

Oxygen Mask or Scuba Gear?

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Context

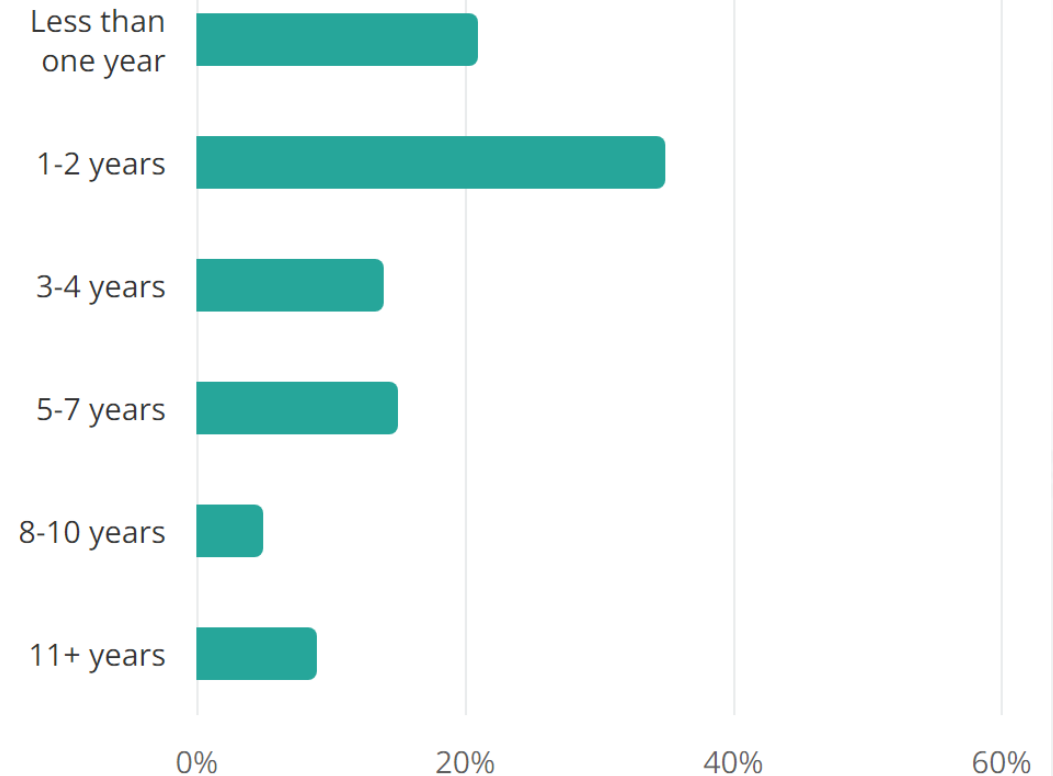


What to Expect



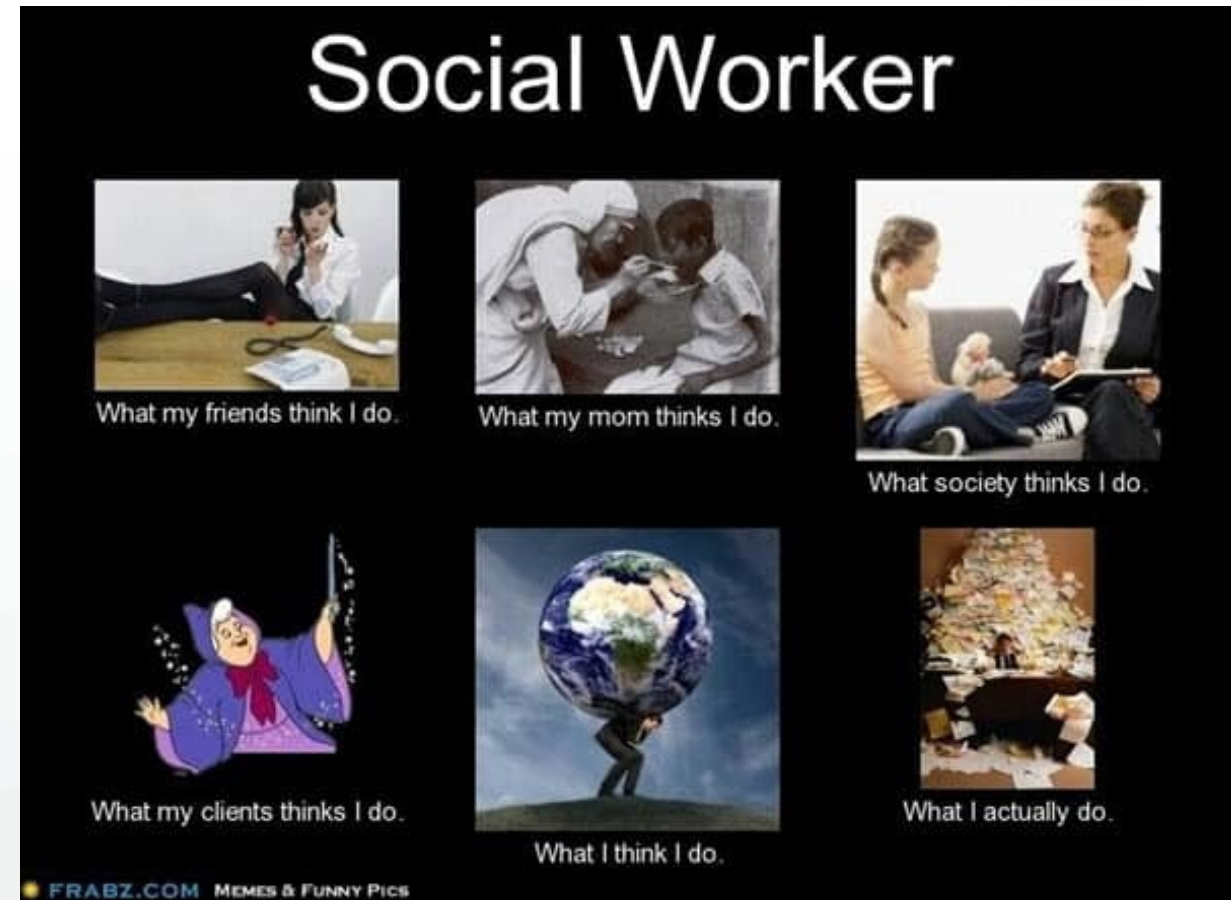
Some Statistics

- Social Work Tenure:
 - The average social worker stays at their job for 1-2 (35%) years, based on 56,137 social workers resumes reviewed.
