

Oxygen Mask or Scuba Gear?

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What to Expect

- Practical implementation of “self-care” into our everyday lives!



Context



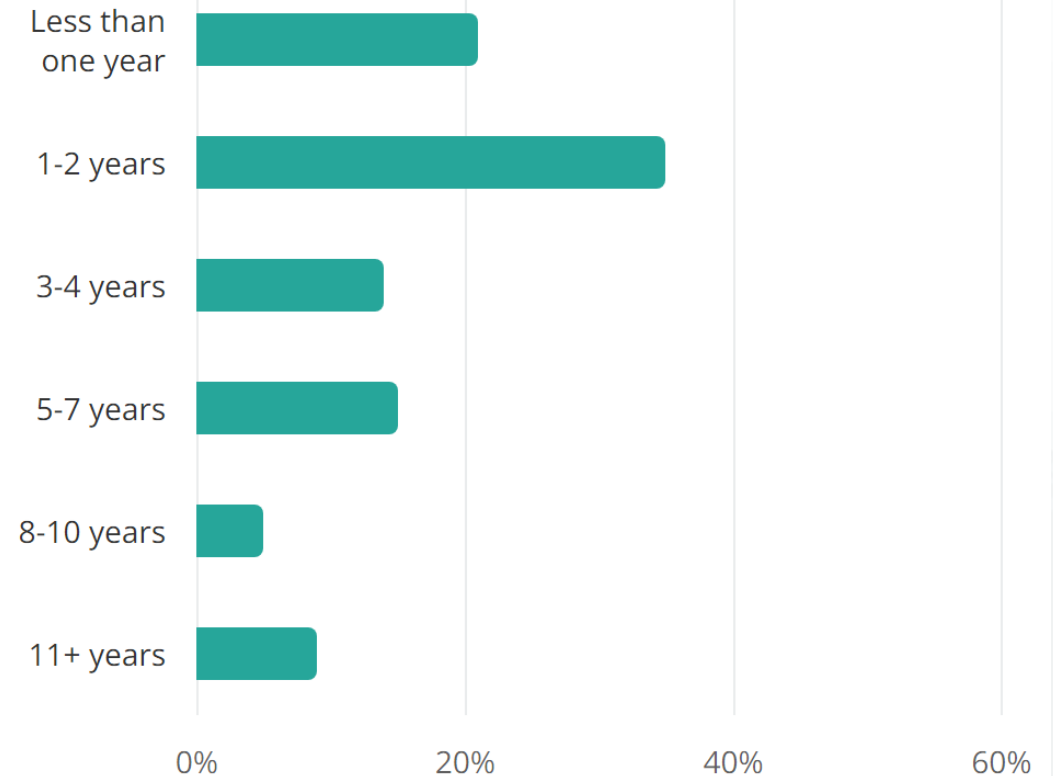
Reactive

Proactive



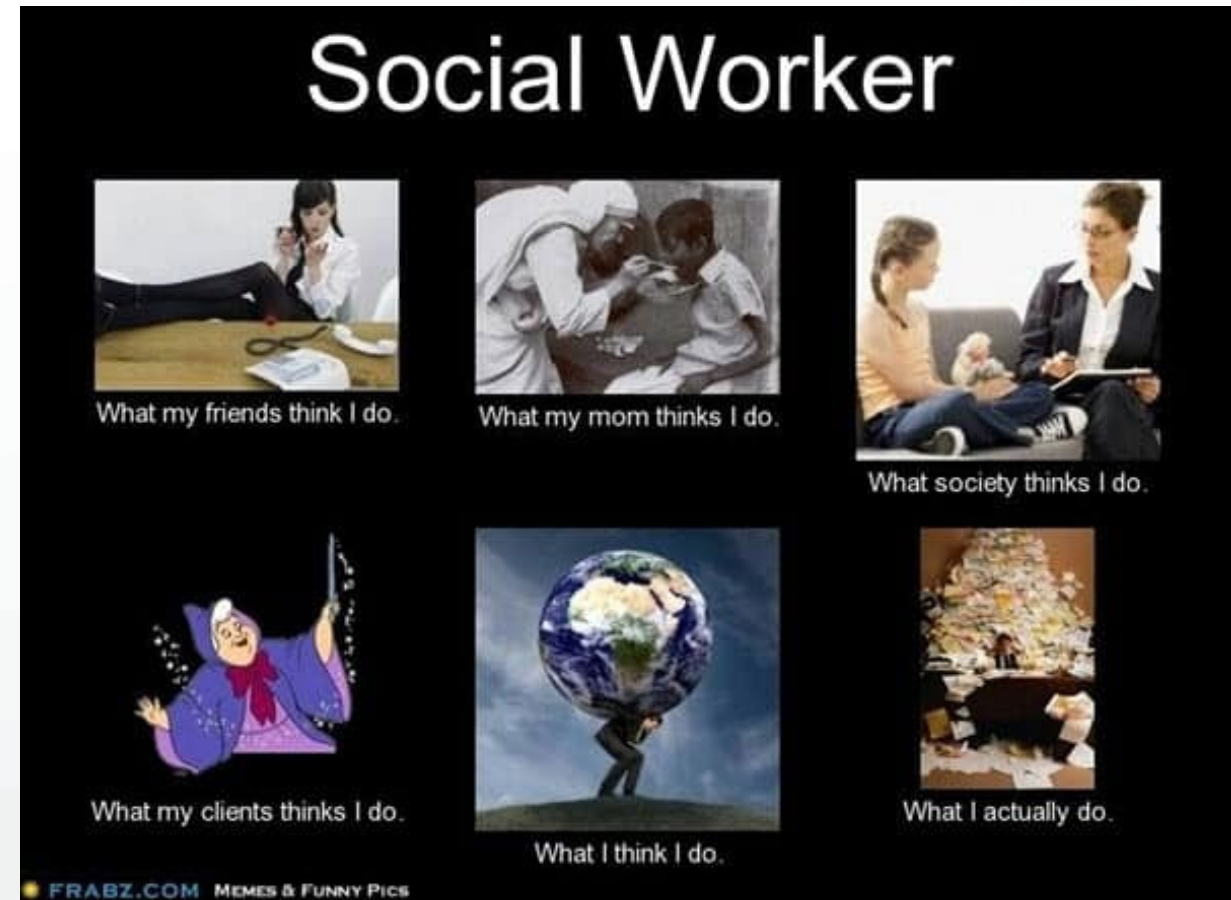
Some Statistics

- 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!

