SELF-CARE: WORKER WELL-BEING

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Disclaimer

*SELF-CARE IS ABOUT YOU! IF YOU NEED TO **STOP** AT ANY POINT, BECAUSE YOU ARE TRIGGERED, FEELING UNSAFE, OR NOTICE THAT YOU ARE HAVING REACTIONS, TAKE CARE OF YOU!*

As we wait for people to enter the presentation:

- **EXERCISE: Five senses for grounding**

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Initially I want to share some definitions of terms we have all heard and have seen throughout the literature and in various trainings.

Vicarious trauma (VT): Pearlman and Saakvitne, 1995 define it as:

- Negative effects
- Cumulative transformation
- Result of empathic engagement
- Can permanently transforms sense of self and their world
- Experience reactivation of their own stories

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McCann & Pearlman, 1990 define **Vicarious trauma** as:

- A cognitive change process
- Alterations in one’s thoughts and beliefs

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Secondary trauma (ST): Figley, 1995 defines it as:

- Grounded in the field of traumatology
- Outward behavioral symptoms
- Mirror PTSD

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Burnout: Meichenbaum, 2007 defines it as:

- Prolonged response
- Three components: exhaustion, depersonalization, and diminished feelings
- Energy depletion

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Maslach, 1982, 1998; Maslach & Jackson, 1981; Maslach & Leiter, 1997 defines **Burnout** as:

- Progressive state occurring cumulatively
- Physical and emotional erosion
- Unsatisfied, powerless and overwhelmed
- Four components: exhaustion, disconnection from self, increased anxiety and depression, and reduced investment of goals
- Chronic use of empathy
- May occur in response to bureaucratic constraints and administrative demands

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Compassion fatigue (CF): Adams, Boscarino, & Figley, 2006; Bride, Radney, & Figley,2007; Figley, 1995 defines it as:

- Syndrome combination of secondary trauma and burnout
- Deep emotional and physical fatigue
- Chronic use of empathy
- Agency stress
- Balancing clinical work with administrative work
- Nothing more to give
- The cost of caring

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Pandemic Fatigue: The World Health Organization defined it as:

- Reaction
- Sustained and unresolved
- May lead to
- Emerging over time
- Effected by emotions
- Involves our whole lives

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EXERCISE:

Mindfulness of Emotions Meditation Burdick, 2013 (pg 121-122)

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SELF-CARE: Ross & Halpern, 2009 suggests:

- Experiencing VT goes with the territory of working with trauma
- Duty to care rule to ourselves
- Create balance work, rest, and play
- Spend time with people you like
- Activities that nurture and sustain
- Explore, develop, and maintain philosophies, belief systems which are forms of self-expression
- Build a support system

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SELF-CARE: Ross & Halpern, 2009 suggest (cont'd):

- Starting or returning to therapy
- Maintain perspective
- Develop self-protective strategies
- Mindfulness exercises, visualization, meditation
- Appropriate sense of humor
- Positive modeling for our clients
- SELF-CARE is vital in the field of trauma

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YOUTUBE – STOP IT! Bob Newhart

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Self-care: Hesse, 2002 defines it as:

- Actions
- Enhance, restore and/or maintain health
- Limit illness
- Preserve self
- Positive self-expression

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The University of Edinburgh in their self-care toolkit mention the following:

- Eat regularly
- Hydrate
- Sleep
- Be active
- Be mindful of your surroundings
- Keep learning
- Give (service) not work related

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The University of Edinburgh in their self-care toolkit mention the following (cont'd):

- Positive self-talk
- Say no
- Share with others
- Make a mantra/affirmation(s)
- Be creative
- Breathe and stretch
- Clear and clean your space

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Activity: On a scale of 1 (none) to 10 (excellent) How well do you currently take care of yourself?

- Exercise
- Eating patterns
- Time in nature
- Relationships
- Recreation
- Hobbies
- Relaxation
- Stress management
- Religious/spiritual
- Service to others
- Unplug

Looking at the same list. Where would you like to be? [Using the same scale]

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Dr Gregory Moffatt, 2018 in an article for Counseling Today cited the following:

- Therapist, teacher, writer
- 20-year marriage
- Children and friends
- You might be a good therapist, but you don’t know how to practice it at home
- Bizarre paradox

- Self-assessment, self-awareness

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Dr Gregory Moffatt, 2018 in an article for Counseling Today cited the following (cont'd):

- Do not wait for a crisis
- Play
- Know our limits, keep boundaries
- Not immune to crisis
- Supervision, consultation, or mentor
- American Counseling Association guidelines: Self-care

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Blount, Lambie, Kissinger (2016)

- Therapist, heal thyself
- Awareness
- Unreasonable and impossible
- Perceived wellness
- Aspirational wellness

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Blount, Lambie, Kissinger (2016) [cont'd]

- Helping Professional Wellness Discrepancy Scale (HPWDS)
- Professional and personal development
- Religion/spirituality
- Leisure activities
- Burnout
- Optimism

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Gerard Lawson and Jane Myers (2011) cited the following key career sustaining behaviors:

- Maintaining a sense of humor
- Spending time with your partner/family/friend
- Maintaining a balance between professional and personal
- Maintaining self-awareness

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Gerard Lawson (2007) cited the following key career sustaining behaviors (cont'd):

- Maintaining a sense of control over work responsibilities
- Reflecting on positive experiences
- Trying to maintain objectivity
- Engaging in quiet leisure activities
- Maintaining professional identity
- Participating in continuing education

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Elder, Norris and Morgan (2022) responded to the pandemic fatigue with the following:

- Utilize parallel processes
- Practice compassion more and empathy less
- Define personal space and time

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If we have time, final exercise:

How are you going to use three of the items from this presentation in your daily life?

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Resources

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