



Emptying the Bucket:: Understanding & Managing Change, Stress, & Trauma

Evan M. Axelrod

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The purpose of this book is to help people understand what stress is, what it does, what impact it can have on people, and what we can do about it. This book begins by defining stress and discussing the differences between stressors that are learned and stressors that are instinctive. Next, how people find themselves "spinning out of control" due to stress will be reviewed by explaining the stress cycle, followed by a thorough discussion of the symptoms related to both short-term and long-term stress. One potential outcome of prolonged exposure to stress, burnout, will also be examined and potential steps to avoid burnout will be presented. This book will also provide a complete review of traumatic/critical incident stress by defining what it is and explaining the phases of trauma, discussing how a person is contaminated by traumatic stress, and intervention strategies to lessen the impact of trauma. Finally, because being able to manage stress effectively and appropriately is the cornerstone of feeling better, being healthier, and addressing a variety of health issues, both mental and physical, this book will review numerous techniques for managing stress and trauma in an effort to help people become more effective at emptying their buckets.

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