

Building Your Self-Care Toolkit

April 2024

Agenda

WELCOME

HOUSEKEEPING

MEET OUR SPEAKERS

PRESENTATION

MEDITATION

Q&A AND CLOSING

Housekeeping



We will be discussing some sensitive topics. If at any point you need to step away to care for yourself, please do so!



All participants are on mute. If you have a question for the presenters, add that to the chat.



If time allows, questions will be answered at the end of the presentation. Otherwise, the presenters will provide a copy of the slides that will be posted by HCPF.

Meet Our Speakers



Lori Crawford, LCSW

Clinical Program Manager, Maximus

Lori lives in Castle Rock, CO. She has 30+ years' experience providing direct clinical care to individuals of all ages and backgrounds. She works at Maximus and currently manages the PASRR program in Mississippi. Lori recently joined the Direct Care Workforce Collaborative and participates on the Values & Awareness Task Force.



Emily Isaacs, MS/EdS

Clinical Implementation Manager, Maximus

Emily lives in Nashville, TN. She has 20+ years' experience in the mental health field. She has worked at Maximus for the past 9 years and currently provides clinical, workflow, and policy consulting for new projects being implemented at Maximus as well as ongoing projects.

Understanding these terms:

→ **Compassion Fatigue**

A stress reaction caregivers may experience when caring for the needs of others; the physical, emotional, psychological impact of caring for others

→ **Secondary Trauma**

Emotional duress that results when a caregiver hears about or witnesses the firsthand trauma experience of another

→ **Burnout**

A component of compassion fatigue – often feels like complete mental, physical and emotional exhaustion; response to chronic stress on the job

→ **Grief**

A normal emotional response to the loss of something or someone, resulting in feelings of sadness, pain, anger, despair.



Secondary Traumatic Stress (STS), Burnout, and Compassion Fatigue



The presence of STS and/or burnout can increase the likelihood of developing compassion fatigue

Signs and Symptoms of Compassion Fatigue

Physical	Emotional/ Cognitive	Behavioral	Spiritual	Work Related
<ul style="list-style-type: none"> ✓ Headaches ✓ Digestive Problems ✓ Muscle tension ✓ Sleep disturbances ✓ Tiredness and Fatigue ✓ Cardiac symptoms (chest pain or pressure, palpitations) ✓ Increased incidents of illness or accidental injury ✓ Lack of or inability to focus ✓ Forgetfulness 	<ul style="list-style-type: none"> ✓ Mood swings ✓ Restlessness ✓ Anger and irritability ✓ Oversensitivity ✓ Anxiety ✓ Depression ✓ Resentment ✓ Memory issues ✓ Poor concentration ✓ Hyperarousal ✓ Difficulty with decision making 	<ul style="list-style-type: none"> ✓ Excessive use of substances ✓ Isolation ✓ Increased interpersonal conflict ✓ Pessimism ✓ Hypervigilance ✓ Increased startle response ✓ Overstimulation ✓ Lack of motivation 	<ul style="list-style-type: none"> ✓ Questioning the meaning of life ✓ Loss of purpose ✓ Lack of self-satisfaction ✓ Loss of faith ✓ Skepticism 	<ul style="list-style-type: none"> ✓ Avoidance of or dread of working with certain patients or colleagues ✓ Reduced ability to feel empathy toward patients/clients ✓ Frequent use of sick days ✓ Loss of satisfaction in work ✓ Loss of productivity ✓ Feelings of incompetence and inefficiency

It all starts with Self-Care

If I care for me, then I can care for you.

If I care for me, then I can teach you how to better care for yourself.

If I care for you, then you can teach others how to treat you.

If you care for you, then you give others permission to care for themselves.

If others care for themselves, then they state to care for each other.

If others care for each other, then they start to care for the planet.

If we all care for ourselves, each other, and our planet, then we create the kind of change that builds a positive future for our children.

It all starts with self-care.

By Jayne Morris

What is Self-Care?



- The practice of taking action to preserve or improve one's own health
- The practice of taking an active role in protecting one's own well-being and happiness, especially during periods of stress.
- Taking the time to do things for yourself (caring for your own needs) to help you live well and improve your physical, spiritual, social, financial, and mental health.

5 Myths About Self-Care

→ **Self-care is indulgent:**

Meaningful self-care includes making mindful changes in patterns of thoughts and behaviors that contribute to your well-being.