- An important part of self-care and retention is being in the right field...so if you move jobs for your own self-care, great work!



Some More Statistics

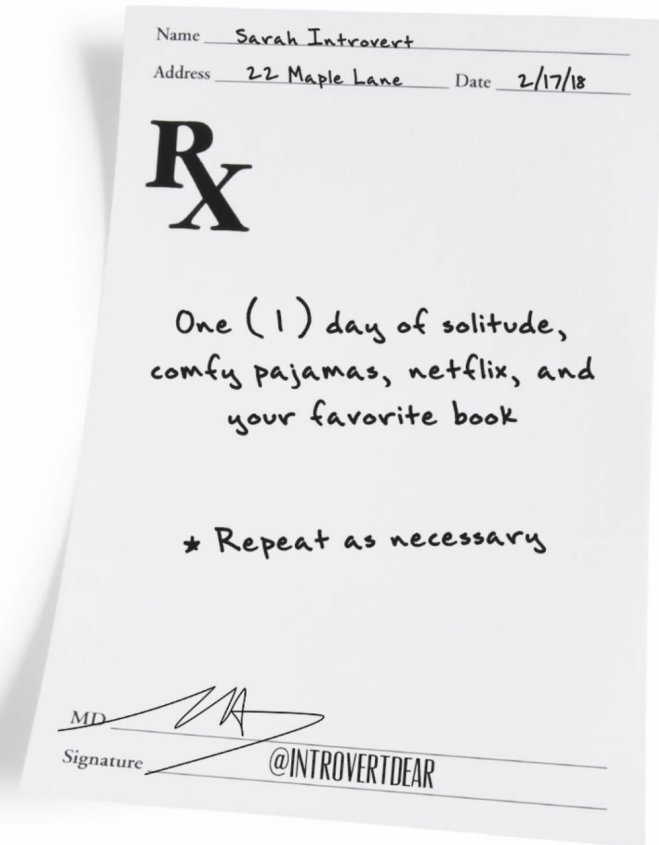
- According to the British Journal for Social Work (2010)
 - The expected working life of a doctor is 25 years.
 - 15 years for nurses.
 - 28 years for pharmacists.
 - 8-13 years for a social worker (depending on the type of social work).



