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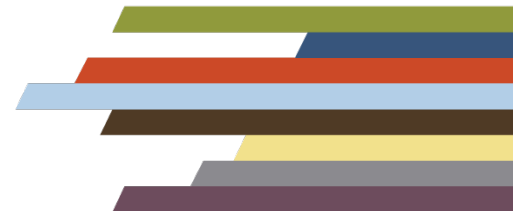
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Funded by Substance Abuse and Mental Health Services Administration

# Self-Care in a Selfless Field



Presented by:

Jana Sill, M.Ed. and Anna Purkey, M.Ed.



# Disclaimer

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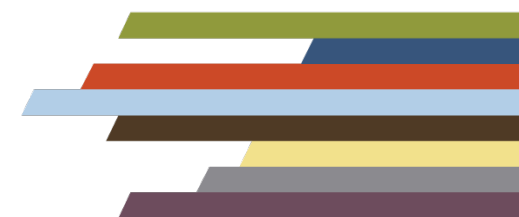
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# Self-Care in a Selfless Field

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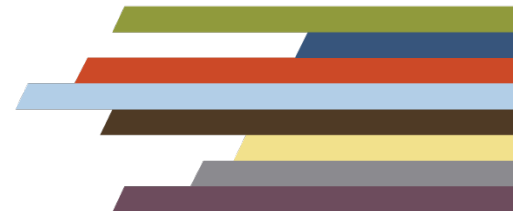
Jana Sill, M.Ed. and Anna Purkey, M.Ed.



**U-TTEC Lab**

Technology in Training, Education, and Consultation

SCHOOL PSYCHOLOGY | THE UNIVERSITY OF UTAH



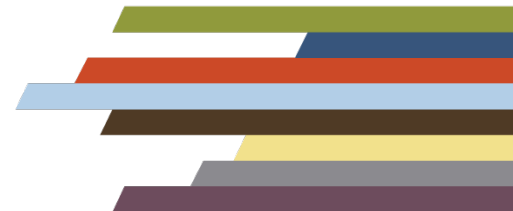
# Mindful Moment



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# Objectives

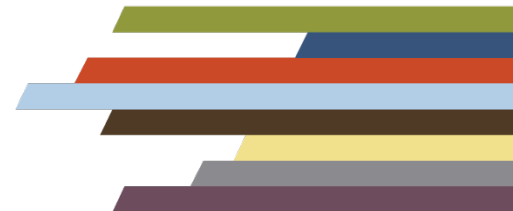
- Participants will be able to:
  - Define and understand the value of self-care for prevention professionals.
  - Define compassion fatigue and burnout, how it differs from stress and how it can impact your ability to effectively engage and support your clients.
  - Identify self-care strategies and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



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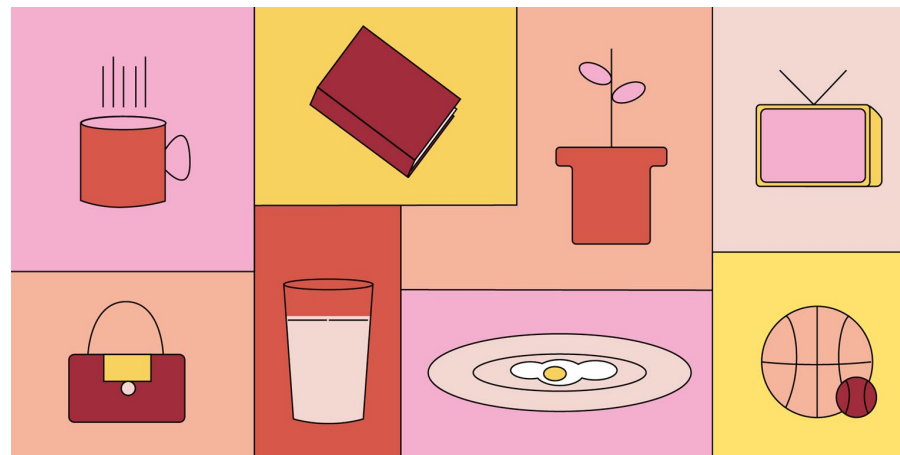
# What is Self-Care?

