

# Self-Care

Reduce Stress,  
Avoid Burnout &  
Create Meaning & Purpose

*Presented by*  
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**IF STRESS BURNED  
CALORIES,  
I'D BE  
A SUPER  
MODEL.**



[Fb.com/MinionQuote](https://www.facebook.com/MinionQuote)

[DespicableMeMinions.org](http://DespicableMeMinions.org)

# Health Care Provider Burnout

Can be caused by:

- Too much to do with too few resources...
- The effects of crisis care and reactive (versus preventative) care approaches by patients...
- Lack of control over compliance/adherence and follow-through/follow-up by patients...
- Compassion Fatigue & Vicarious Trauma...
  - Increased frequency, duration and intensity of stress and crises

# Three Stages of Burnout

Stage 1

- Stress Arousal

Stage 2

- Energy Conservation

Stage 3

- Exhaustion

# Stage 1: Stress Arousal



- Autonomic Nervous System (ANS) arousal
- Physiological and Psychological Symptoms
  - Anxiety, Irritability
  - Insomnia, Poor Concentration, Forgetfulness
  - Grinding teeth, GI Issues
  - Headaches, High Blood Pressure

# Stage 2: Energy Conservation

- Unconscious (automatic) attempts to compensate for stress
- Physiological and Psychological Responses
  - Lateness/Procrastination
  - Fatigue, Sexual Dysfunction
  - Social Withdrawal, Loss of Spirituality
  - Negativity, Apathy
  - Substance Use



# Stage 3: Exhaustion



- The Stage when people typically *first* realize that there is a problem
- Physiological and Psychological Symptoms
  - Sadness, Depression, Suicidal Ideation
  - Chronic GI and Autoimmune Problems
  - Social Isolation
  - Substance Abuse
  - Chronic Pain, Chronic Headaches/Migraines

# Compassion Fatigue

“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

*Charles Figley, Ph.D.*



# Vicarious Trauma

“The deleterious effects of trauma therapy on the therapist.”

*Pearlman, L.A. & Mac Ian, P.S. (1995)*

# Hidden Sources of Stress

- Poor Time Management
- Perfectionism
- Fear of Failure
- Non-Assertiveness
- Low Self Esteem
- Addiction to/Co-Dependence with Technology
  - What happens when we choose digital relationships over live people?

# When Device = Spouse or BFF

- Societal expectations and pressure to have a device
  - Social implications of having the newest device with the most updated technology
- Implications of being available 'all the time'
  - Our time is no longer our own
- The illusion of intimacy
  - \*HUGS\* Example
- The illusion of being in the right, well informed, or in the majority (increased egocentrism)
  - We can find anything on the Internet
- Decreased communication skills & empathy
  - Increased passive-aggressiveness and hostility
  - Lacks body language & tone of voice cues
    - "Ok" Example



