

TYPES OF SELF-CARE

THERE ARE 7 TYPES OF SELF-CARE: PHYSICAL, MENTAL, EMOTIONAL, SOCIAL, SPIRITUAL, FINANCIAL, PROFESSIONAL

PHYSICAL

What do you do to take care of your physical body? Do you keep up with your health, hygiene, and other physical needs?

MENTAL

How do you take care of your mental state? Do you have a therapist or support group? Do you set boundaries and say no to things?

EMOTIONAL

Do you ignore your emotions, let them take over, or acknowledge and work through them? Do you have emotional regulation skills?

SOCIAL

Do you engage in healthy social activities? Do you see friends and spend time with your family outside of work?

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SPIRITUAL

Do you attend a church or faith gathering? Do you have any meditation or mindfulness practices? Do you have a creative outlet?

FINANCIAL

Do you have a good, forgiving budget? Are you able to enjoy life while also taking care of bills and other necessities?

PROFESSIONAL

Do you set reasonable and obtainable goals? Do you set professional boundaries with clients and coworkers? Do you have good time management skills?

SUPPORT SYSTEM

HUMANS ARE SOCIAL BY NATURE, WHETHER WE WANT TO ADMIT IT OR NOT. WEISS HAS LISTED AS MANY AS SIX CONCEPTS OF SOCIAL PROVISIONS:

1. ATTACHMENT
2. SOCIAL INTEGRATION
3. OPPORTUNITY FOR NURTURANCE
4. REASSURANCE OF WORTH
5. GUIDANCE
6. RELIABLE ALLIANCE



FAMILY



FRIENDS



PROFESSIONAL

Social Support has been proven to increase stress tolerance, health, and overall wellbeing

TYPES OF SUPPORT

PERCEIVED SUPPORT VS. RECEIVED SUPPORT

Perceived Support is the subjective judgement of feeling connected to by others through the perception of the person receiving or giving help

Received Support is a specific type of support that is objectively given to a person if needed or wanted

THERE HAVE BEEN FOUR CATEGORIZED TYPES OF SUPPORT

EMOTIONAL
SUPPORT

INFORMATIONAL
SUPPORT

ESTEEM SUPPORT

TANGIBLE
SUPPORT

WHERE ARE WE AT?

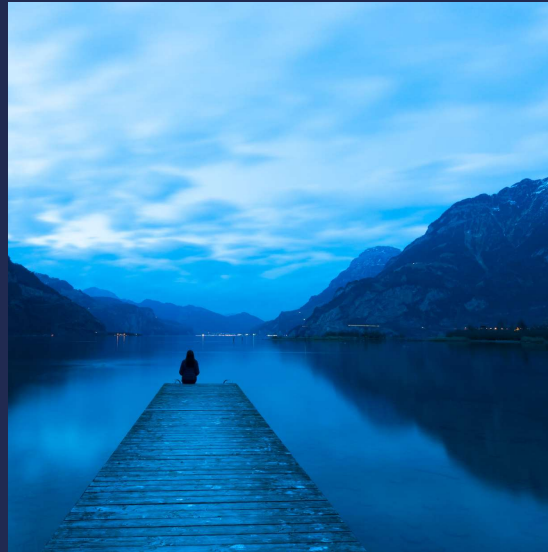
HOW CAN BURNOUT BE PREVENTED AND WHAT WE CAN DO TO TAKE CARE OF OURSELVES WHEN WE FEEL IT SET IN



SELF CARE

Taking steps to set up self care in all areas of life can help prevent burnout before it starts

"Give up the delusion that burnout is the inevitable cost of success": Arianna Huffington



SOCIAL SUPPORT

People need community and are social by nature. Different types of relationships can help in different ways.

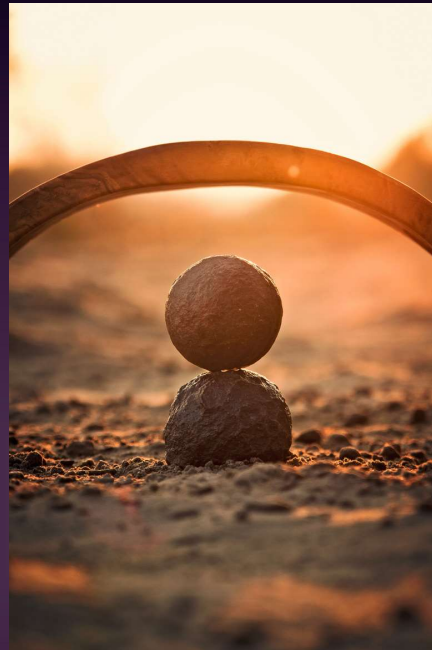
ACTIVITY

SELF CARE PIE CHART



WHEN BURNOUT SETS IN, IT
CAN FEEL IMPOSSIBLE TO
STOP IT AND HEAL FROM THE
DAMAGE IT CAN DO.