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

(Nelson-McEvers, 1995, as cited in Ludick and Figley, 2017, p. 117).

## Types of self-care:

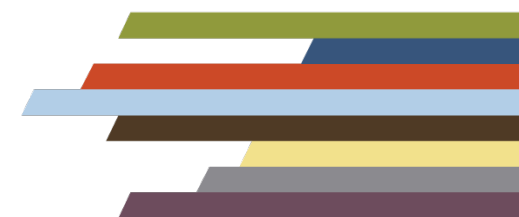
- Emotional
- Psychological
- Physical
- Spiritual
- Professional
- Relational



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# Why is Self-Care Important?

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

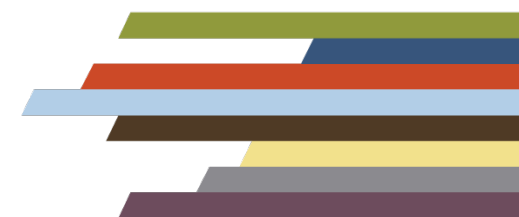
(Alkema, Linton, & Davies, 2008; Carrol et al., 1999, as cited in Hricová, 2020, p. 2).



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# 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

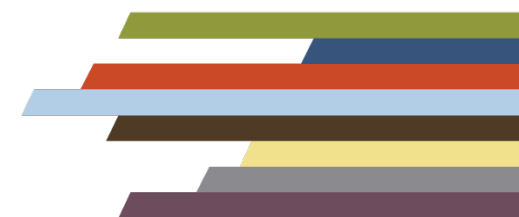
(Hricová, 2020, p. 2 & Ligenza. 2018, p. 4)



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# Compassion Fatigue (CF)

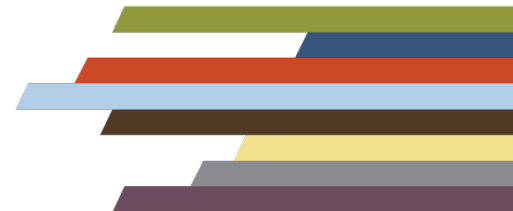
**“In our effort to view the world from the perspective of the suffering we suffer. The meaning of compassion is to bear suffering”** (Figley, 2002, p. 1434)



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# Factors of Compassion Fatigue

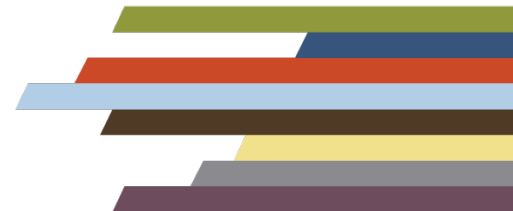
- Contributors to CF:
  - Empathic ability
  - Empathic concern
  - Empathic response
- Additional factors compounding CF:
  - Traumatic memories
  - Other life demands



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# Signs of Compassion Fatigue

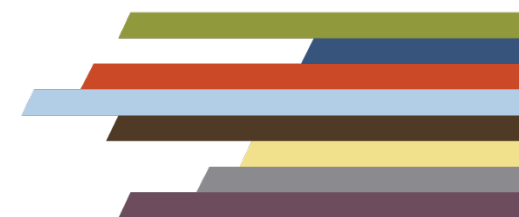
- Intrusive thoughts
- Difficulty sleeping
- Irritability
- Headaches
- Anger
- Hyperarousal
- Avoidance
- Reduced empathy
- Impaired decision-making
- Isolation from others