Instagram

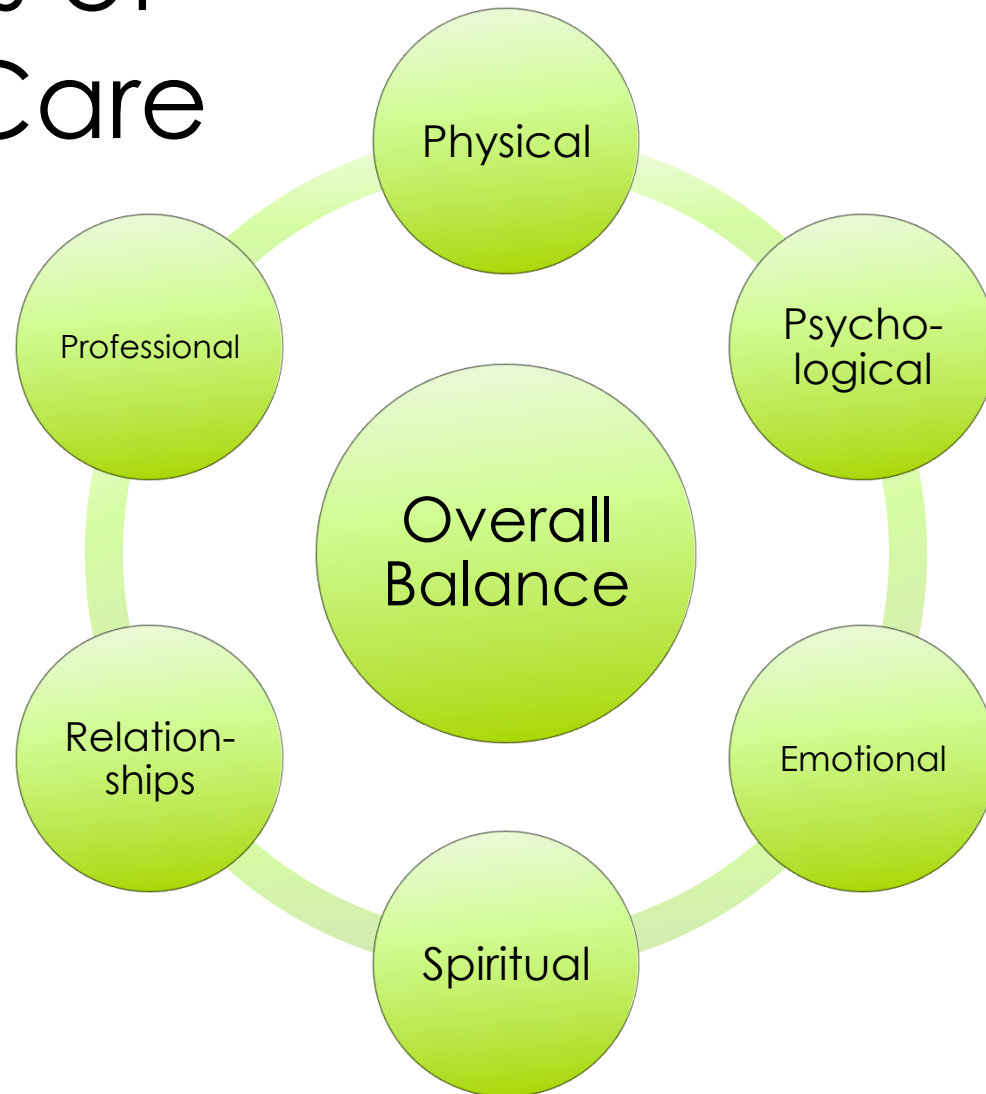


# So What Do I Do?

- Self Care

- Intentional efforts to address stress, burnout and compassion fatigue
- Incorporate daily or regular practices in our lives that help to increase resilience, cope with adversity, and let go of self judgment and shame
- Creating meaning and purpose in our daily lives to renew our dedication to ourselves

# Types of Self Care



# Some of the Basics

- Appropriate amounts of sleep
- Healthy eating habits
- Hydration
- Exercise
- Meditation
- Technology boundaries
- Time off to relax and play
- Letting go of the ego – self acceptance
- Facilitating our own integration



# Sleep

- How much sleep do I need?
- Can we 'catch up' on sleep?
- Do sleep patterns naturally change with age?
- What do I do if I have chronic insomnia or hypersomnia?





# Healthy Eating

- Learn about nutrition (stay informed)
- Understand our own unique bodies and how they change
- Making time for regular meals
- Food & fatigue
- Avoid rigidity and yo-yo diets
- Mindful eating
- Helpful tips:
  - Prepare our own food
  - Eat at the dining room table

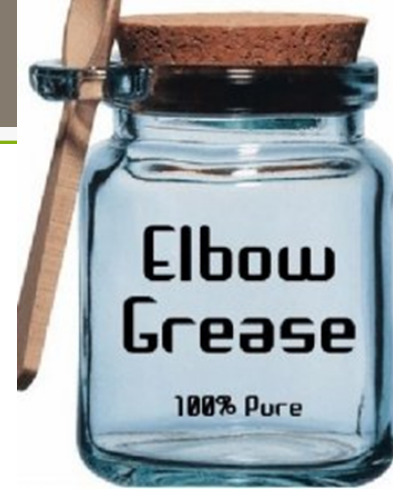


# Hydration

- How much is enough?
- What about Gatorade?
  - Ask yourself: Would I water my plants with it?
- Does it matter what type of water I drink?
  - Filtered
  - Alkaline (pH)
  - Carbonated
  - Flavored
  - Added Electrolytes



# Exercise – *Not just the Gym*



- The consequences of our sedentary American lifestyles – the negative effects of activities being ‘efficient & easy’
  - Our bodies have not adapted to our new lifestyles
- The importance of regular physical activity for physical and mental health
- Ways to implement physical exercise in our daily routines
- The role of Vitamin D
- We can implement small changes for big results

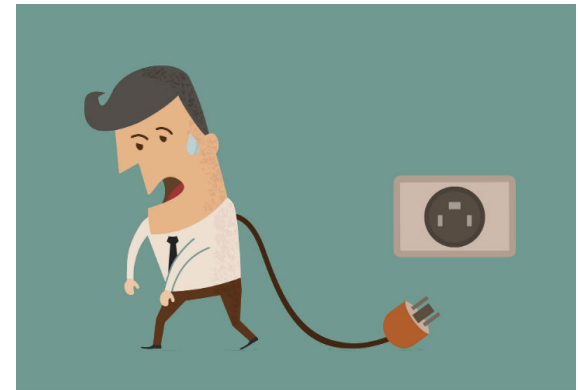
# Meditation


- Stationary (traditional meditation)
  - Guided Imagery
  - Progressive Muscle Relaxation
  - Observing the Mind
- Yoga, Tai Chi, Martial Arts
- Active Meditation
  - Present-minded Activities
  - Creating a Self-Care Music Playlist
  - Identify Activities with Meaning & Purpose



