

Self-Care: Putting Your Oxygen Mask on First

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Introductions

- Name
- Tribal Affiliation
- Organization
- Why did you come to today's workshop?

What motivates you to serve your
community?



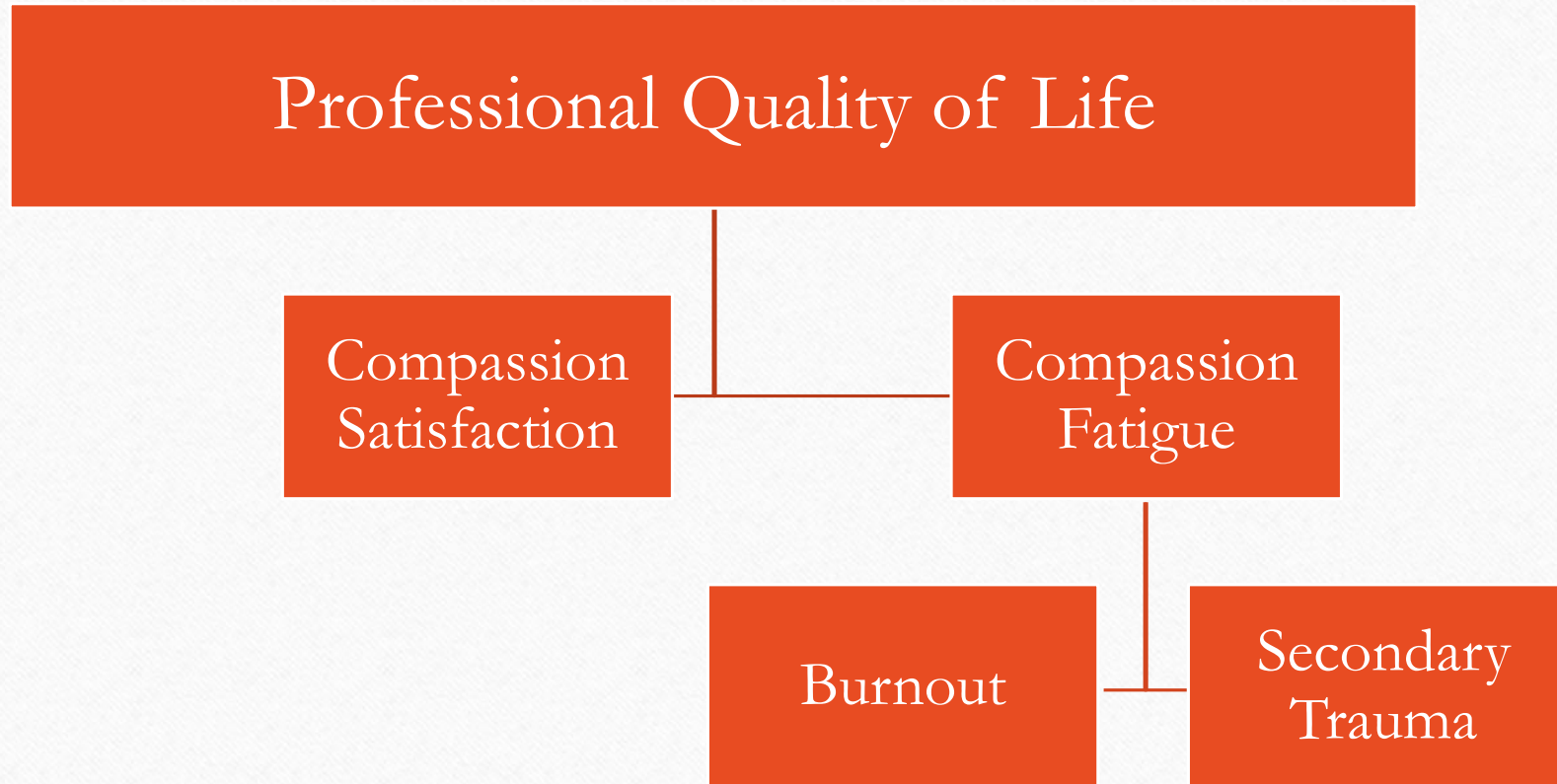
Compassion Satisfaction



The pleasure you derive from being able to do your work well.

(Professional Quality of Life, 2010)

Compassion Satisfaction-Compassion Fatigue Model



(Professional Quality of Life, 2010)

Compassion Fatigue

A state of tension and preoccupation with the traumatized patients by re-experiencing the traumatic events, avoidance/numbing of reminders persistent arousal (e.g. anxiety) associated with the patient

(Figley, 2002)