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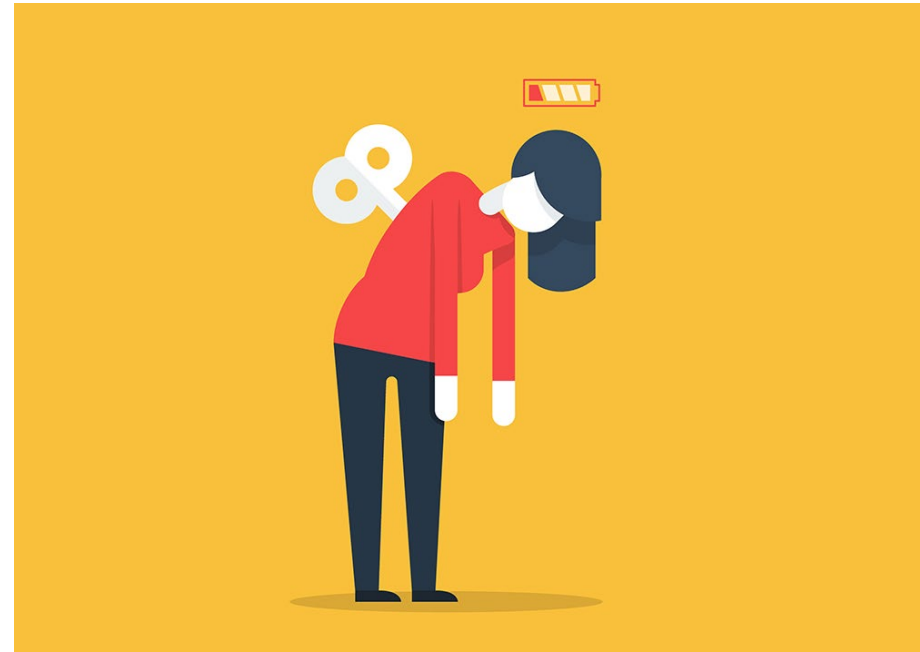
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# Effects of Compassion Fatigue

- “Reduces our capacity or our interest in bearing the suffering of others” (Figley, 2002, p. 1434)
- Negatively impacts:
  - Decision making
  - Professional development
  - Career longevity

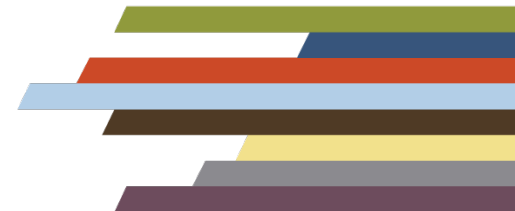
(Ligenza. 2018, p. 4 & Figley, 2002, p. 1440)



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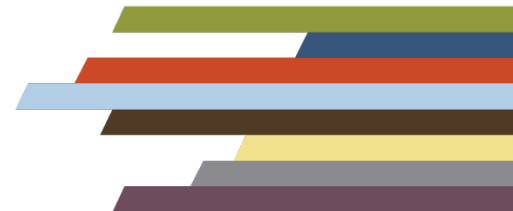
**“Working here is a lot more fun since  
we started outsourcing our stress!”**



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# 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."

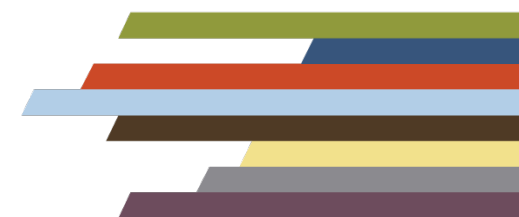
– Herbert J. Freudenberger



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# 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