Name Sarah Introvert
Address 22 Maple Lane Date 2/17/18

R_x

One (1) day of solitude,
comfy pajamas, netflix, and
your favorite book

* Repeat as necessary

MD 
Signature @INTROVERTDEAR

- 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



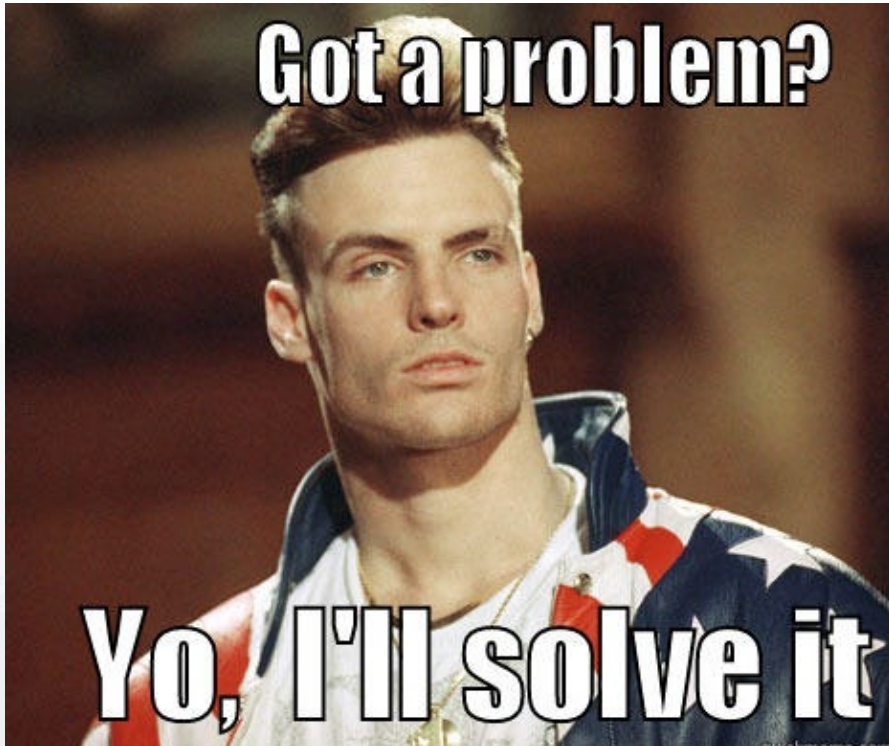
Training and Education



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



The Spirit of Motivational Interviewing



- Partnership
 - We are together in this. The weight is not fully on me!
- Acceptance
 - Accepting the person in front of you as they are. Wanting to “change” a person is just frustrating!
- Compassion
 - Compassion recognizes the suffering and is motivated to help.
 - Empathy is sharing the feelings...
- Empowering!
 - Again – allowing clients to solve their situations with scaffolded support.
 - It’s not all on us!



Boundaries

- Do what you can within your scope, then step back.
 - You can still use your MI and validate the frustrations – but you can't "fix" everything.
- What do you do to leave work at work?



Warning Signs



- Not sleeping.
- Sleeping too much.
- Eating junk food.
- Lack of appetite.
- Headaches.
- Stomach Aches.
- Tightness in chest.
- Eye Twitch.
- Irritable.
- Easily Agitated.
- Feeling hopeless.
- Ruminating...



Rumination

- When your mind is constantly returning to a situation.
- It could be anxiety about work or home.
- Or things I wish I had or could do differently or control.



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.