Burnout vs. Secondary Traumatic Stress



Burnout

- Work-related hopelessness and feelings of inefficacy

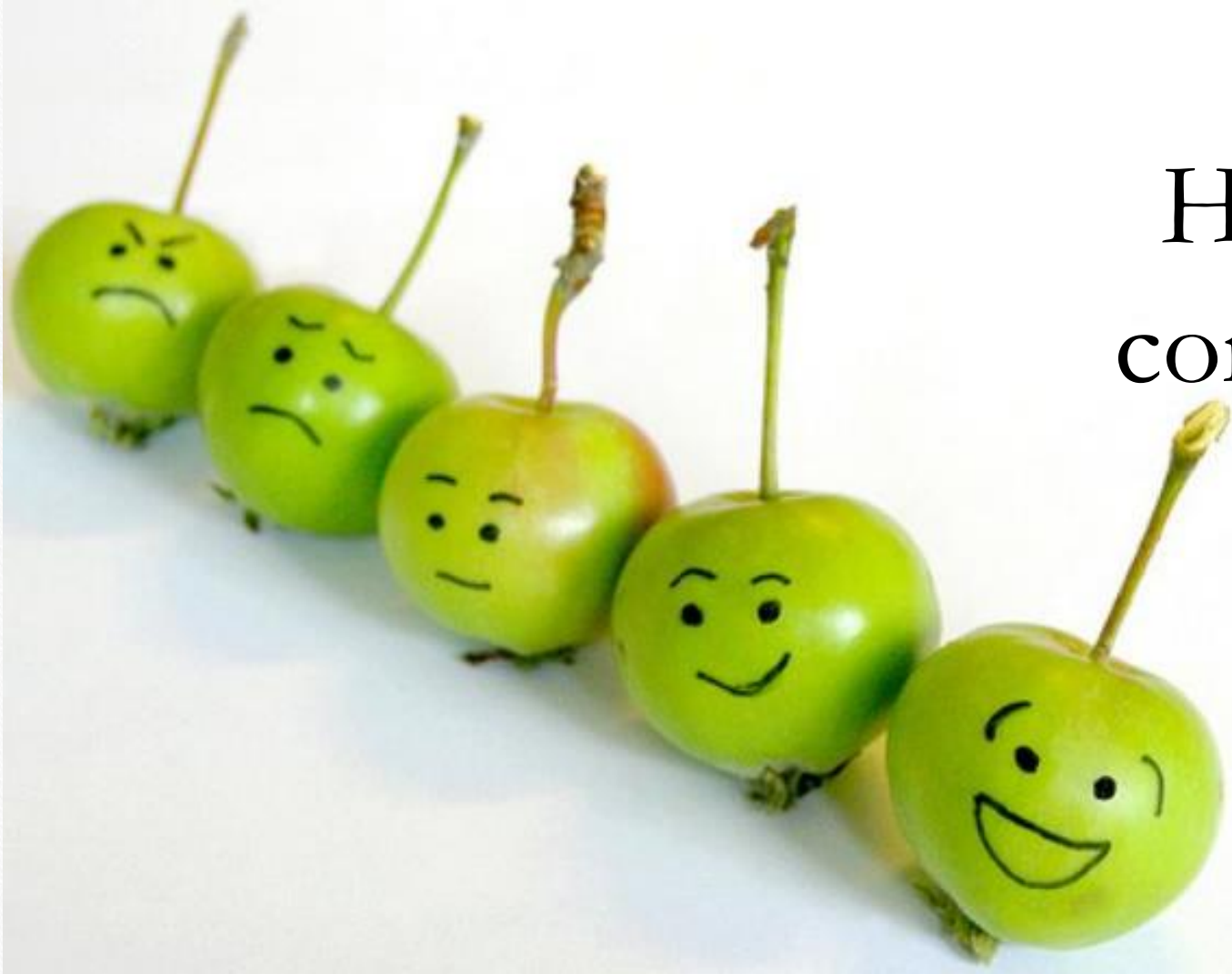
Secondary Traumatic Stress

- Work-related secondary exposure to extremely or traumatically stressful events

Warning Signs

- Being afraid to take time away from your daily activities
- Thinking the worst in every situation
- Reacting disproportionately
- Never taking a vacation
- Forgetting why you do your job
- Decreased performance at work
- Constantly not getting enough sleep
- Increased arguments with your family
- Decreased social life