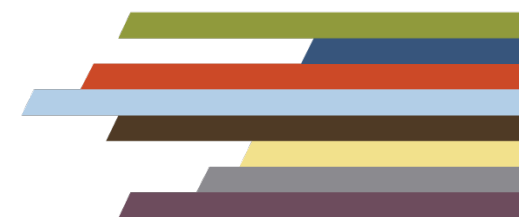


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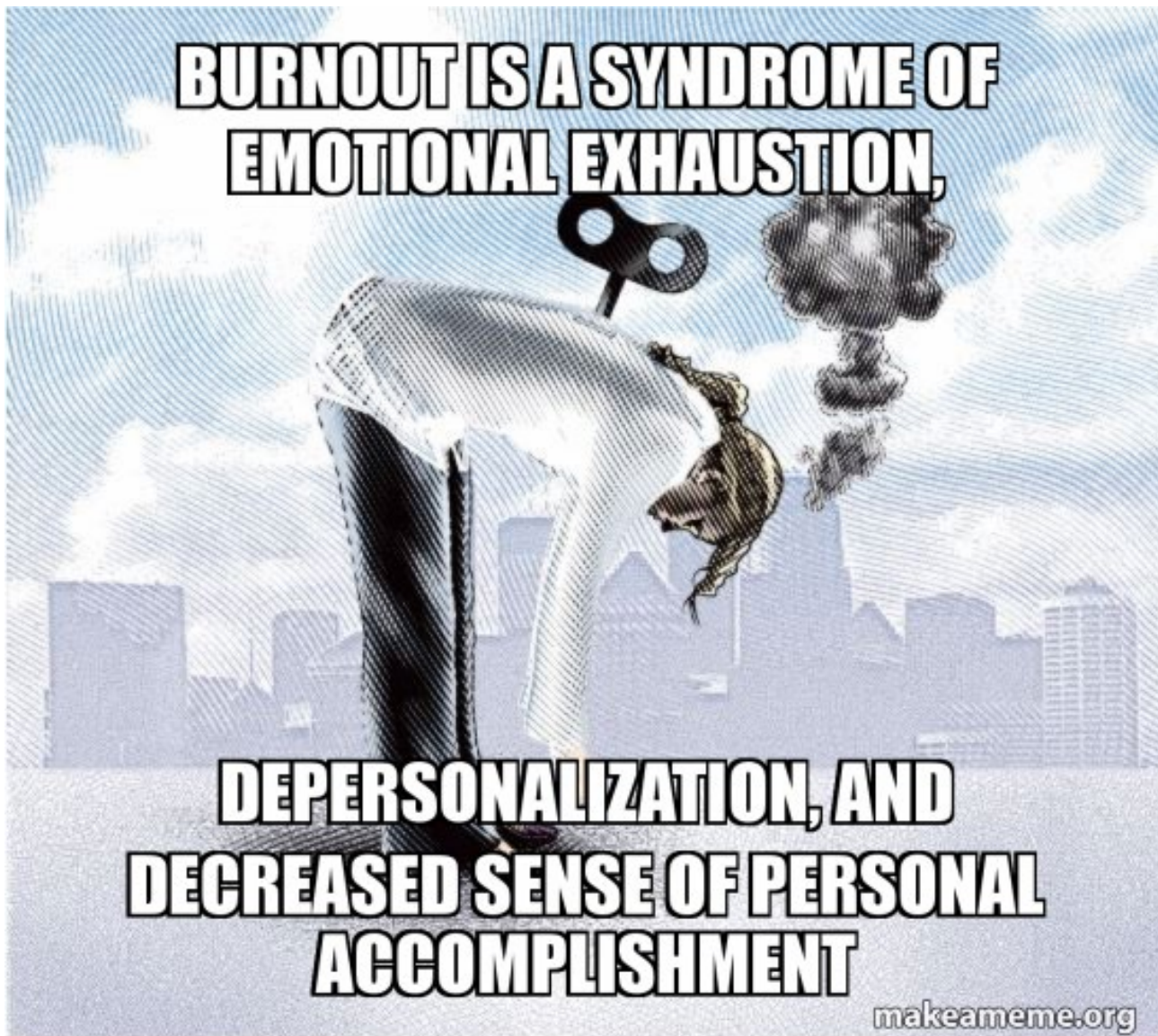
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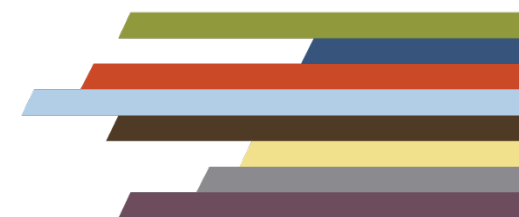




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# Emotional Exhaustion

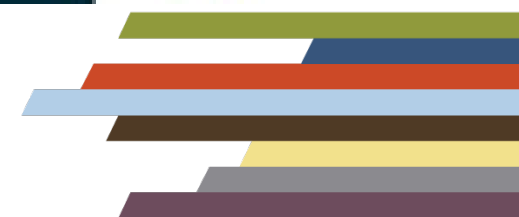
A state of feeling emotionally worn-out and drained.



