Self-Care in a Selfless Field

Presented by:
Jana Sill, M.Ed. and Anna Purkey, M.Ed.
Disclaimer

This presentation was prepared for the Mountain Plains Prevention Technology Transfer Center (PTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMSHA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain. Citation of the source is appreciated.

Funding for this presentation was made possible by SAMSHA grant no. H79SP080971. The views expressed by speakers and moderators do not necessarily reflect the official polices of the Department of Health and Human Services (HHS), SAMHSA.
Self-Care in a Selfless Field

Presented by:
Jana Sill, M.Ed. and Anna Purkey, M.Ed.
Mindful Moment
Objectives

• Participants will be able to:
  • Define and understand the value of self-care for prevention professionals.
  • Define compassion fatigue and burnout, how it differs from stress and how it can impact your ability to effectively engage and support your clients.
  • Identify self-care strategies and resources to reduce the effects of compassion fatigue and burnout.
What is Self-Care?

“...defined as the learned behavior of practices and activities initiated and performed by individuals to maintain health, life, and wellbeing”


Types of self-care:
- Emotional
- Psychological
- Physical
- Spiritual
- Professional
- Relational
Why is Self-Care Important?

“... a potential factor in preventing the development of negative outcomes in helping others such as burnout and compassion fatigue”

(Alkema, Linton, & Davies, 2008; Carrol et al., 1999, as cited in Hricová, 2020, p. 2).
Sources of Work-Related Stress

- Insufficient time and resources
- Low pay
- Large caseloads
- Exposure to client trauma
- Loss of sense of safety
- Lack of control
- Unsupportive supervisors/colleagues

(Hricová, 2020, p. 2 & Ligenza. 2018, p. 4)
Compassion Fatigue (CF)

“In our effort to view the world from the perspective of the suffering we suffer. The meaning of compassion is to bear suffering” (Figley, 2002, p. 1434)
Factors of Compassion Fatigue

• Contributors to CF:
  • Empathic ability
  • Empathic concern
  • Empathic response

• Additional factors compounding CF:
  • Traumatic memories
  • Other life demands
Signs of Compassion Fatigue

- Intrusive thoughts
- Difficulty sleeping
- Irritability
- Headaches
- Anger
- Hyperarousal
- Avoidance
- Reduced empathy
- Impaired decision-making
- Isolation from others
Effects of Compassion Fatigue

• “Reduces our capacity or our interest in bearing the suffering of others” (Figley, 2002, p. 1434)

• Negatively impacts:
  • Decision making
  • Professional development
  • Career longevity

“Working here is a lot more fun since we started outsourcing our stress!”
What is Burnout?

"A state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations."
– Ayala Pines and Elliot Aronson

"A state of fatigue or frustration brought about by devotion to a cause, way of life, or relationship that failed to produce the expected reward."
– Herbert J. Freudenberger
STRESS vs BURNOUT

Overengagement
Reactive or over reactive emotions
Sense of urgency and hyperactivity
Lost or diminished energy
Leads to anxiety
Physically tolling

Disengagement
Blunted or distant emotions
Sense of helplessness
Motivation is lost or diminished
Leads to feeling depressed
Emotionally tolling
BURNOUT IS A SYNDROME OF EMOTIONAL EXHAUSTION, DEPERSONALIZATION, AND DECREASED SENSE OF PERSONAL ACCOMPLISHMENT
Emotional Exhaustion

A state of feeling emotionally worn-out and drained.
Depersonalization

A set of negative, inappropriate, and insensitive behaviours towards clients and work.
Reduced Personal Accomplishment

Negative evaluations about the self, a sense of ineffectiveness and incompetence.

“It was nice while it lasted.”
Self-Assessment

- Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL)
- To gain an understanding of your current levels of compassion fatigue, burnout, and compassion satisfaction
Self-Care Strategies

“Taking care of myself doesn’t mean ’me first. It means ’me too.’”

L.R. Knost
Working from Home

- Create a designated work area in your home
- Maintain a regular routine on days you would go into work
- Set goals to guide your work
- Communicate with colleagues
- Incorporate self-care into your daily schedule
Sleep

• Establish good sleep hygiene by waking up and going to bed at the same time each day—even on weekends.
• List your goals for the coming day
Eat Healthy Food

• Stressful times can induce **bad stress-eating habits**.
• Your body and mind need a steady supply of fuel to function at its best.
• Munch on trail mix before hunger strikes.
• Nuts and seeds plus a fruit or veggie, or a hard-boiled egg helps boost energy levels without the typical blood sugar slump.
Get Active

• Carve out a little bit of space at home to do weight-bearing exercises that require little or no equipment.
• Free workout videos online can give you guided inspiration
• Go for a walk.
• Remember, exercise can also help you improve your sleep quality.
Support System

- Identify a support system
- Increase number and variety
  - Colleagues, friends, family members
Connecting with Others

- Utilize phone calls and video chat
- Organize virtual get-togethers with family and friends
Take a Deep Breath

- Chronic stress launches a negative chain reaction that may lead to poor habits.
- Meditation... or at least three deep breaths.

“Meditation can bring you peace and serenity. It also gives you an excuse to look busy doing nothing.”
Engaging in Mindfulness

“...the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”  (Kabat-Zinn, 2003, p. 145)
Body Scan
# Scheduling Self-Care

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Write notes about successes and tuck them away</td>
<td>4 Take a bath</td>
<td>5 Find a quick yoga flow</td>
<td>6 Go for a walk without a destination</td>
<td>7 Buy yourself a small treat</td>
<td>8 Exercise in the morning</td>
<td>9 Try white noise, especially rain sounds</td>
</tr>
<tr>
<td>10 Order dessert</td>
<td>11 Meditate</td>
<td>12 Give 10 people a compliment</td>
<td>13 Try a rollerball with essential oils</td>
<td>14 Call someone you care about</td>
<td>15 Wake up 20 minutes earlier than you usually do</td>
<td>16 Find a new recipe online and whip up a good meal</td>
</tr>
</tbody>
</table>
Self-Care Resources
Mindfulness/Meditation Apps

• Smiling Mind
• Insight Timer
• Stop, Breathe & Think
• Many of these apps offer free resources!
• The Power of Meaning (Emily Smith)
• Quiet (Susan Cain)
• Silence - In the Age of Noise (Erling Kagge)
• Stress Less, Accomplish More (Emily Fletcher)
• Art of Mindfulness (Emma Farrarons)
- The Blissful Mind
- James Clear
- My Morning Routine
- The Sunday Chapter
- Career Girl Daily
- Embracing Simple Blog
- Verily Mag
Presenter Contact Info.

Jana Sill, M.Ed.
J.sill@utah.edu

Anna Purkey, M.Ed.
Anna.purkey@utah.edu
Thank You

mountainplains_pttc@utah.edu