

## **Misty Sutton**

### **Disaster Program Specialist, American Red Cross**

#### **Speaker Bio:**

Misty Sutton is a Disaster Program Specialist for the American Red Cross serving 33 counties across Northwest Arkansas and Southwest Missouri. With over a decade of experience in disaster preparedness and response, volunteer engagement, communications, community education, and public administration, she is a recipient of the 2021 American Red Cross of Missouri and Arkansas One Red Cross Impacts Award. Misty studies emergency management and psychology at Arkansas Tech University as she supports Red Cross programming for the 1.5 million residents in her jurisdiction. She currently resides in beautiful Bentonville, Arkansas with her husband of 20 years and two teenage children.

#### **Presentation:**

### **Self-Care is Not Selfish**

As global disasters increase in intensity and frequency, so does the stress of disaster response. Despite the overwhelming stress involved in disaster response operations, responders continue to push themselves beyond their physical and psychological limits, often jeopardizing their health and response operations. Let's explore one way to mitigate the effects of personal stress.