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# Depersonalization

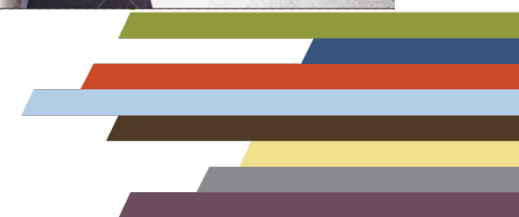
A set of negative, inappropriate, and insensitive behaviours towards clients and work.



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# Reduced Personal Accomplishment

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



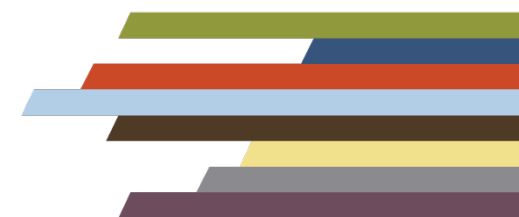
**"It was nice while it lasted."**



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# Self-Assessment

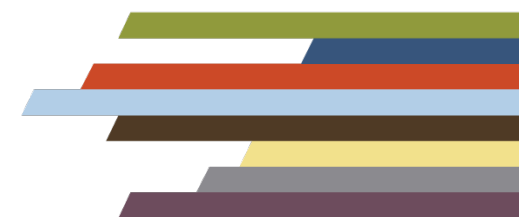
- Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL)
- To gain an understanding of your current levels of compassion fatigue, burnout, and compassion satisfaction

**PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)**  
COMPASSION SATISFACTION AND COMPASSION FATIGUE  
(PROQOL) VERSION 5 (2009)

When you *[help]* people you have direct contact with their lives. As you may have found, your compassion for those you *[help]* can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a *[helper]*. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the *last 30 days*.

1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
_____				
_____				
_____				
_____				
_____				

1. I am happy.
2. I am preoccupied with more than one person I *[help]*.
3. I get satisfaction from being able to *[help]* people.
4. I feel connected to others.
5. I jump or am startled by unexpected sounds.



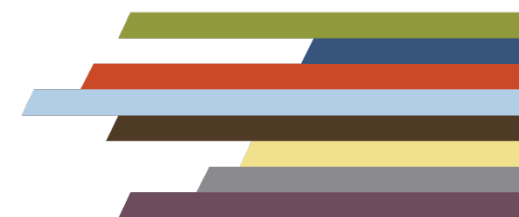
# Self-Care Strategies



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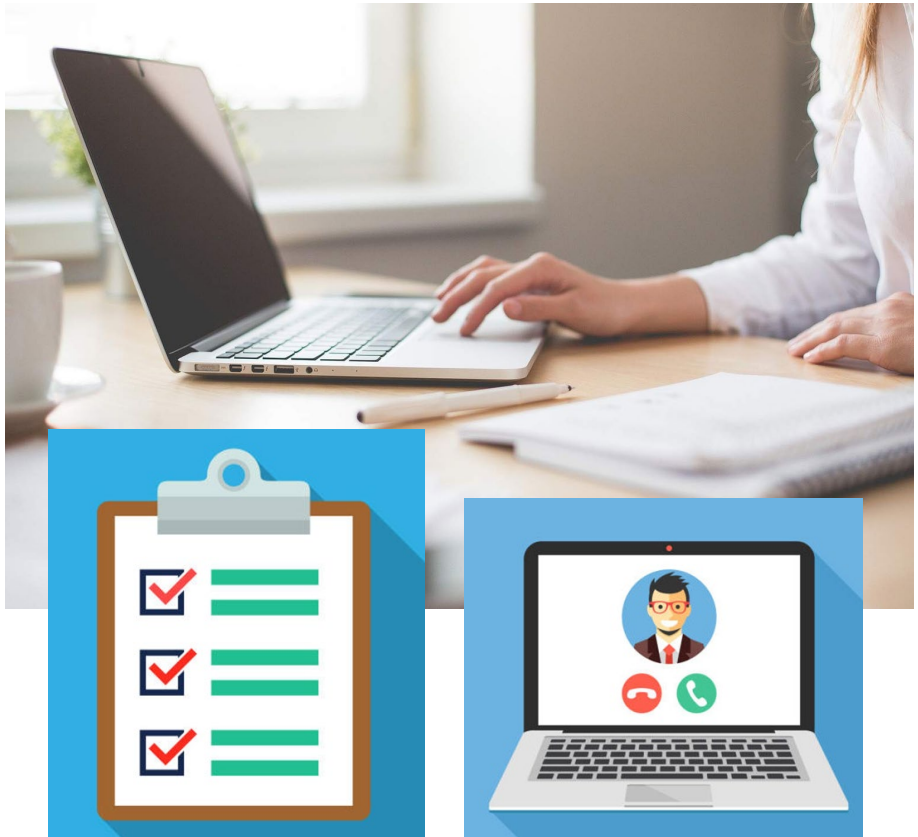
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# Working from Home