- Your patients/clients are humans. And so are you!
- The things you recommend and teach them to do...you should also do!
- (And helping professionals tend to be terrible at this.)



Consistency!



- Do you have a routine for being healthy?
- Including – Staying hydrated, eating nutritious foods, sleeping, and being active?
- Do you do this consistently, even when you feel well?
- “It’s hard work to be happy.” (healthy)



**DO AS I SAY
NOT
AS I DO**



If only it was that simple...

• Burn Out

- Comes on slowly for a variety of reasons
- Heavy Case Loads
- Perceived inequality at workplace
- Feeling overextended
- Conflict at work
- Feeling unappreciated at work

Empathy Fatigue

- Hearing others' traumas both emotional and physical
- Visualizing the story as though they could have happened to you
- Experiencing trauma yourself
- Social/organizational Isolation
- Demanding shifts and repeated exposure to traumatic stories
- Lack of training



Training and Education

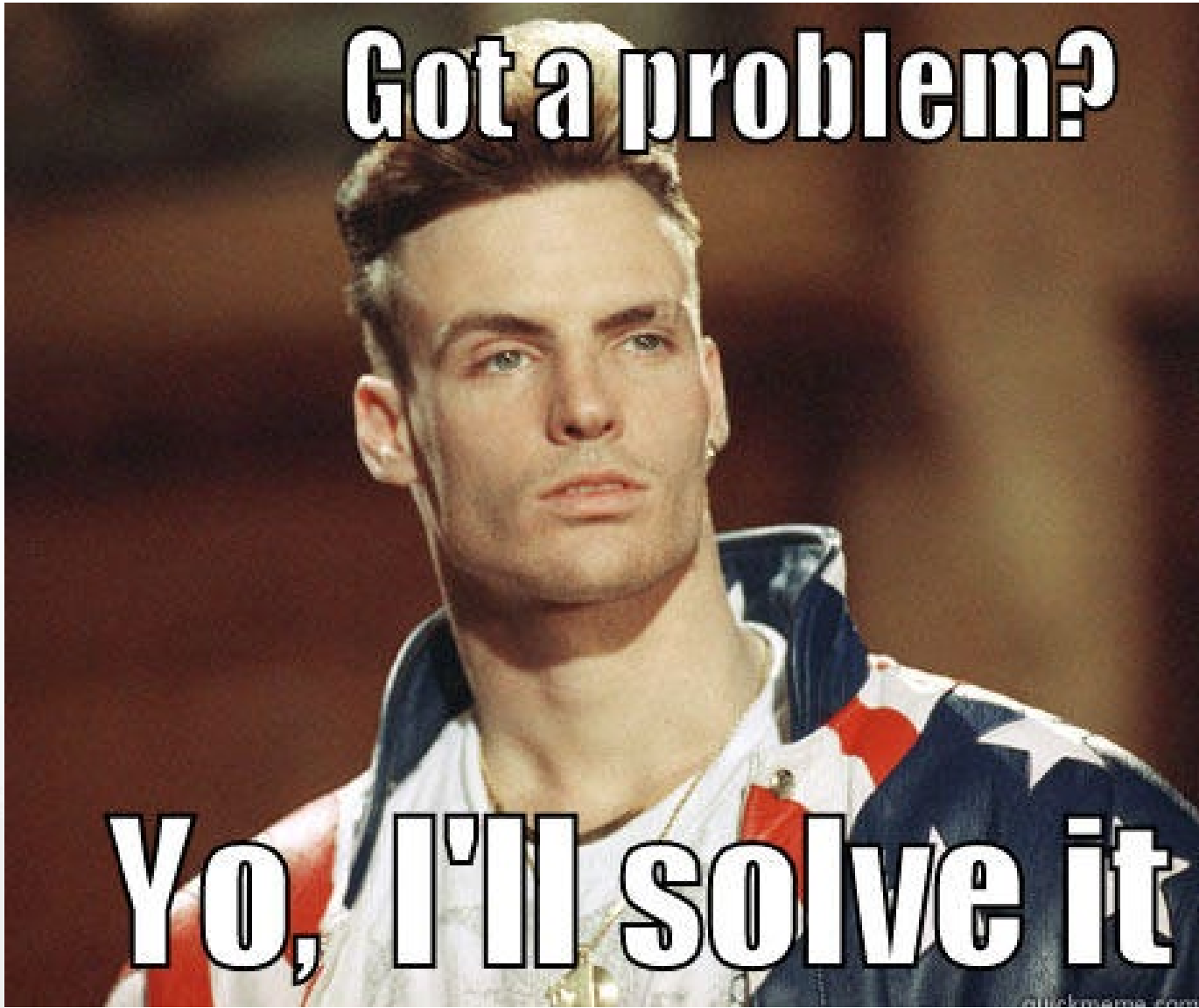
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'I wish you were more adventurous sometimes, Gerald!'