→ **Self-care is selfish:**

No way! There are many benefits to making self-care a priority – both for yourself and for others.

→ **Self-care is a one-time experience:**
Caring for yourself must be an ongoing practice and done on a regular cadence. It builds resilience to face challenging situations and prevents burnout.

→ **Self-care takes too much time:**

It doesn't require a huge time commitment & can be done in small chunks of time throughout the day.

→ **Self-care is the same for everyone:**

What soothes one person's soul may not be soothing for the next. Choose things that bring you joy!



Benefits of Self-Care:

- Improves or protects your mental health and emotional well-being - reduces anxiety, depression, stress, protects from negative thoughts
- Improves physical health and well-being - energy, sleep
- Increases happiness
- Improves relationships
- Improves spiritual well-being
- Boosts your self-esteem, self confidence, and self worth
- Improves ability to advocate for yourself and set healthy boundaries
- Improves concentration

How
Self-Care
Helps Us at
Work

Self-Care Lowers Stress and Creates Higher Resilience

Self-Care is Closely Related to Self Compassion

Self-Care Increases Willingness to Take Good Risks

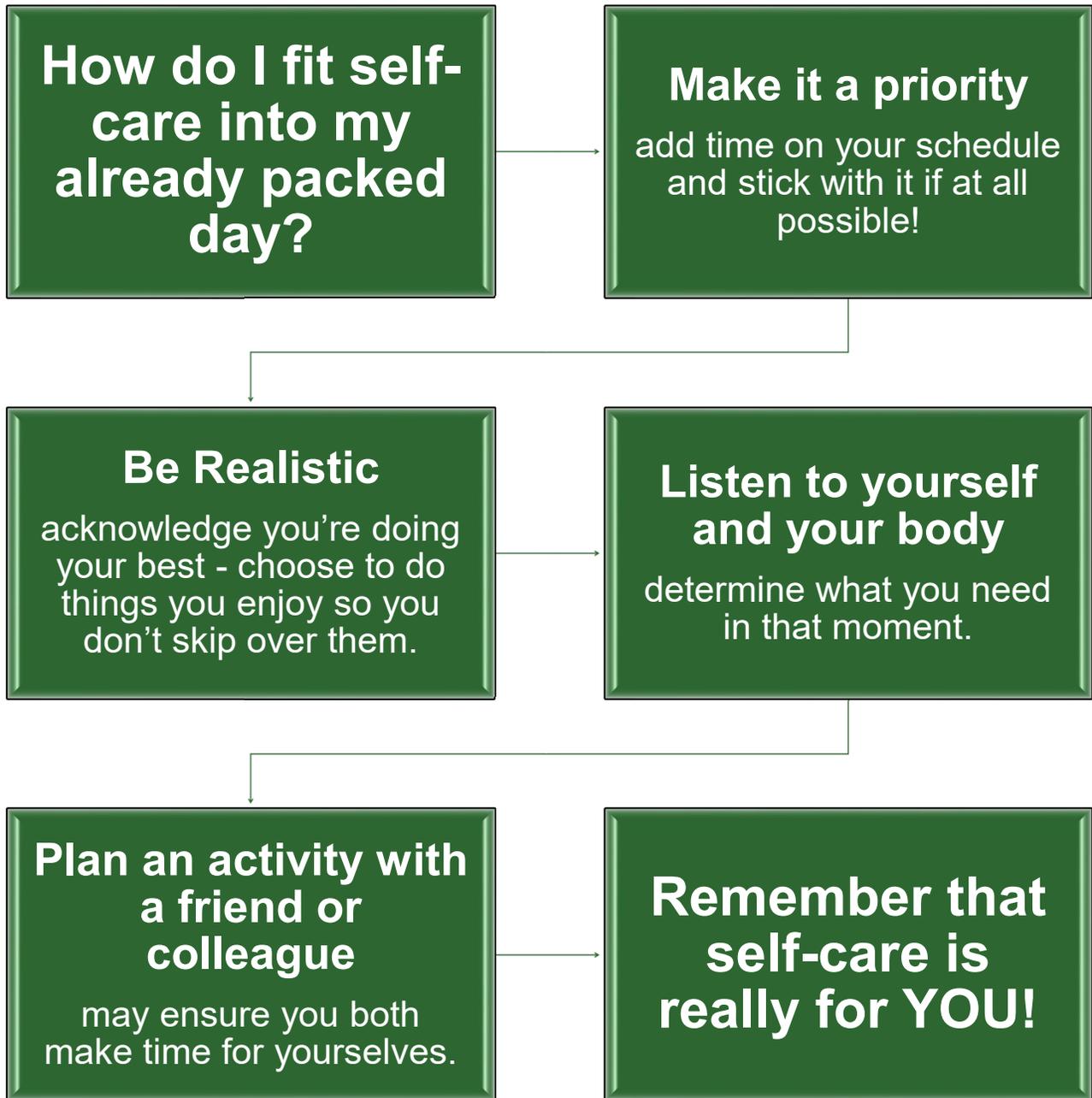
Self-Care Bolsters Empathy

Self-Care Promotes Self-Efficacy

Putting Yourself First...



Self-Care: Showing Kindness to Yourself



Self-Care To-Do List

Taking care of yourself is the kindest thing you can do

Read a book. (I suggest Anne of Green Gables)

Reconnect with someone you **ADORE**.

Journal or write about your feelings

Rest
-Nap
-sleep early
-Take a break

Get creative. paint, draw, use your talent.

Do something that physically makes you feel good.

Get outside. Soak in sun, rain, & wind

Drink your water!!!

Ask yourself: What do I need?
pet or cuddle a furry thing

Get back into your hobbies! (puzzles are SO relaxing!)

plan a movie night or binge watch something on netflix

Have a cup of tea or cocoa. (bonus points if it's with a book!)

There's tons more on BlessingManifesting.com

Consider What to Put in Your *Self-care Toolkit*

Over the next several slides, we will review different types of strategies for self-care. You don't need to choose all of them, just think about the ones that work best for you!

- Physical
- Social
- Mental
- Work related
- Recreational
- Spiritual

Physical Strategies for the Practice of Self-Care: Prioritizing your Vessel