# Technology Boundaries

- Recognizing when technology is beneficial
- Creating boundaries around devices
  - Limiting time
  - Device-free meals
  - Device-free socializing (with real people)
  - No devices (screens) at least an hour before bed
- Creating boundaries with people around our availability
- Technology Holidays
  - Actually turning the phone off





Dear Smartphone,

I need a vacation from you. Hope the world will be fine without my updates.

Sincerely,

Smartphone owner



# Time Off...

- ...for relaxation
- ...for play
- ...from external responsibilities
- Work-Life balance:
  - What's that?
  - What does this look like?
  - What is meaningful to me? What gives my life purpose?
- How do I implement time off at work?
  - Stretch breaks
  - Short walks
  - Lunch breaks (for real)



# Letting Go...

- ◉ ...of perfectionism & fear of failure
- ◉ ...of unrealistic expectations
- ◉ ...of control
  
- ◉ ...to find self acceptance
- ◉ ...to reduce and alleviate shame
- ◉ ...to create balance
- ◉ ...to create meaning and purpose





# Facilitating Our Own Integration: Eliminating an All-or-Nothing Attitude

- All-or-Nothing is:
  - The opposite of balance – we need to establish equilibrium & homeostasis
  - Actually feels like a roller coaster and creates more stress
- In lieu of ‘all-or-nothing’, we need to employ incremental opportunities for the implementation of Self Care to create balance on a DAILY basis
  - For example, we don’t have to go to the gym for 2 hours, get all sweaty and sore, and tire ourselves out to be healthy...we just need to actually scrub the kitchen floor

# Creating a Self-Care Plan

- Assess Needs, Identify Vulnerabilities, Evaluate Strengths
- Identify What Gives Our Lives Meaning and Purpose
- Evaluate Options, Possibilities and Opportunities
- Create a Written Plan
- Commit to Ourselves and Be Accountable

Having a rough day?



Place your hand over  
your heart.

Feel That?

That's called  
purpose.

You're alive  
for a reason.

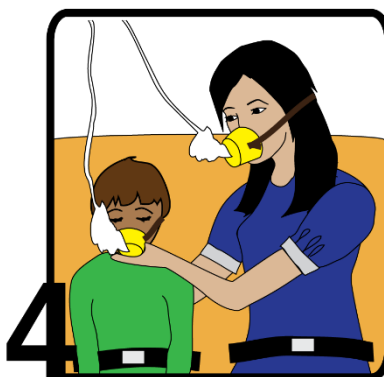
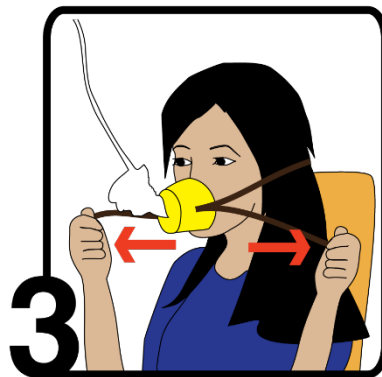
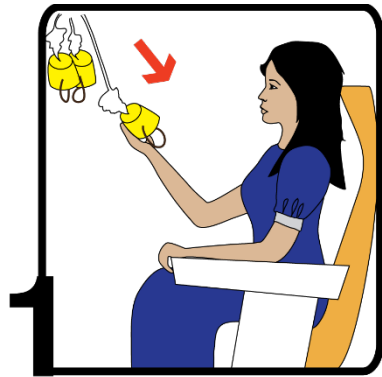
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**DON'T GIVE UP.**

# Remember to...

- ◉ Share our Self Care goals with others and enlist their help to support us
- ◉ Prioritize Self Care
- ◉ Give ourselves credit
- ◉ Be assertive with ourselves and others
- ◉ Don't beat ourselves up
  - ◉ Opportunities to learn from our 'failures'
- ◉ This is a LIFELONG PROCESS, this is NOT an OUTCOME

# Self Care Metaphor



Whenever we fly, the helpful flight attendant informs us that in the event of a change in cabin pressure, an oxygen mask will fall from the ceiling compartment. The flight attendant then quickly directs us to **put on our own masks first**, before securing the masks of others...



Thank You!

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# Thanks Again...

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