

Abstract

A Stress Relief Program Focused on Recovery

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In the summer of 2020, the Department of Psychotherapy at the Center for Outpatient Treatment, Rehabilitation and Education of the Vrapče Psychiatry Clinic launched an online "Antistress Program" in response to the needs of the population. The significant challenges and changes caused by the current epidemiological situation caused by the effects of the COVID-19 virus, the earthquakes that hit part of Croatia, and the general exposure to stressors both on a personal and overall social level have confronted us with the need for adaptation and the search for new ways of understanding stress in general. Through the years of implementation and evolution of the program, the Antistress Program has been modified with themes and implementation according to current changes that represent a stressor on the existing psychophysical balance of man, to which he reacts with his personal coping mechanisms with the stressor.

The purpose of this psychoeducational program is to recognize and explore the mechanisms of dealing with stress, and to strengthen those mechanisms and strategies that are adequate in a stressful situation and effective in preserving health. Through the program, the goal is to raise awareness of one's own risk and protective factors in the context of multiple risks, integration of stressful experience, and emotional regulation in stressful situations, which contributes to strengthening one's own strengths, skills and coping mechanisms with stress.

An interdisciplinary team consisting of a specialist psychiatrist, psychologist, social pedagogue, occupational therapists and nurses participates in the implementation of the program. An interdisciplinary approach and joint implementation of the program enables joint activities, creation and inclusion of thematic units, which helps in the recovery process of the patients included in the program.

The paper presents an account of the psycho-educational Antistress Program through its contribution to the recovery of the persons involved in the program.

Keywords: stress, stress coping strategies, psychoeducational program, interdisciplinarity, mental health

Sažetak

Antistres program usmjeren oporavku

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Zavod za psihoterapiju pri Centru za izvanbolničko liječenje, rehabilitaciju i edukaciju Klinike za psihijatriju Vrapče u ljeto 2020. godine pokrenuo je online „Antistres program“ kao odgovor na potrebe populacije. Značajni izazovi i promjene nastale aktualnom epidemiološkom situacijom uzrokovanom djelovanjem virusa Covid -19, potresima koji su pogodili dio Hrvatske te općenito izloženosti stresorima kako na osobnom tako i na cjelokupnom društvenom nivou suočili su nas s potrebom adaptacije i traženjem novih načina razumijevanja stresa uopće. Kroz godine provedbe i evaluaciju programa, Antistres program modificiran je temama i provedbom prema aktualnim promjenama koje predstavljaju stresor na postojeću psihofizičku ravnotežu čovjeka na koje on reagira svojim osobnim mehanizmima suočavanja sa stresorom.

Svrha ovog psihoedukativnog programa je prepoznati i istražiti mehanizme nošenja sa stresom, te osnažiti one mehanizme i strategije koji su adekvatni u stresnoj situaciji i učinkoviti u očuvanju zdravlja. Kroz program cilj je osvještavanje vlastitih rizičnih i zaštitnih čimbenika u kontekstu višestrukih rizika, integracija stresnog iskustva, te emocionalna regulacija u situacijama stresa što pridonosi jačanju vlastitih snaga, vještina i mehanizama suočavanja sa stresom.

U provedbi programa sudjeluje interdisciplinarni tim kojeg čine specijalist psihijatar, psiholog, socijalni pedagog, radni terapeuti i medicinske sestre. Interdisciplinarni pristup i zajedničko provođenje programa omogućuje zajedničke aktivnosti, kreiranje i obuhvaćanje tematskih cjelina što pomaže pri procesu oporavka pacijenata uključenih u program.

Rad prezentira prikaz psihoedukativnog Antistres programa kroz doprinos oporavku osoba uključenih u program.

Ključne riječi: stres, strategije suočavanja sa stresom, psihoedukativni program, interdisciplinarnost, mentalno zdravlje