- Know best practice.
- Use best practice.
- Trust the research.
- This may mean doing things in a new way....
- Keep learning!





The Spirit of MI



Boundaries

- Do what you can within your scope, then step back.
- What do you do to leave work at work?





https://greatergood.berkeley.edu/quizzes/take_quiz/happiness_at_work





Rumination



Grounding & Present Moment

DBT Distress tolerance:

TIPP SKILLS: changing your body chemistry to help you calm down.

Adapted from "DBT skills training handouts and worksheet" by Marsha Linehan.



1. TEMPERATURE

Hold your breath and put your head in a bowl with ice cold water or hold an ice pack on your face.

Hold it for 10 - 30 sec.



2. INTENSE EXERCISE

Do some intense exercise. Run fast, jump or lift weights.



3. PACED BREATHING

Slow down your breath.

Breathe deeply into your belly.

Breathe in for 5 seconds and out for 7 seconds.



4. PAIRED MUSCLE RELAXATION

While you breath in tense your body muscles.

Notice the tension.

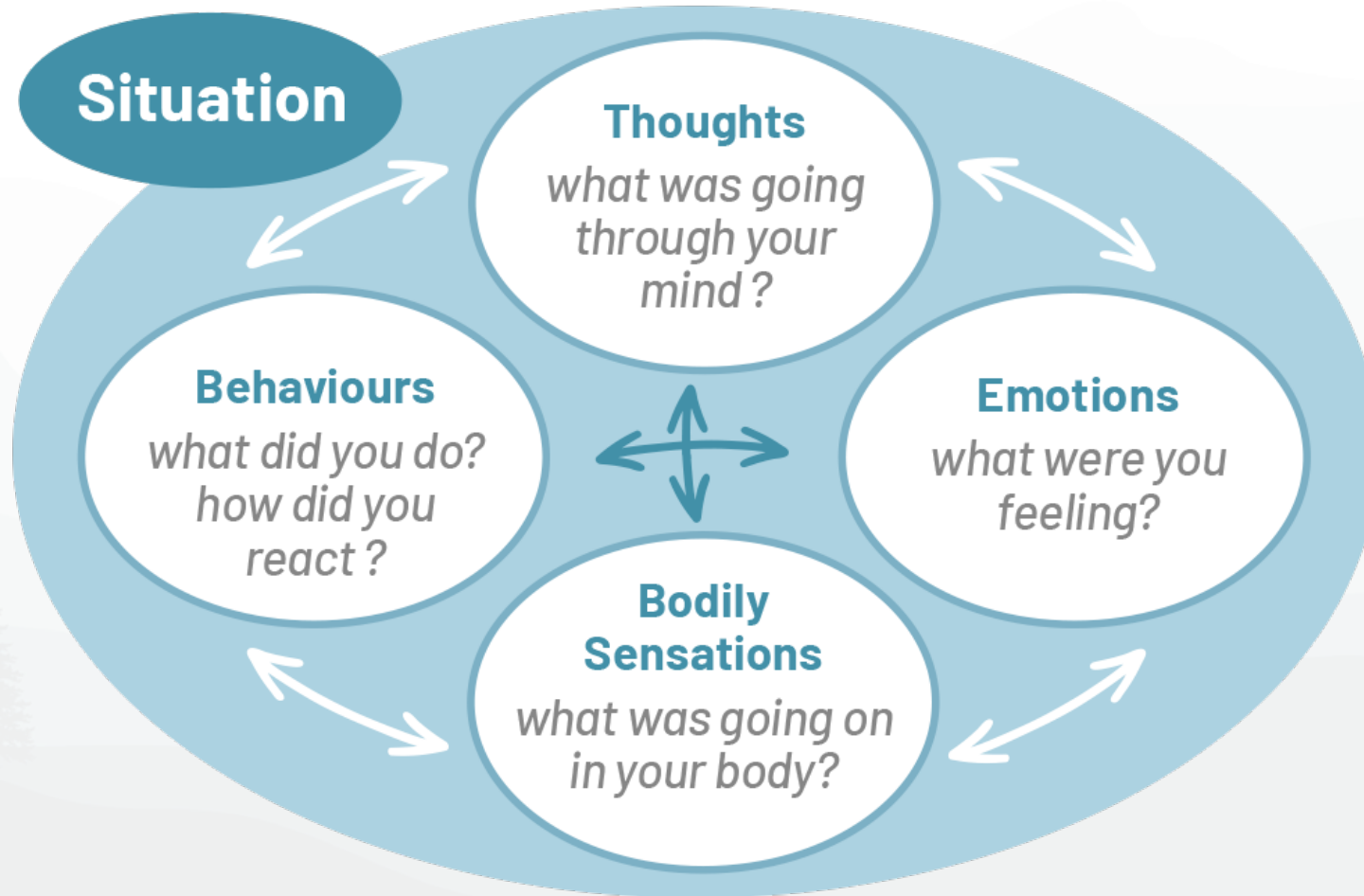
While you breath out, say the word "RELAX" in your mind. Let go of the tension.

