

Wellness: Self-Care

1. Module 1

1.1 Wellness Matters



Notes:

Wellness Matters

Self-care strategies to SURVIVE and THRIVE

Northeast and Caribbean MHTTC at Rutgers University

2019

1.2 Mental Health Professionals



Notes:

Mental health care professionals spend much of their time helping clients with sad or difficult feelings and situations. This can put them at risk for emotional burnout and compassion fatigue.

1.3 Self-Care



Notes:

Self-care, or those regular practices which promote and enhance well-being, are critical to mental health professionals. Self-care helps to maintain positive emotions, a good work/life balance and resilience. Mental health professionals are very good at helping others, but many of us have difficulty addressing our own self-care.

1.4 About



Notes:

Welcome to the first course in a series of three on wellness for mental health professionals! I am glad you could join me as we talk about this important topic.

There are three modules in this series, each taking approximately one hour to complete. Each module contains content focusing on different areas to consider, along with resources, multimedia, reflective opportunities and assessments.

Progressing through the modules is straightforward. There are links at the top area for Resources, a transcript and to Exit the course. You can pause the audio at

any time. Printed instructions can be found in the Resource section of the module.

1.5 Objectives



Notes:

Click on the tiles to view the objectives for this self-paced module.

At the completion of this module you will be able to:

- describe strategies for self-care
- identify the importance of personal and professional self-care in order to prevent stress, emotional exhaustion and burnout
- assess your self-care and compassion fatigue
- describe and practice simple mindfulness activities

1.6 Your Guide



Notes:

My name is Michelle Zechner. I am an Assistant Professor at Rutgers, Department of Psychiatric Rehabilitation and Counseling Professions. I have been interested in health, wellness and self-care strategies for about 15 years. Much of my work has centered on helping people living with mental health conditions, their family members, and the staff who support them.

I have worked in a variety of settings, both community and inpatient mental health settings, nursing homes and in-home services. In my current role, I work with a wide range of mental health professionals providing consultation on several evidence-based practices. I also teach students and conduct research on motivational health and wellness practices.

My interests include physical activity motivation, mindful movement, use of peer health coaching models, and how to help people become interested and committed to lifestyle change.

1.7 Vital



Notes:

I want to start by congratulating you for taking a step toward your own well-being and self-care! As helpers, we are often focused on other people and their needs while neglecting our own. Self-care practices are essential for mental health professionals due to the nature of the work that we do. Our primary clinical tool is typically ourselves; we show up, listen to our clients, offer support and care, help with problem-solving and all of the other interpersonal activities inherent in our work. That often means the most important tool we have is our ability to develop a therapeutic relationship.

1.8 Bad Morning



Notes:

However, imagine yourself on those days when you had three hours of sleep because your kids were up all night with the flu, your car had a flat tire on the way to work, and then your coworker took a sick day. Think about how you feel when you first walk into work that day. You might feel tired, overwhelmed and not at your best. And those feelings might make it more difficult to engage with your clients, to be helpful and provide support in the way you would like.

1.9 Builds Strength



Notes:

Every day is probably not as challenging as the one I just described, but I'm sure each of us faces our own difficulties in our day-to-day lives. Self-care practices can help us to become more satisfied with our personal and professional lives, to build strength and resilience, improve our ability to engage and ultimately improve outcomes for our clients.

1.10 What does it look like



Notes:

Self-care has a number of definitions and we may all think of it slightly differently. In general, for mental health providers, self-care is often described as actions we take to improve our overall well-being. Explore this topic by clicking on the icons below and then take the time to reflect. When you think about self-care for yourself, what does it look like? How would you describe it? When are you likely to practice self-care? On the next slide, compare your thoughts to what researchers are saying about self-care.

The below is the content from the clickable tiles and narration

.

Value:

Self-care begins by seeing ourselves as valuable. When we discuss self-care, we first have to recognize ourselves as people who can struggle with anger, depression, anxiety, stress and addictions, and then be willing to work on these issues to stay balanced and prevent compassion fatigue and burnout.

Well-being:

Studies of self-care in mental health professionals show that the more we focus on this area, the more we can improve our own sense of well-being. It can also help us to improve our mood, increase our energy and improve our efforts to help others. If we take the time to take care of ourselves then we are better able to care for others.

