



*A LOOK AT
SELF CARE*

Do as I say....

not as I do....

Presenters

Maria Jirau-Torres, B.S. in Psychology

- Direct Service Bilingual Domestic/Sexual Violence Advocate for 6+ years
- Language Access Coordinator, NSVRC
- Latina professional, 5 children, 1 husband, 2 dogs, 2 cats, cooking, cleaning, Graduate School,

Angelica Costello

Activity

Ball of Yarn



Why the big deal about self-care?

Poor Quality of Life

Poor self-care = burnout/dissatisfaction = drop out of SW field

“In light of recent and significant research indicating that social workers engaged in direct practice are likely to develop symptoms of secondary traumatic stress, it is imperative that the social work profession devotes greater attention to and creates greater awareness of these issues.”
(Professional Self-Care and Social Work, policy statement approved by the NASW Delegate Assembly, 2008)

Poor self care = reduced ability to be empathic

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through the water without getting wet.” ~

Rachel Naomi Remen, M.D.

What is Burnout?

“A relatively frequent outcome of chronic stress that has received considerable attention.”

Refers to the gradual extinguishing of energy of a Social Worker.

Schaufeli, Leiter, & Maslach, 2009, p 205.

Maslach and Leiter, 2005

Cox and Stiner, 2013

Silver Lining?

*Burnout is the opportunity to re-discover
what makes you happy.*

How do you know it is burnout?

Is it really the client or is it more than that?

Is it your organization?

Is it unrealistic productivity expectations?

Symptoms of CF

- Excessive blaming
- Bottled up emotions
- Isolation from others
- Receives unusual amount of complaints from others
- Voices excessive complaints about administrative functions
- Substance abuse used to mask feelings
- Compulsive behaviors such as overspending, overeating, gambling, sexual addictions
- Poor self-care (i.e., hygiene, appearance)
- Legal problems, indebtedness
- Reoccurrence of nightmares and flashbacks to traumatic event
- Chronic physical ailments such as gastrointestinal problems and recurrent colds
- Apathy, sad, no longer finds activities pleasurable
- Difficulty concentrating
- Mentally and physically tired
- Preoccupied
- In denial about problems

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

— Eleanor Brownn

Starting Your Own Self-Care Program

It's not that hard.....

What Is Self Care?

Can be easier to say what it is NOT:

- NOT: just for burned out workers, the weak, the maladjusted.
- NOT something we don't have time to do
- DOES NOT mean we focus on ourselves and ignore others
- NOT about numbing ourselves
- DOES NOT indicate narcissism
- IS NOT a luxury and does NOT mean we are self-indulgent.

You Know You Don't
Have Good Self Care
When...



- ✓ *Attendee Examples???*
- ✓ *Boundaries*
- ✓ *Exhaustion*
- ✓ *Calling in sick*
- ✓ *Loss of Hope*
- ✓ *Depression*
- ✓ *Stress Eating*
- ✓ *Thoughts of leaving profession*
- ✓ *Unprofessional Behavior*
- ✓ *Sleep Issues*
- ✓ *Can't Separate Work from Home*

Boundaries and Professionalism

When you are stressed/burned out you may find yourself:

- Sharing too much personal data with clients
- Sharing information about other staff members
- Complaining about your agency or workload
- Developing dual relationships
- Upstaging their problems/issues with your own
- Downplaying other team members or disciplines
- Wanting to develop a personal relationship with a client

What is good self care?

Physical

Professional

Psychological

Balance

Emotional

Spiritual

Wellness Wheel

Out-of-Balance Wellness Wheel



In Balance Wellness Wheel

Balanced Wellness Wheel



Self Care Tools

Meditation with Music

- Get comfortable and close your eyes.....



Aromatherapy

Setting Realistic Expectations

The Guilts

Remind yourself that what you do makes a difference.

Set Realistic goals – “If Only I were....”

Accept your shortcomings and take action in areas you can improve.

Do not take yourself so seriously

Arrange for regular vacation time

Attend career nurturing events

Share your thoughts with a trusted friend

If overwhelmed for long period of time – see a counselor or EAP

Larson, National Hospice and Palliative Care Organization

Top Self-Care Tips for Helpers

- ✓ TAKE STOCK OF WHERE THINGS ARE – WHAT'S ON YOUR PLATE?
- ✓ START A SELF CARE IDEA COLLECTION
- ✓ FIND TIME FOR YOURSELF EVERY DAY
- ✓ DELEGATE AND LEARN TO ASK FOR HELP
- ✓ HAVE A TRANSITION FROM WORK TO HOME
- ✓ LEARN TO SAY YES OR NO MORE OFTEN
- ✓ ASSESS YOUR TRAUMA INPUTS – WORK/NON-WORK RELATED

TOP SELF-CARE TIPS FOR HELPERS (CONT'D)

- ✓ LEARN MORE ABOUT COMPASSION FATIGUE AND TRAUMA
- ✓ SUPERVISION/PEER SUPPORT
- ✓ WORKSHOPS AND TRAINING
- ✓ CONSIDER WORKING PART TIME
- ✓ EXERCISE

MATHIEU, F. (2007) WWW.COMPASSIONFATIGUE.ORG

What Else Can You Use?

- ✓ Physical Self Care – eat well, exercise, get enough sleep, get medical care
- ✓ Psychological Self Care – reflect, journal, engage in leisure activities, let others help you
- ✓ Emotional Self Care – have pleasant thoughts about your self, engage in laughter/play, express emotions in appropriate channels
- ✓ Spiritual Self Care – pray, meditate

What Else Can You Use? (Cont'd)

- ✓ Create team rituals – Healing Circles, Drumming, Light a Candle, Burn Regrets
- ✓ Professional Self Care – take a break, take a vacation, balance case load
- ✓ Balance Plan – among work, family, relationships, play, rest

Cox and Steiner, 2013

Remember!

- ✓ Listen to others who know and care about you
- ✓ Use assessment tools to help you see the truth
- ✓ Self awareness – know when you are crossing a line