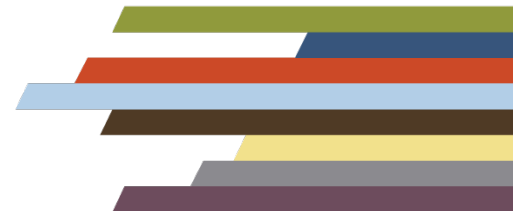
- Create a designated work area in your home
- Maintain a regular routine on days you would go into work
- Set goals to guide your work
- Communicate with colleagues
- Incorporate self-care into your daily schedule



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# Sleep

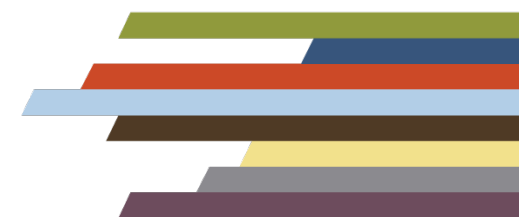
- Establish good sleep hygiene by waking up and going to bed at the same time each day—even on weekends.
- List your goals for the coming day



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# Eat Healthy Food

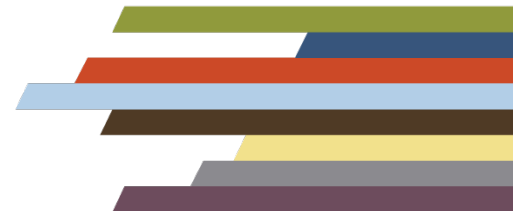
- Stressful times can induce [bad stress-eating habits](#).
- Your body and mind need a steady supply of fuel to function at its best.
- Munch on trail mix before hunger strikes.
- Nuts and seeds plus a fruit or veggie, or a hard-boiled egg helps boost energy levels without the typical blood sugar slump.



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# Get Active

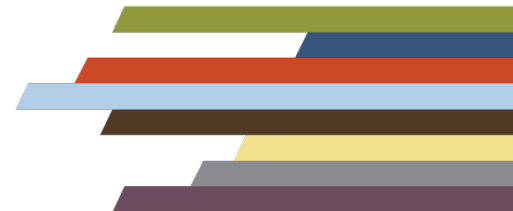
- Carve out a little bit of [space at home](#) to do weight-bearing exercises that require little or no equipment.
- Free workout videos online can give you guided inspiration
- Go for a walk.
- Remember, exercise can also help you improve your sleep quality.