Compassion:

If we treat ourselves with compassion in a non-judgemental way, then we will be able to treat others with compassion and without judgement, thereby improving our engagement and communication.

Ethical Practice:

The relationship between good self-care and mental health professionals is so well documented, many professional accrediting bodies have incorporated self-care into their guidelines for ethical practice. If you have a licensure or certification, there may be recommendations or even requirements to attend self-care seminars as part of your professional development credits.

Better Care:

The bottom line is when we practice self-care we are actually becoming better practitioners, which means we are more effective helpers to other people.

Reflection:

When you think about self-care for yourself, what does it look like? How would you describe it? When are you likely to practice self-care? On the next slide, compare your thoughts to what researchers are saying about self-care.

Reflect

What does Self-Care look like for you? Enter your thoughts here.

1.11 Research



Notes:

Several researchers have highlighted specific areas of self-care important for mental health professionals. They include:

physical strategies which address the body like eating well, participating in regular exercise and getting good sleep;

psychological self-care which focuses on our emotional health; being able to manage stress and regulate our own emotions while supporting others in difficult times;

ensuring support in the work environment, including good clinical supervision and other workplace assistance, and personal such as having friends, community connections and good relationships with family.

Finally, self-care also includes spiritual well-being, in which mental health professionals are encouraged to consider their personal mission. Why do we want to be doing this type of work? What gives us hope and sustains us during difficult times? This may include participation in religious organizations, walking in the

woods, or anything that brings us peace.

1.12 Reasons

The slide below gives the learner the opportunity to pick reasons why self-care is important to them. The choices are listed below. All the answers are “correct” or possible.



Correct	Choice
X	Tired, burned out and stressed
X	Overwhelmed or unsupported at work
X	Drowning with responsibilities at home
X	At risk of secondary trauma by helping other experiencing trauma
X	Open for new ideas and want to learn more

Notes:

I can give you the research and reasons for addressing self-care in your life, but it is a very personal subject and probably means something different to each of us. Let's take a moment to explore the question of why self-care is important to you. Choose one or more of the reasons below by clicking on the green circles.

1.13 Work-Life Balance



Notes:

One of the most important things you can do is to consider your work/life balance. Many of us take our work home. Maybe you are working on things to prepare for the next day. Maybe you are on call during the night and must respond to emergencies, or maybe you just can't stop thinking about someone or something going on at work.

This makes separating our time at work and our time at home very difficult. It can be helpful to build in transitions between work and home to separate the two. Ideas include taking a walk or sitting in the car for a few minutes before walking in your front door. Also, be aware of how much time you are working versus how much time you are engaged in your personal life.

When you consider your work/life balance and the time you commit to work and your personal life, how satisfied are you? Is there any area that you might want to address? Record your thoughts in your online journal.

Reflect

How satisfied are you with your own work-life balance?

What areas need to be adjusted?

1.14 Self-Care Strategies



Notes:

Self-care strategies are ideally part of each day and help us manage our workload and stress. One study that looked at self-care found the more self-care strategies mental health counselors incorporated each day, the more those counselors felt a sense of well-being. So, it may be helpful to include several strategies each day, especially during more stressful times.

Click on each of the self-care strategies to explore how to become more motivated and take action to make yourself a priority.

Get Your Zzzzzz's

The most concrete of the self-care strategies have to do with your physical self-care. Sleep is critically important for our thinking and overall sense of well-being. A bad night can really set the tone for our mood and focus the following day. Experts recommend 7-9 hours per night of sleep for optimal performance. Simple strategies can help us with sleep. For example, use your bed for sleeping; not reading or watching television. Make an effort to go to bed and get up at the same time every day. If you can't fall asleep get up and go to another room. If you have habitual sleep issues that bother you, it might be useful to see a physician or another counselor to address the issues.

Eat Right

Food is another area of self-care that sounds very obvious, but can be hard to address in our lives. Having meals that include a balance of vegetables, protein and carbohydrates without too much salt, sugar or processed food each day is optimal for maintaining health and mood. Certain foods can actually contribute to bad moods. For example, sugary foods such as sodas, desserts and candy can cause a spike in blood sugar, which may make us feel good at first, but then cause a drop in our sugar levels. This leads to irritability and lethargy for several hours after we consume them.