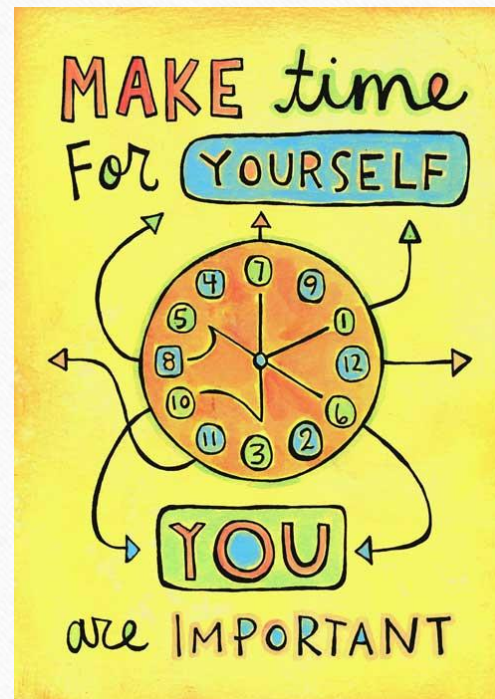




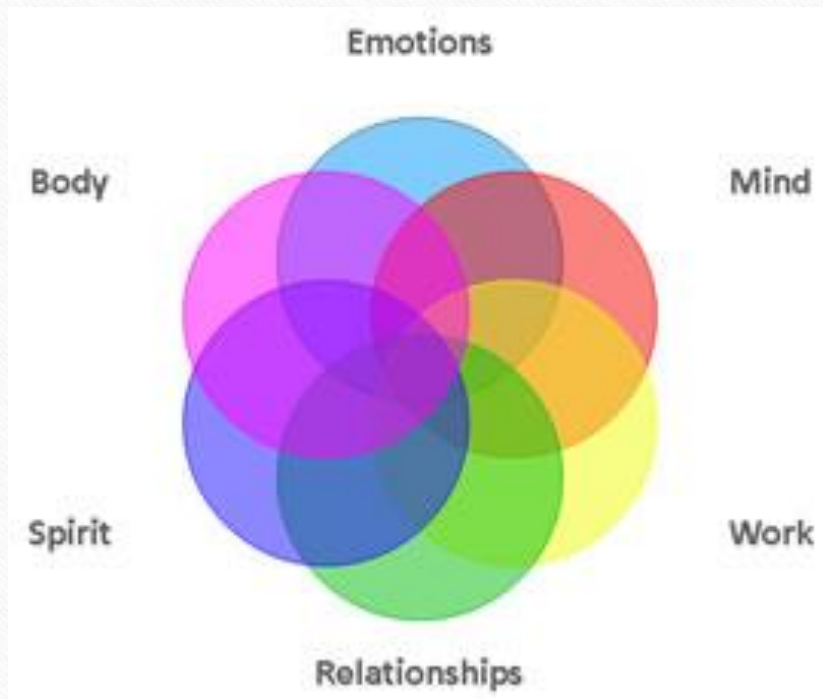
How can you turn
compassion fatigue
back into
compassion
satisfaction?

Self-Care

The activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.



Goals of Self-Care



- Take care of physical health
- Managing and reducing stress
- Honoring emotional and spiritual needs
- Fostering and sustaining relationships
- Achieving balance across your personal and work lives

Common Misconceptions

“It’s selfish to put myself first.”

“I don’t have time!”

“My self care is watching NCIS.”

Tips for Self-Care



- Assess your current self-care practices
- Find time for yourself each day
- Delegate tasks
- Say “no”
- Strengthen your social support network
- Keep up with professional training opportunities
- Treat your body well
- Create a self-care plan

Self-Care Assessment

Develop a Self-Care Plan

References

- Butler, L. D., & McClain-Meeder, K. (n.d.). Self-Care Starter Kit - University at Buffalo School of Social Work. Retrieved from <http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- Ray, S. L., Wong, C., White, D., & Heaslip, K. (2013). Compassion Satisfaction, Compassion Fatigue, Work Life Conditions, and Burnout Among Frontline Mental Health Care Professionals. *Traumatology*, 19(4), 255-267. Retrieved from <http://www.apa.org/pubs/journals/features/trm-1534765612471144.pdf>
- Volk, K. T., Guarino, K., Edson Grandin, M., & Clervil, R. (2008). *What About You? A Workbook for Those Who Work with Others*. Retrieved from The National Center on Family Homelessness website: <http://www.familyhomelessness.org/media/94.pdf>

RELATIONSHIPS

- schedule time
- pray together
- spend meaningful time
- cook & eat together
- good listener
- weekly date night
- praising partners/coworkers
- boundaries
- turn off electronics
- full attention
- be present (collective family planned)
- family meetings
- fatherhood (return to role)

RELATIONSHIPS

- Be committed
- Honesty/open communication

SPIRIT

- Pray
- meditate
- smudging
- sweat
- ceremonies
- spend time in nature
- ground yourself
- sharing creation stories
- worship through music
- singing/drumming
- teaching

WORK

- strength based
- asking for help
- exercise facilities / pad
- cultural leave
- more w/ project mgmnt (mapping)
- communication
- understanding role
- massage chairs
- childcare
- sleep pod
- food
- instant access to meditation

WORK

- say no
- delegate
- monitoring where putting energy / reflect
- exercise voice
- mentorship
- taking breaks
- hiring / human resources
- team building
- celebrating successes
- not participating in drama
- prioritize - accept that you can't do everything
- goal setting

BODY

- exercise
- rest
- eat right
- doctor
- sweats
- stretching
- drink water
- massage
- mani / pedi
- essential oils
- taking care of appearance + hygiene
- wearing proper shoes
- Vitamin D (sun)

EMOTIONS

- Laugh
- Acknowledge
- Identify problem
- Awareness
- Care for other people
- Boundaries
- Talk to someone
- smudging
- sweat
- sing songs
- drumming
- exercise
- Processing
- Journal

- go for a ride
- ride horse
- mindfulness
- develop prayer life
- hug/cuddling
- releasing emotions
(crying/yelling)
- pets

MIND

- Listen to music
- Learn language
- crossword
- creative outlet
- eat healthy
- curiosity (life long learning)

MIND

- meditation
- sleep
- read
- play ping pong
- laugh
- ocean
- trainings
- counselor
- journal
- color
- thai chi