CLICK FOR MORE PSYCHOLOGICAL RESOURCES

Therapy courses and tools  www.atrapamente.com



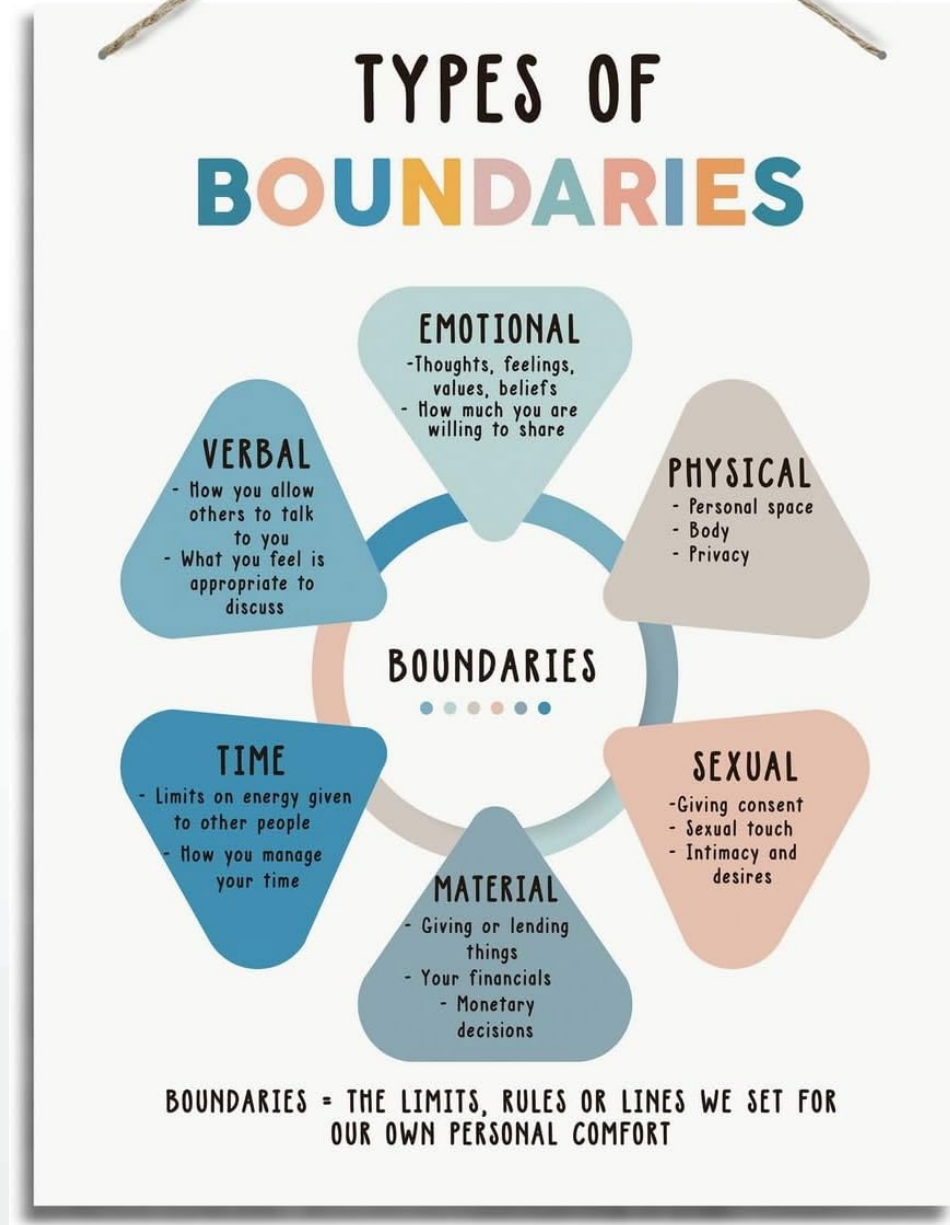
Behavioral Activation



- Life doesn't magically stop being hard when you become a helping professional.



More Boundaries



Countertransference



- Know your limits.
- Communicate your needs.
- Use PTO regularly and as necessary!
 - And save enough PTO/Sick time that you have it when you need it!



"... The doctor told you that you're suffering from work related exhaustion?... Well done! Keep up the good work."

Emotional Awareness



“Alright, we did not die today! I’d call that an unqualified success.”