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# Support System

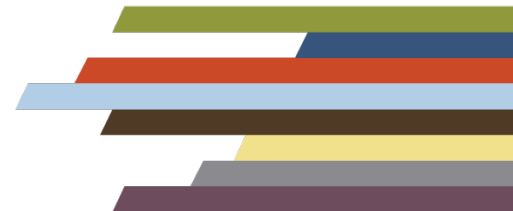
- Identify a support system
- Increase number and variety
  - Colleagues, friends, family members



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# Connecting with Others

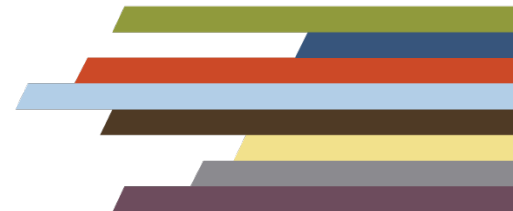
- Utilize phone calls and video chat
- Organize virtual get-togethers with family and friends



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# Take a Deep Breath

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

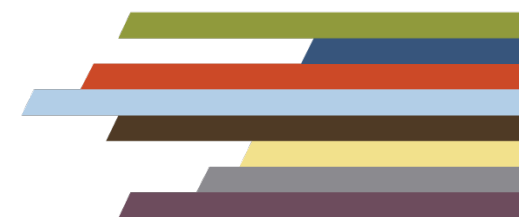


**“Meditation can bring you peace and serenity.  
It also gives you an excuse to look busy doing nothing.”**



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# Engaging in Mindfulness

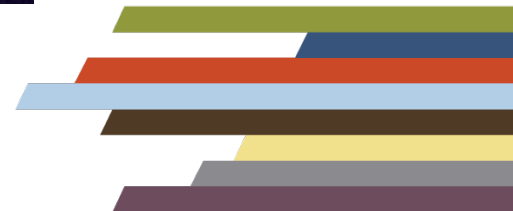
**“...the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”** (Kabat-Zinn, 2003, p. 145)



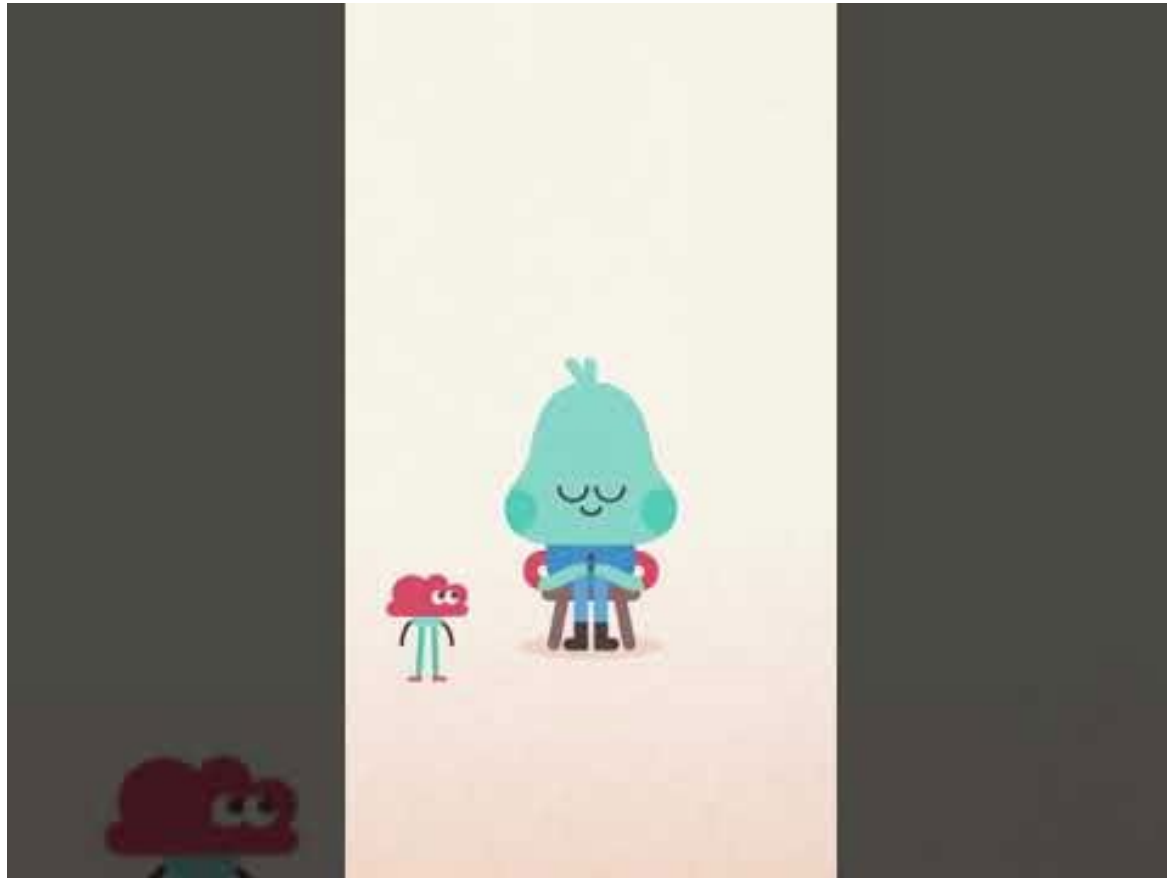
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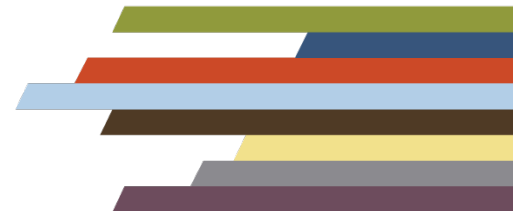
# Body Scan