HOLD ONTO HOPE, NOT ALL OF IT IS
LOST



Recovery

There is very little research done on the recovery of burnout. Most of it centers on consequences and prevention

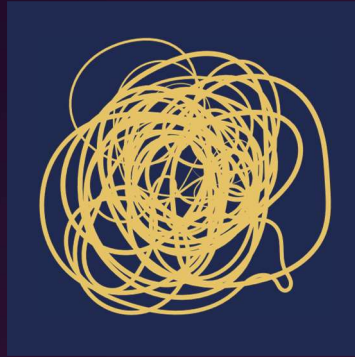
WE DO KNOW IT CAN BE
DONE THOUGH

**RECOVERY
AND HEALING**



CIRCUMSTANTIAL BURNOUT

Sometimes Circumstantial
burnout is just that and can
be independent from
Existential



“
THIS CLIENT IS REALLY
DEMANDING MY TIME AND
IT FEELS LIKE I CAN'T GET
ANYTHING DONE FOR ANY
OF MY OTHER CLIENTS

”



“
THIS CASE IS HEAVY! THERE'S
SO MUCH PAPERWORK
INVOLVED AND I'VE HAD TO
PUT ANY OTHER WORK
DEMANDS ON HOLD

”

JUST A HARD WEEK

Circumstantial burnout is
sometimes just that,
circumstantial! A hard case, a
difficult client, either way it's
temporary.

Natural improvement happens
as these outside factors are
resolved and extra care should
be taken to help get through
them and afterwards to recover

EXISTENTIAL BURNOUT

THE DOWNSLIDE OF SELF-ESTEEM AND WORTH

The doubt of the self creeps in as you begin to question everything you've ever done. Maybe you start to get angry, maybe you become afraid



SOME THINGS PEOPLE NEED
BEFORE RECOVERY CAN BEGIN

RECOGNITION OF SYMPTOMS



LET GO OF SELF IMPOSED STIGMA



FIND VALIDATION FROM OTHERS



"Can I do this? Am I cut out for this job? I don't know how to do anything else and if I'm not good at this, then I'm worthless"

GORKIN MODEL

A DEEPER LOOK AT THE FOUR-STAGE MODEL OF BURNOUT AND RECOVERY

BURNOUT IS COMPLEX AND CAN HAPPEN SLOW. IT CAN CREEP IN AND FEEL LIKE THE NEW NORM IN YOUR ROUTINE, WORK SCHEDULE, ETC., AND BEFORE YOU KNOW IT, PEOPLE ARE EXPECTING YOU TO DO MORE AND MORE

"Burnout is less a sign of failure and more that you gave yourself away."

GOOD GRIEF

Gain your identity back, and seek reminders that you are still loved and respected. Grieve the loss of your identity and find a mentor or counselor that can help you regain your identity

THE 4 "R"

- Running (or moving your body)
 - Reading (or something that will allow for laughter)
 - Retreating (engage in reflection and introspection)
 - (R)writing (journal your thoughts and emotions)
-

TRANSITION

It's a different grief, but grief all the same. Mourn the loss of your past identity, become mindful of the present, and envision the future

SPEED

- Sleep (needed for mental and physical recovery)
- Priorities (organize)
- Empathy (for yourself)
- Exercise (move your body)
- Diet (eat enough and eat well)

TYPES OF MENTAL HEALTH CARE

LIFE SKILLS COACHING

COACHES HELP TAKE A STABLE PERSON AND HELP THEM BE THE BEST VERSIONS OF THEMSELVES

- Set goals
- Self-care maintenance
 - Resilience and Accountability
- Time Management

SUPPORT GROUPS

SUPPORT GROUPS ARE SOMETIMES OVERSEEN BY A PROFESSIONAL OF SOME KIND AND HAVE A FOCUS

- Share Stories
- Learn different narratives
- Build a temporary support

COUNSELING

LICENSED MENTAL HEALTH PROFESSIONALS WHO CAN ASSIST WITH A VARIETY OF MENTAL HEALTH PROBLEMS

- Reestablish self-esteem
- Help with Vicarious Trauma
- Help look at your narrative
- Coping/Stress Management

TAKING BACK AGENCY

PROTECTED TIME TO
REFLECT WITH OTHERS

COGNITIVE
REFRAMING

MENTAL HEALTH HELP

WHAT WORKS?

SOME BASIC TIPS FOR
HELPING START THE
PROCESS OF BURNOUT
RECOVERY AND HEALING

There is hope, though it may not feel like it all the
time

TAKE HOME

HERE ARE SOME SKILLS TO TAKE HOME AND USE,
WHETHER YOUR PREVENTING OR IN RECOVERY

MINDFULNESS

MINDFULNESS IS THE
PROCESS OF GETTING OUT OF
YOUR HEAD AND
RECOGNIZING YOUR
PRESENT

- What are you feeling emotionally at this moment?
- Notice any tension or physical sensations?
- Is there anything you can anchor to to stay in the moment?