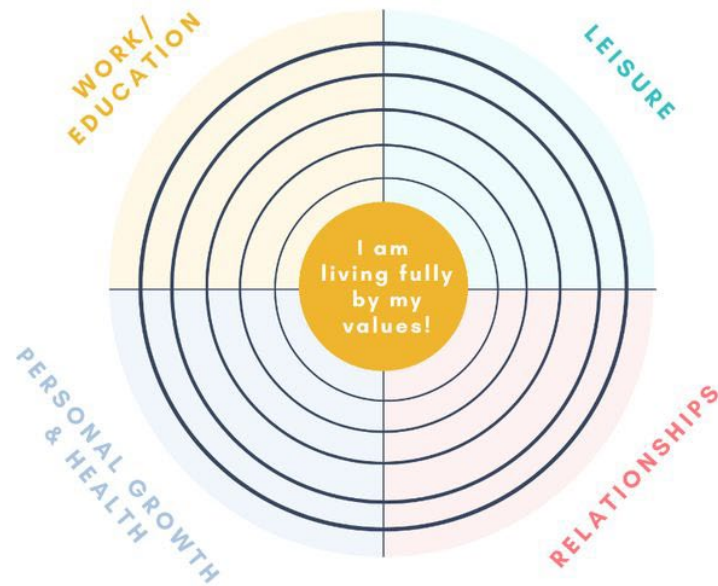
Fear



Values Bulls Eye

Are you living by your values?

After writing out your list of values for each domain, place the corresponding number on the bulls-eye according to how fully you're living your values day-to-day. The middle of the bulls-eye means that every day this value comes in action, that it's something guiding your thoughts and behaviors. The outermost ring, however, means that you aren't living by your values and they aren't such a focus for you. Consider why you place your values on that specific ring. Can you think of examples of this value in action in your life? What would it look like to live fully with your values?