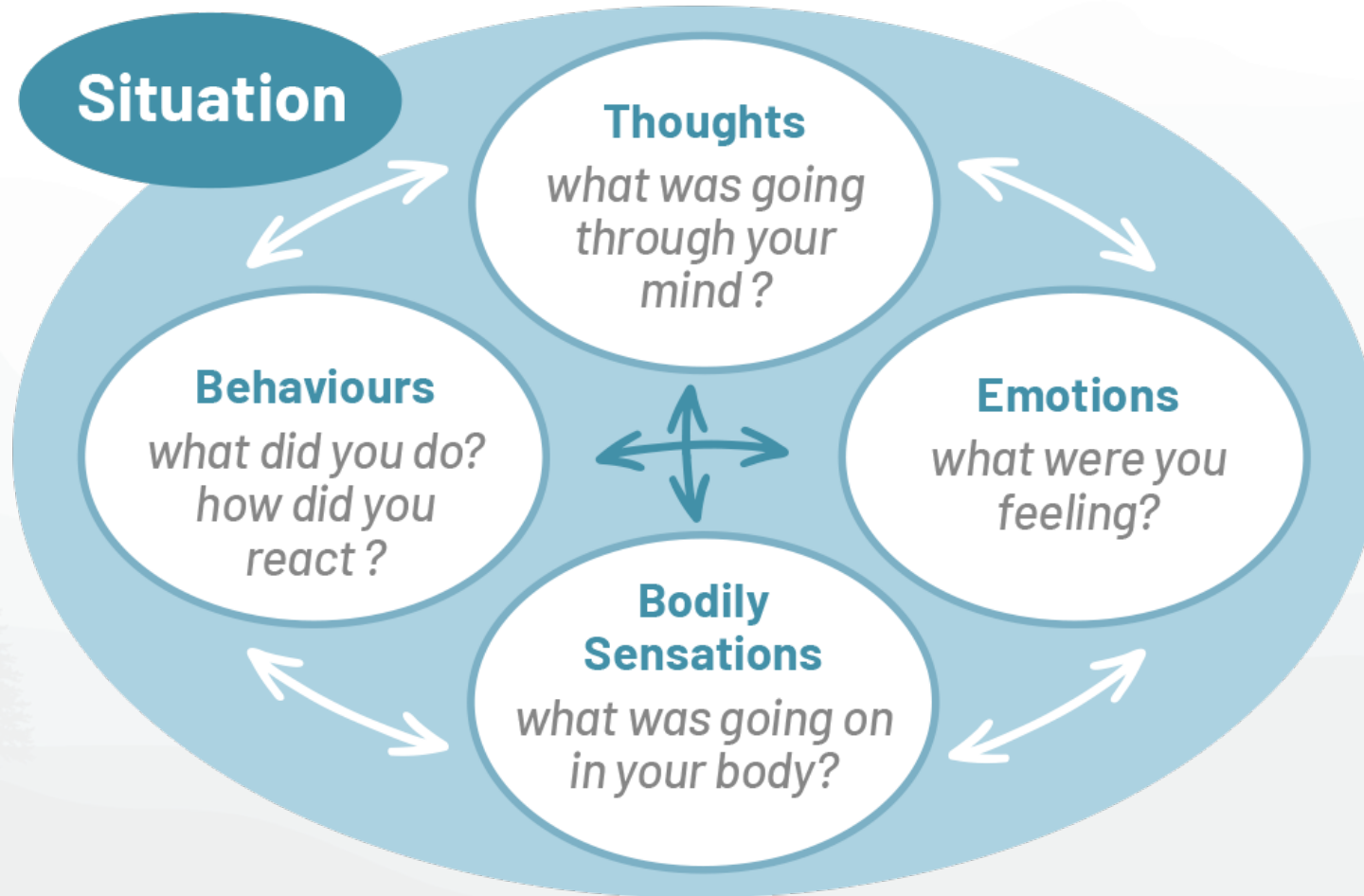
While you breath out, say the word "RELAX" in your mind. Let go of the tension.

[CLICK FOR MORE PSYCHOLOGICAL RESOURCES](#)