Building Connections

A top-down view of several people's hands stacked together in a circle. The hands are of various skin tones, including light, medium, and dark. They are wearing different colored long-sleeved shirts, such as white, light blue, and grey. The background is a soft, out-of-focus indoor setting.

“The most important things in life are the connections you make with others.”

Tom Ford



Social Strategies for Self-Care

- Turn off devices when spending quality time with family and friends
- Plan a monthly get-together with those who are supportive to you
- Remain active in your community or faith
- Reach out to your support systems regularly
- Surround yourself with positive people and healthy relationships
- Re-evaluate relationships - limit time with people and relationships you feel may result in unhealthy actions or behaviors.
- Set clear boundaries with people

Mental Strategies for the Practice of Self-Care

- Minimize/eliminate comparing yourself to others
- Learn a new skill or language
- Set big intentional goals or mini personal ones
- Read self-help or personal growth books
- Practice gratitude
- Do a social media detox
- Practice positive thinking
- Participate in therapy or a support group

Work-Related Strategies for the Practice of Self-Care

SET REALISTIC EXPECTATIONS



- Setting a healthy line helps with stress management
- Know your strengths, limits and boundaries.
- Sometimes saying *no* will preserve energy and bolster well being
- Saying *no* at appropriate times is practicing self-care

EXAMINE JOB DEMANDS



- Are they reasonable?
- Are they prioritized?
- When needed, ask for clarification around your roles and duties.

SCHEDULE



- Prioritize tasks.
- Ask for help!
- Take breaks!
- It's OK to leave something to finish tomorrow...unless its urgent.

Environmental Strategies for Self-Care

Make your bed daily

Organize your workspace

Explore somewhere new

Change up your scenery (travel,
trying a new coffee shop)

Listening to music or podcasts

Setting a calm mood in the evenings

Recreational Strategies for Self- Care

Tap into your inner child by taking part in hobbies that don't require too much brain power

Have a pamper day

Watch a TV show or movie

Get creative by painting, drawing, or coloring

Read a book, magazine, or comic book

Play a board game or do a puzzle

Spiritual Strategies for Self-Care



Resilience is...

- Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.
- A number of factors contribute to how well people adapt to adversities, including the ways in which individuals view and engage with the world, the availability and quality of social resources, and specific coping strategies.
- Psychological research demonstrates that the resources and skills associated with resilience can be cultivated and practiced.
- Adapted from the [APA Dictionary of Psychology](#)



Mindfulness Strategies for Self- Care



Take moments throughout the day to check in with yourself



Write down things you're grateful for



Spend time in nature and take in your surroundings (what do you see, hear, and feel)



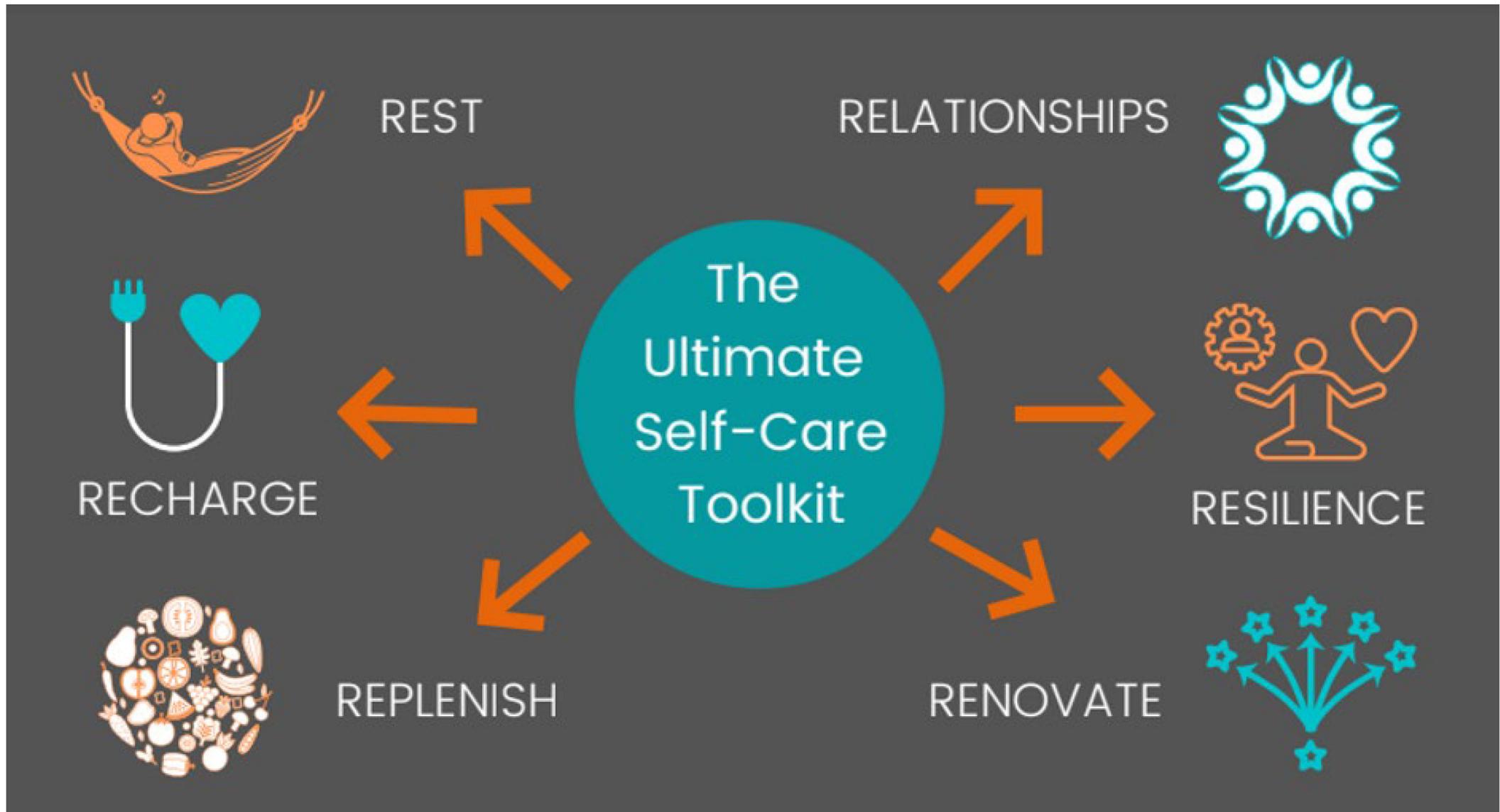
Engage in a daily meditation practice



Engage in box breathing (also known as square breathing)



What did you identify for your Toolkit?





Guided Mindfulness Meditation



Questions & Answers