Get Moving

Try standing up at least once an hour to get more movement in your day. Research has shown more benefits if you are doing your physical activity outdoors. A walk outside might actually improve your stress levels even more than an indoor walk. Physical activity improves mood and is an effective intervention for mild depression. It is important to remember any movement helps. It is great if you can run marathons and perform cross-fit workouts. However, if you can't, it is really important to simply walk and stand more. Also try stretching and work on your balance.

Let it Go

Stress management is probably something that we all, as mental health professionals, have helped our service recipients with. Examples could include breath training, guided meditation, skills classes, re-framing thoughts, setting limits and saying no. Take a moment to think about what helps you during stressful times. How often are you able to do those things?

1.15 More Strategies



Notes:

Continue to explore how to become more motivated and take action to make yourself a priority by clicking these self-care strategies.

Laugh it up

It is good to reach out to our social networks and do something fun, laugh and confide our troubles and remember we are part of a larger community.

Connect

Connecting with other people for social support can also be helpful to manage stress and as a strategy for good self-care. We are learning more in the field about

the negative impacts of social isolation, and as mental health providers we may be at risk of isolation given our unique role in helping others with their challenges.

Explore Resources

For additional information about self-care, we've included some links in the Resource section of this module. Healthfinder is a great resource for physical health and emotional health information. The CDC and Medline also offer some practical information about managing stress.

Find Help

If you are experiencing significant emotional or physical stress related to your work, get professional help. Working in the field of mental health is difficult and stressful at times. Seeking professional help is not a weakness. It is a sign of wisdom and strength.

1.16 Professional



Notes:

While we first must attend to the basics of life such as food, sleep and exercise, we should also be thinking about professional self-care strategies. Explore these professional self-care strategies by clicking on one of the circles below. Then take the time to reflect in your online journal. What are the self-care strategies you use to support your personal and professional life? Record your thoughts in your online journal.

Clinical supervision, from either your supervisors or from your peers, is an essential strategy for both self-care and good professional practice. Being able to talk through and process your work with people familiar with your work role can give perspective, suggestions for alternative approaches and problem solving and, in general, provide acknowledgement for the important

work you do. This can reduce stress, increase your skills and help to normalize your experiences. You may be the only person with a certain role in your workplace or you may not want to talk with your supervisor about a particular topic. In those situations, you might consider seeking support from outside clinical supervision or other professional groups. Conferences are a great way to revive you, meet new people and network, and potentially find peers to develop into relationships for peer supervision.

Another way to make sure you are taking care of yourself is to take your breaks. Taking breaks throughout your day, even small ones, can help to stay balanced and reduce your stress. Even better is to take a vacation. Planning a trip to somewhere new and different, or a relaxing staycation at home can build resiliency and help manage stress.

Being aware of your work environment and the impact it has on you is another way to address self-care. If, for example, you are working in a very loud and chaotic environment, as some mental health settings are, it might help to consider ways to reduce the noise levels in your environment. Bringing in motivational posters, plants or small items to encourage or inspire you is also part of a self-care strategy.

Attending to your work through reflective practice is also a helpful way to address your self-care. This might mean a mental review of what went well in your day and cataloging your successes. It can also mean talking to someone at work to review any difficult situations to see what, if anything, you might want to try differently the next time a situation arises. Reflective practices encourage professional growth and development.

Reflect

What are the self-care strategies you use to support your personal and professional life?

Record your thoughts.

1.17 Mental Health Professionals



Notes:

You probably chose your work because you care about people, and you want to make a difference in the world. Often, the very skills that make you good at helping others, like a kind heart, being a good listener and being interested in others, can also lead you to feel overwhelmed by caring for them. If you work with people who are in significant distress you could be at risk for vicarious or secondary trauma. You may be at increased risk of secondary trauma also if you have experienced traumatic events in your own life.

Too much stress can interfere with your ability to concentrate and focus. It can make it challenging to make decisions, think through all options in a difficult situation and communicate effectively. Too much stress can also influence your physical health with symptoms like headaches, fatigue, stomach upset, insomnia, frequent colds or flu, chest pains, dry mouth and a clenched jaw. Over time, stress can contribute to more serious health problems like heart disease and obesity.

Studies have indicated that mental health professionals are at risk for unhealthy coping strategies to manage stress like drinking too much, using substances, or overeating. We are also at risk for depression ourselves due to the type of work we do and the stress we face.