Therapy courses and tools  www.atrapamente.com



Behavioral Activation



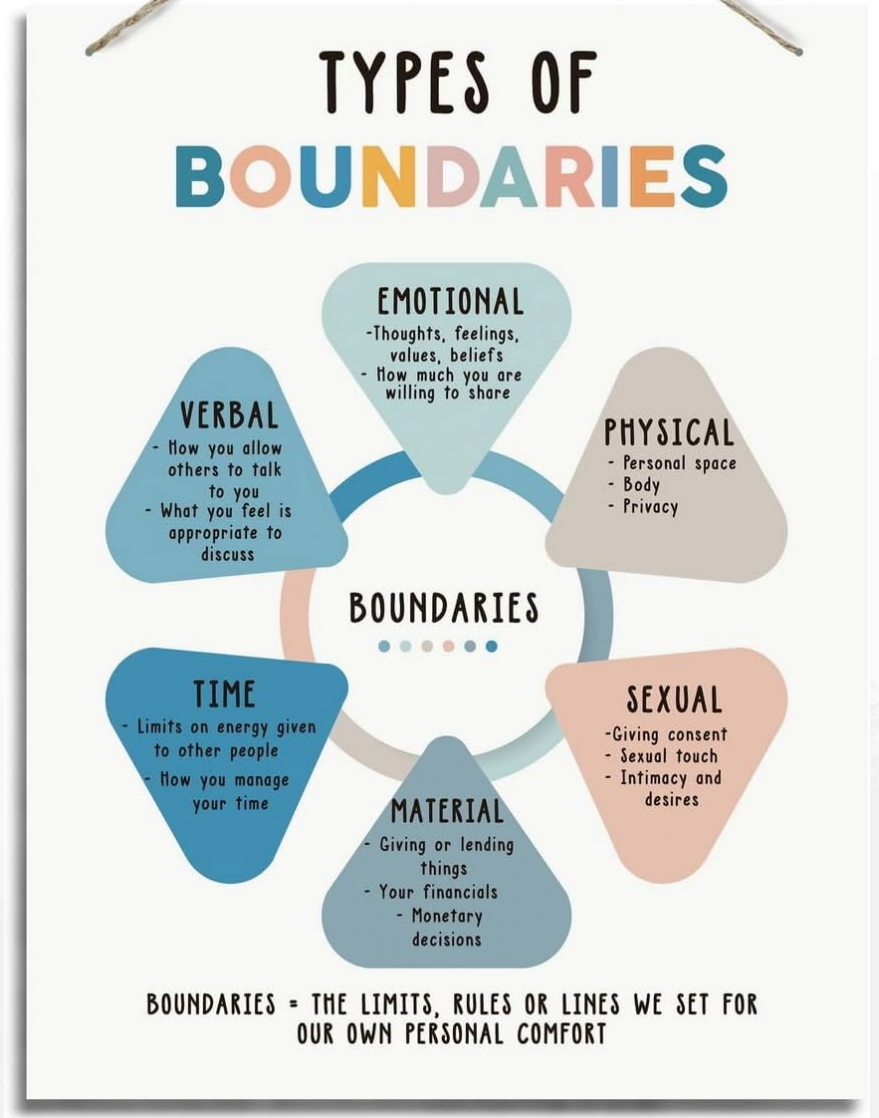
Emotion Surfing

- Life doesn't stop when you become a helping professional.
- Sometimes the water is calm, and sometimes the waves get rough.
- Just like we teach our patients, we have to use our emotion surfing...



More Boundaries

- How do you leave home at home?
- How do you know when you need to look at your phone and when it can sit?
- How do you know when you need time away from work to manage a problem at home?
- Does a situation from your personal life ever seep into your interactions with a client/patient?



Countertransference



- WARNING SIGN!
- When we start seeing ourselves or situations we have been through in our patient or client AND react or respond in that emotion.
- Practice mindfulness and staff with a colleague or supervisor.



- Know your limits.
 - If you are feeling “triggered,” it may indicate needing a boundary or increased support.
- COMMUNICATE your needs.
 - Discuss with a supervisor or HR Department.
- Use PTO regularly and as necessary!
 - And save enough PTO/Sick time that you have it when you need it!

WHAT IS SELF-COMPASSION



Stop being so critical of yourself. Embrace yourself as you are. Treat and talk to yourself as you would to a friend.



We are all imperfect and this is shared human experience. You're not abnormal. And, you're not alone.



Recognise when you're stressed or struggling without being judgemental or over-reacting



Emotional Intelligence



- Emotions serve a purpose.
 - Is this a sign?
 - What is it telling me?
- Allow emotions to be present without pushing them away.
- Then use your coping skill and choose a response.
- Avoid avoidance!



Pleasant Activities

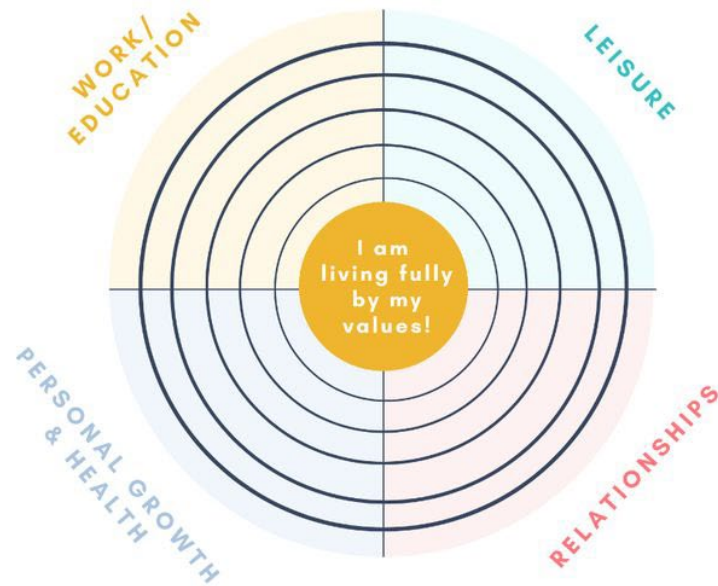
- What did you once enjoy doing?
- What have you always wanted to try?
- Use an opposite emotion.
 - Watch a funny movie.
- The less you do, the worse you feel!