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# Scheduling Self-Care

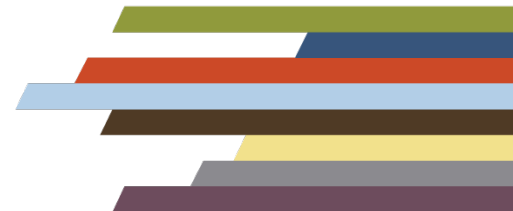
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Journal	2 Schedule self-care in your calendar
3 Write notes about successes and tuck them away	4 Take a bath	5 Find a quick yoga flow	6 Go for a walk without a destination	7 Buy yourself a small treat	8 Exercise in the morning	9 Try white noise, especially rain sounds
10 Order dessert	11 Meditate	12 Give 10 people a compliment	13 Try a rollerball with essential oils	14 Call someone you care about	15 Wake up 20 minutes earlier than you usually do	16 Find a new recipe online and whip up a good meal



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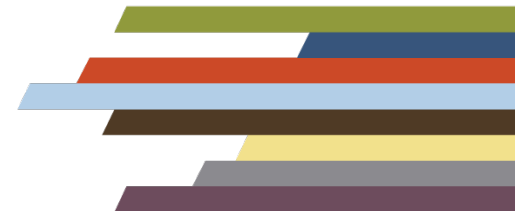
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# Self-Care Resources





# Mindfulness/Meditation Apps

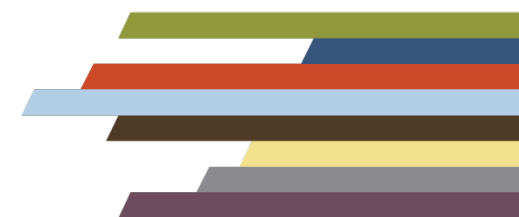
- Smiling Mind
- Insight Timer
- Stop, Breathe & Think
- **Many of these apps offer free resources!**



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- 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)

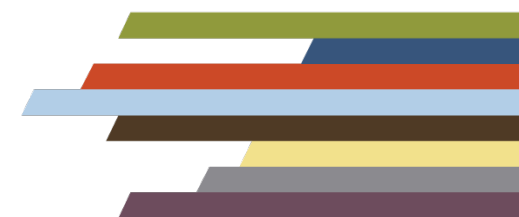
- The Blissful Mind
- James Clear
- My Morning Routine
- The Sunday Chapter
- Career Girl Daily
- Embracing Simple Blog
- Verily Mag



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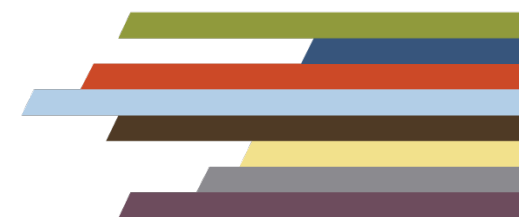




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# Thank You

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