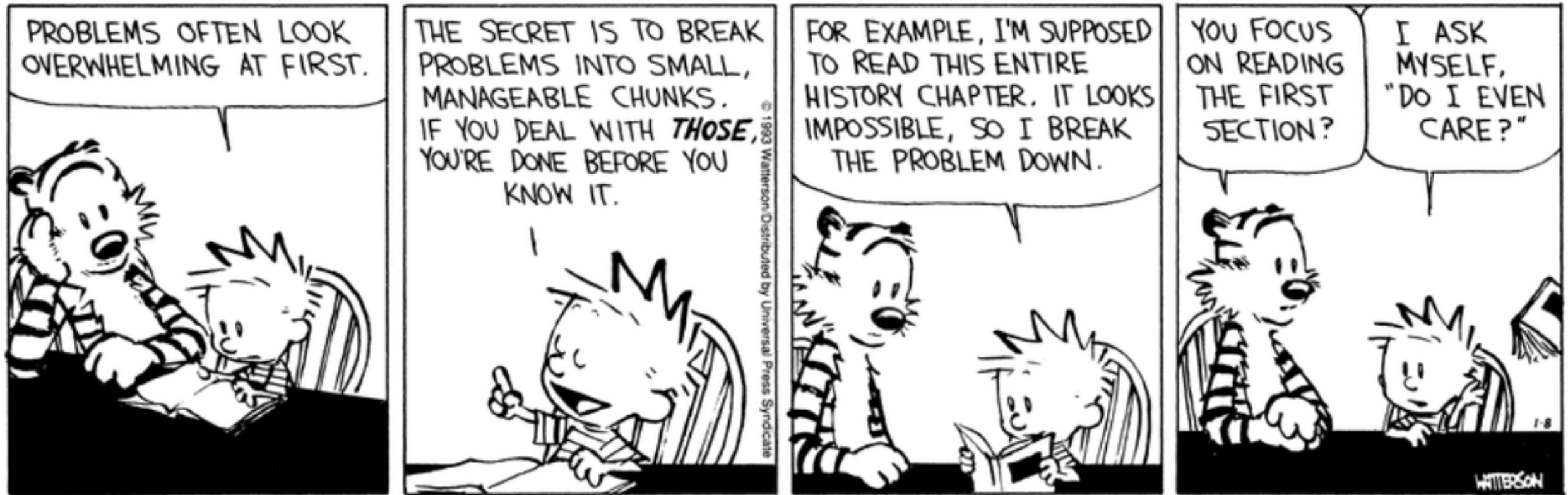
ZENCARE.CO

Values-Based Action

"It's hard work to be happy." (healthy)



Prioritize



I AM A ROCK

I AM AN ISLAND

Isolation

imgflip.com





CartoonStock.com

Venting

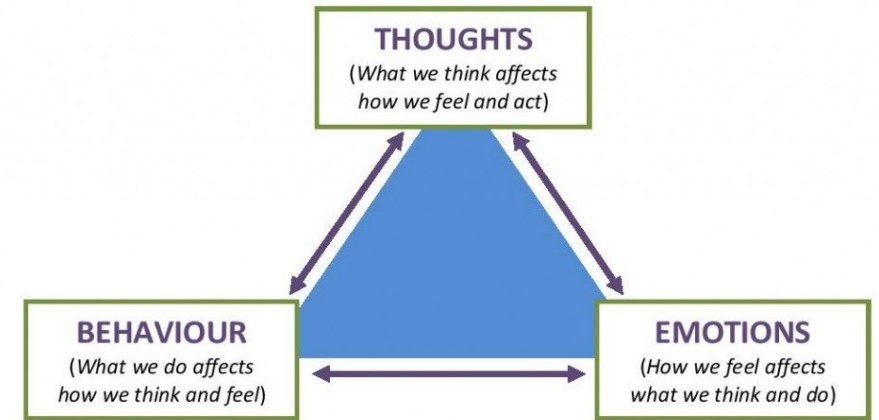
Pleasant Activities





Hope

- Be informed but not obsessed.
- Have balanced thinking.
- The world (and life) ebbs and flows.



Break Out

- MI yourself and your colleagues.
- What do you currently do for your “self-care?”
- Is that working?
- Is there anything you would want to do differently?



Resources

- [The Expected Working Life of a Social Worker | Request PDF](#)
- [Social Worker Demographics and Statistics \[2024\]: Number Of Social Workers In The US](#)

