used as directed

If Poisoning Occurs:

- Call 9-1-1 or Poison Control
- Provide the victim's age, weight, poison type, time of exposure, and address

Food Poisoning

- Bacteria or toxins sometimes found in foods

Choking

- Heimlich maneuver

Fire

- Have a plan to escape quickly and safely
- Identify a meeting point
- Practice fire drills
- Check fire alarms
- Keep fire extinguishers within reach
- In a room with a closed door
 - **Check for signs of fire**
- During Your Escape
 - **Keep low**
- Confined in the house
 - **Call for help**
 - **Avoid inhaling smoke**
 - **Stay visible**
- If you catch fire
 - **Stop, drop & roll**

Major Burns, Breaks & Serious Scrapes

<u>Problem:</u>	<u>What it is:</u>	<u>What to do:</u>
Burn	Involves all skin layers <ul style="list-style-type: none">• Can be painless	Call for help and leave clothing on, avoid cold water, check circulation, elevate, and cover
Break	A hairline fracture, to a bone snapped in two	Call for help/go to your nearest emergency room and stop bleeding, immobilize area, ice, treat for shock
Cut	An open wound with excessive bleeding	Call for help/go to your nearest emergency room and apply continuous pressure

Car Accidents

- Kill 40,000 and injure two million Americans each year
- One in eleven drivers will experience an accident each year

If it happens to you:

- **Pull over safely**
- **Call for help, if necessary**
 - Do not move a victim unless necessary
- **Report the accident**
- **Mark the scene**
- **Exchange information**
- **Stay safely away from the road**

Natural Disasters

- Natural disasters can strike with little or no warning
They include:
 - Hurricanes
 - Floods
 - Tornadoes
 - Landslides
 - Earthquakes
- Know your community's emergency plans
- Be prepared!

Your Survival Kit

Have enough supplies to last two weeks:

- Water
- Non-perishable food items
- First aid kit and manual
- Candles/lanterns
- Battery powered radio and flashlight
- Cell phone with charger
- Maps

Navigating the Emergency Room

What to bring:

- Identification
- Insurance cards
- List of
 - medications
 - chronic conditions
 - operations
 - allergies
- Recent lab or test results

What to expect:

- Review of medical history and condition
- Assess vital signs
- Placed in priority sequence
- Physical exam
- Possible tests/screenings

Don't Ignore These Symptoms

- Unexplained weight loss
- Persistent of high fever
- Shortness of breath
- Delirium
- Sudden, severe headache
- Seeing flashes of light
- Sudden weakness, loss of vision/speech
- Unexplained change in bowel habits

If you experience any of these symptoms, see a doctor right away. They can investigate the more common causes of your symptoms first and treat them as necessary.

Take Fear out of a Poor Diagnosis

- Get the facts
- Practice open conversation
- Be prepared for changes
- Allow loved ones to help you
- Keep on living your life!
- Find comfort in support groups

Safeguard Your Home

- Install an alarm and use it!
- Check that all doors and windows are locked at all times
- Keep a porch or entrance light on at night
- Inform a trusted neighbor when you will be away
- Keep up the appearance that somebody is home
- Do not tell others you will be away or home alone

When Your Home is Unsafe

- Domestic Violence – it happens to one in four women
 - Physical abuse
 - Emotional abuse
 - Sexual assault
 - Isolation
 - Controlling your life
- Abuse can happen to anyone by anyone, but is often against women by past or present male companions
- No matter your age, sex, race, culture or creed, violence against women is ALWAYS WRONG

Know the Signs & Get Help

If someone:

- Monitors your behavior
- Acts overly critical
- Isolates you
- Flares up with alcohol or drugs
- Controls you
- Humiliates you
- Destroys your belongings
- Threatens/physically harms you
- Forces you to be intimate
- Blames you for his behavior

Then you are a victim of abuse

Get Out and Get Help

- Make an escape plan
- Call the police or leave
- Go to the ER
- Call the National Domestic Violence Hotline
- Reach out to trusted family, friends, your community and your hospital

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Protect your Privacy & Finances

Identity theft and fraud are becoming more common

Protect your identity and your assets:

- Do not share your personal information
- Keep important documents in a safe place
- Surf the web with caution
- Monitor your credit report

Safeguard Your Health

- Partner with your doctor
- Keep on top of your recommended tests and screenings
- Eat a healthy diet
- Exercise
- Reduce stress

Partner With Your Doctor

- Are you afraid of the doctor? Don't be!
- Your doctor can help you create a customized plan for you to stay on top of your overall health
- A typical appointment includes:
 - physical examination
 - complete review of your family medical history
 - review of any symptoms
 - possible tests and/or screening(s)

Don't Hide from Tests & Screenings

Some tests you may be avoiding:

- Yearly physical
- Internal exam with PAP
- Mammogram
- Colonoscopy
- Blood test, flu shot, boosters

Early detection saves lives!

Live Well – Eat Well

Foods that should dominate your diet include:

- Fruits and vegetables
- Whole grains
- Fish
- Fat-free & low-fat dairy
- Legumes & soy
- Nuts & seeds
- Lean meats

...and stay hydrated with (8) eight-ounce servings of water

- Don't be afraid to try something new – you might like it!

Exercise & Maintain a Healthy Weight

Stop the Fear of Stepping on the Scale!

Build your strength and your confidence from the inside out!

Exercise can:

- Improve your mood and decrease stress
- Help fight disease
- Aid in weight management
- Strengthen the muscles, heart and lungs
- Promote better sleep

De-Stress to De-Fear

Did you know that:

- Stress is a mild form of fear?
- Relaxation counters the fear response?

Stress affects your overall health. Make time in the day to relax and reduce the stress in your life:

- Enjoy a favorite hobby
- Read a great book you picked out for yourself
- Play a musical instrument

Your Safety Essentials

- Keep a list of emergency numbers by every phone
- Practice proper food safety
- Cook with care
- Drive defensively
- Handle dangerous items and substances with care
- Know your family's emergency plans and review them regularly
- Know the signs and be prepared for potential danger, medical emergencies, and natural disasters

Feel a Little Fear

Don't avoid the things you fear!

- Learn about the things you fear
- Expose yourself slowly
- Conquer your fears!

Fear...as FUN?

If you enjoy:

- Scary movies
- Haunted houses
- Extreme sports
- Roller coasters
- Bungee jumping

...you are not alone! The rush that comes with the experience of fear can be fun – enjoy safely!

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Staying Safe in a High Risk World

Being prepared, staying informed and trusting your
fear

instinct can help keep you and your loved ones safe in
today's high-risk world...

proceed with confidence and caution and

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References

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Dr. Weil, MD
www.drweil.com

KidsHealth
www.kidshealth.org

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www.mayoclinic.com

National Cancer Institute
www.cancer.gov

National Center for Complimentary and Alternative Medicine
www.nccam.nih.gov

National Domestic Violence Hotline
www.ndvh.org

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www.nhlbi.nih.gov

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www.nhtsa.dot.gov

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The Gift Of Fear
By Gavin De Becker