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?



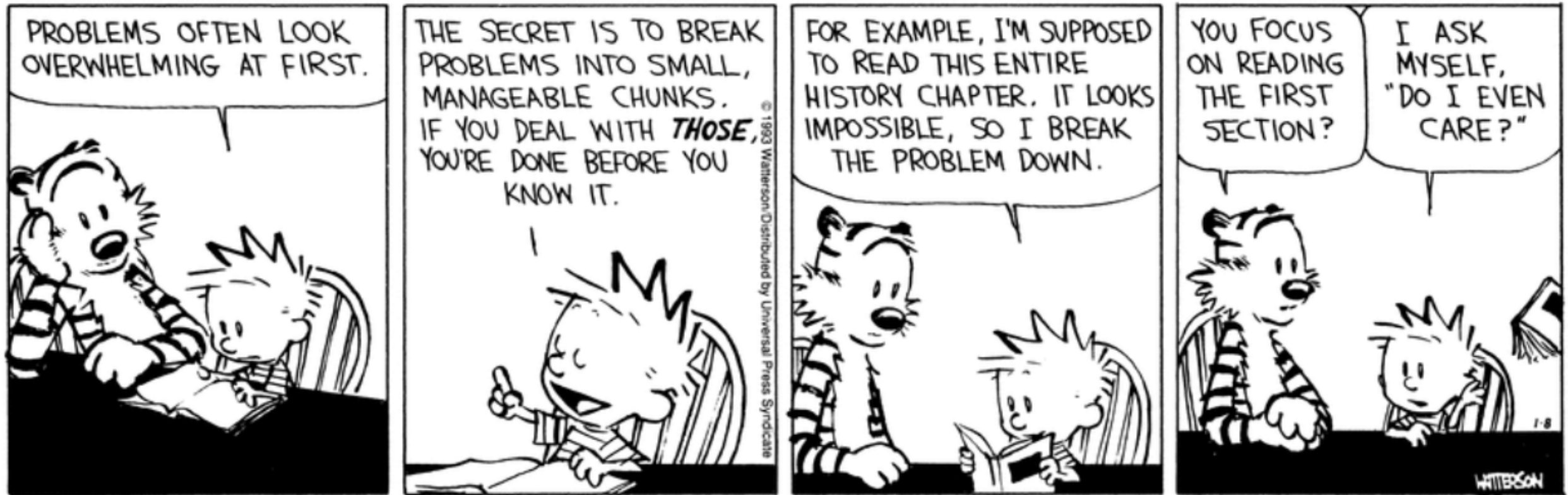
ZENCARE.CO

Values-Based Action

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

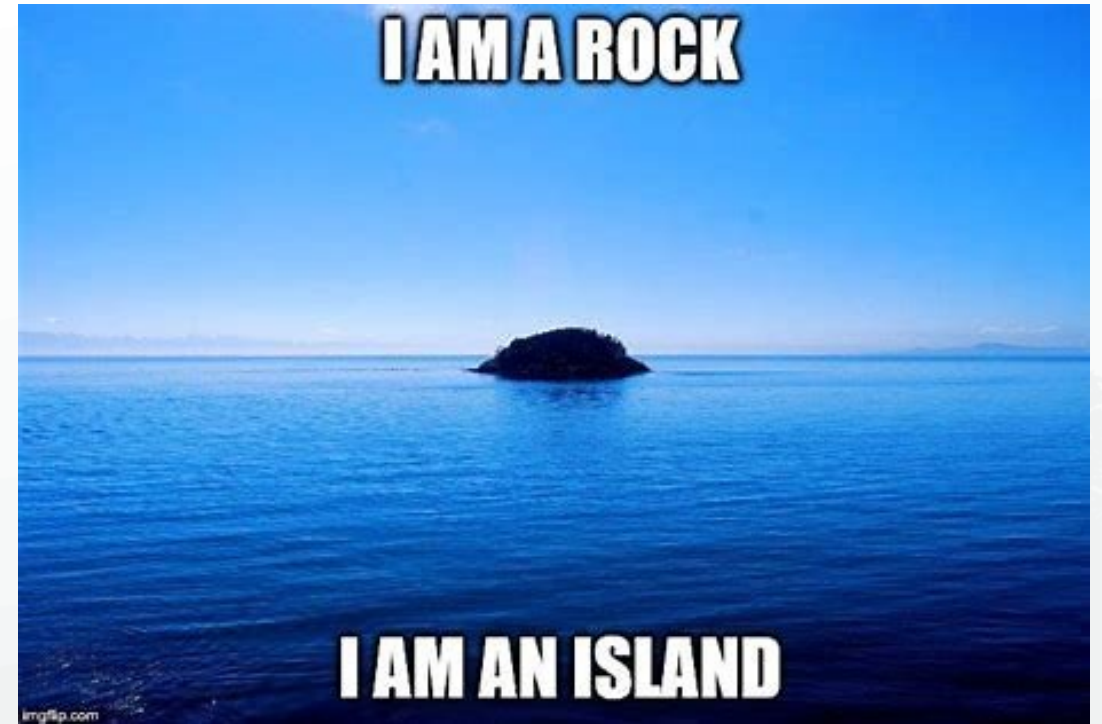


Prioritize



Isolation

- We all have unhealthy coping skills that tend to raise their ugly heads when we are stressed...
- When you notice them, engage the opposite reaction.
- And if needed therapy.



Self-care is how
you take your
power back.



HealthyPlace.com

Therapy

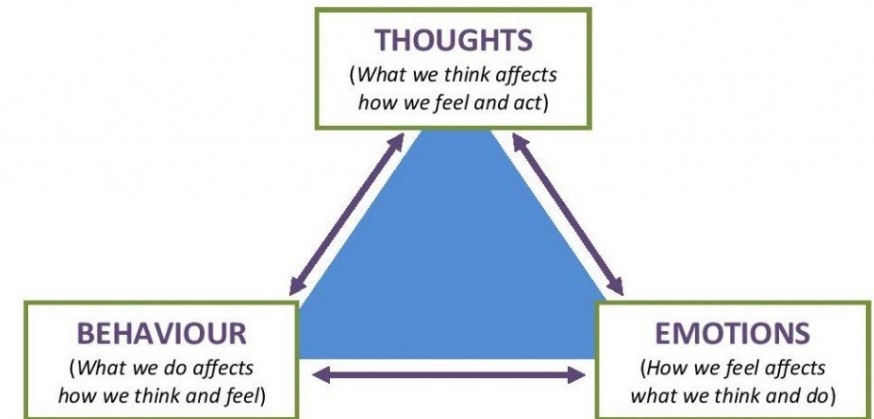
- Practice what you preach.
- It's always good to have someone to visit with that is impartial and that you can call when needed!
- We have difficult roles with often unrealistic expectations.
- And lives on top of that!





Hope

- Be informed, but not obsessed.
- Have balanced thinking.
- The world (and life) ebbs and flows.
- Be a part of the solution!
 - <https://mtchw.org/>
 - Join an association or group of professionals.
 - Be an advocate.



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?
- *Feedback – What would you want in future trainings?*



Resources

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