MASTERY

MASTERY IS A DIALECTICAL
BEHAVIOR SKILL THAT HELPS
WITH EMOTIONAL REGULATION

- Mindful to emotion
- Act opposite to emotion
- Self-validation
- Turn the mind
- Experience Positives
- Radical Acceptance

THOUGHT STOPPING

THOUGHT STOPPING IS
TAKING CONTROL OF
YOUR THOUGHTS AND
STOPPING THE SPIRAL

- Imagery of batting the thoughts away
- Categories (how many items are the color blue?)
- Tell your thoughts to stop

Wrap up

WE'VE COVERED A LOT OF THINGS
TODAY



REMEMBER THAT BURNOUT LOOKS DIFFERENT AND THE STARTING SIGNS CAN EASILY BE MISSED. WHEN ASKING IF YOU'RE EXPERIENCING BURNOUT, BE HONEST WITH YOURSELF

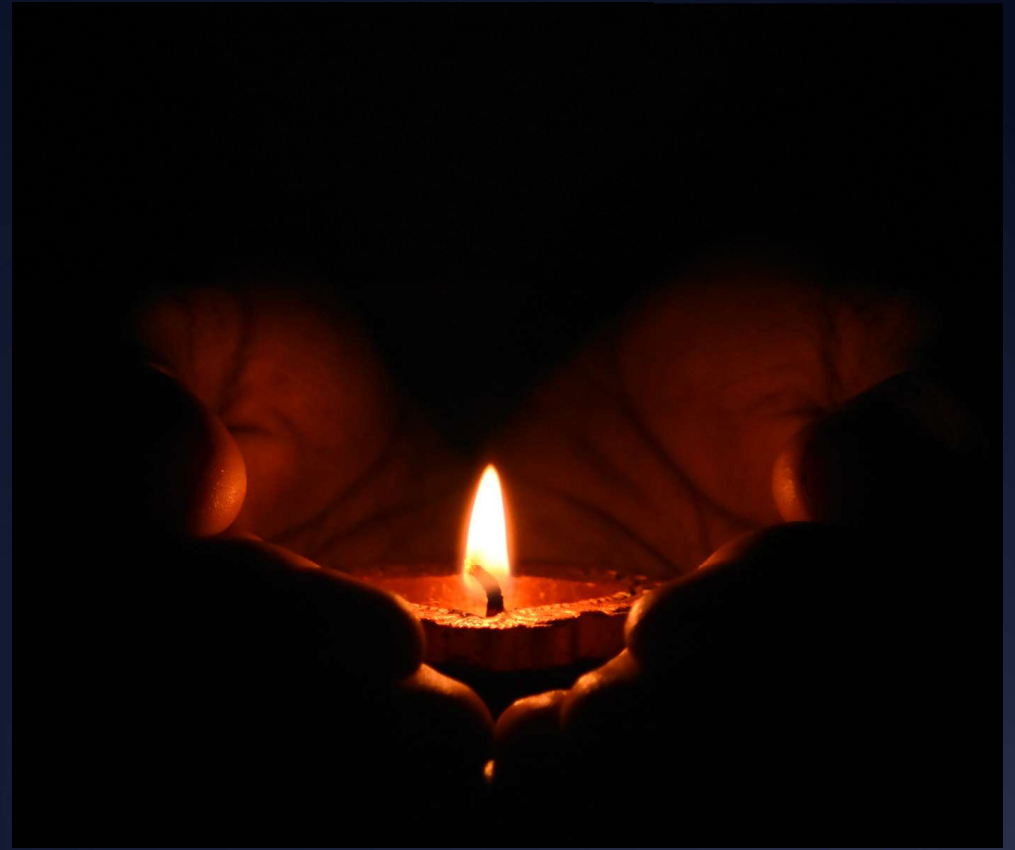
AM I SLEEPING ENOUGH AND WELL?

AM I GETTING IRRITATED MORE OFTEN?

AM I EATING ENOUGH AND WELL?

AM I TAKING CARE OF MY PHYSICAL NEEDS?

AM I TAKING CARE OF MY EMOTIONAL
AND MENTAL NEEDS?



Prevention is most effective

PREVENTION OF BURNOUT IS MORE EFFECTIVE THAN RECOVERY. RECOGNIZE THE SIGNS, SET BOUNDARIES, KEEP UP A SELF-CARE ROUTINE, AND ENGAGE WITH LIFE OUTSIDE WORK

Build a Social Support

COMMUNITY IS NOT A WANT, IT'S A NEED. AVOID ISOLATING YOURSELF TO JUST COWORKERS YOU MIGHT SEE. ENGAGE WITH OTHER SUPPORTS AND REACH OUT FOR HELP WHERE NEEDED.

Recovery is Possible

IT DOES TAKE WORK. TAKING A FEW DAYS OFF TO "RECOVER" IS OFTEN NOT ENOUGH. SEEK PROFESSIONAL HELP IN WHATEVER WAY FITS YOUR NEEDS BEST.



THANK YOU

QUESTIONS?

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