1.18 Compassion Fatigue



Notes:

Ongoing stress can also contribute to something called compassion fatigue. Compassion fatigue, also called secondary traumatic stress, is when you are in a helping role and you gradually experience less concern and compassion or empathy for the people you are working with or anyone for that matter. People suffering from compassion fatigue, experience significant emotional and physical exhaustion along with negative emotions like cynicism, hopelessness or isolation. Mental health professionals experiencing compassion fatigue also lose the enjoyment of their work and sense of purpose that they may have felt earlier in their careers.

Helping others can lead to compassion fatigue. Compassion fatigue among mental health professionals is common, and it is a difficult experience to navigate for the individual. It is also associated with less effectiveness in delivery of care.

Any professional may experience emotional exhaustion, feel significant tiredness and depletion or being overextended and unable to manage the stressors in one's life. Compassion fatigue includes emotional exhaustion, but is targeted more specifically for people whose work involves helping others.

1.19 Compassion Fatigue

These slide below links to a movie and then gives the learner the opportunity to answer a question about the movie.

The movie can be found here:

https://www.youtube.com/watch?time_continue=1&v=v-4m35Gixno&feature=emb_logo



Question: Take the time to watch this helpful video on compassion fatigue. Which of the following statements is NOT true regarding compassion fatigue?

Correct	Choice
	Involves deep emotional and physical exhaustion
	Characterized by negative feelings and loss of enjoyment of work
	Impacts effectiveness in helping
X	Only occurs following exposure to traumatic events

Notes:

Watch this helpful video of Julie Watt describing compassion fatigue and her take on how to prevent and address it.

1.20 Professional Burnout



Notes:

Overworking or working more than the standard work week, is a significant

predictor of burnout for mental health providers. If you are experiencing deep exhaustion, or see a colleague experiencing exhaustion, the first self-care strategy should be to attend to basic physical needs as discussed previously, such as sleep and rest, good nutrition and physical movement.

There are specific risks linked to professional burnout for mental health providers, such as working in high stress jobs, having many people on your caseload, treating clients who are experiencing very acute psychiatric symptoms, and jobs with significant managed care paperwork requirements and restrictions. Burnout is also linked to a lack of sleep, and having few social connections or supports.

If you are someone who believes that you must do everything exactly right and perfectly, then you might be at risk for professional burnout also. We have to challenge our beliefs that perfection is the goal, and aim for doing our best.

Spending time with friends and family can be a protective factor for the stressors of work. Another strategy is to be a little easier on yourself when things are stressful at work. Be sure to acknowledge all the things you are doing well, and try to be compassionate towards yourself when you are working too much or experiencing stress.

1.21 Self-Assessments - Self Care



Notes:

One way to practice self-care is to check in with yourself. Take the time now to assess your self-care by exploring these resources. Click on each thumbnail to learn more.

Nutrition Quiz (Slide Layer)



<https://www.cancer.org/healthy/eat-healthy-get-active/nutrition-activity-quiz.html>

Therapistaid (Slide Layer)



<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

Proqol (Slide Layer)



https://proqol.org/uploads/ProQOL_5_English_Self-Score.pdf

1.22 Checking In: Self-Care Assessment



Notes:

What if anything did you learn about yourself? What might you consider changing regarding your self-care? What is working for you?

Record your thoughts in your online journal by clicking on the book icon in the lower right.

Reflect

What did you learn about yourself? What might you consider changing about your self-care? What is working for you?

1.23 Mindfulness



Notes:

Mindfulness has been used in a variety of settings and is a common buzz word. One definition that I particularly like from the University of California, Berkley's Greater Good Science Center, states mindfulness is "maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens". A simpler way to think about it is literally being aware and attending to what is going on inside of you; your thoughts, body sensations, and the sights, sounds and smells around you.

This practice is very similar to what is called "grounding techniques" in Dialectical Behavior Therapy. A formal intervention called Mindfulness-Based Stress Reduction, a structured 8 week intervention, has been studied and found helpful for many populations, including mental health professions to reduce burnout.

There are three main steps for mindfulness, the first is to purposefully focus and direct your attention to the present moment. The second is to observe what is going in your body, your thoughts and in your current environment. The third is to be non-judgemental about your thoughts and observations. Externally acknowledge it, giving it a name but try to avoid labeling it good or bad. Maintain a curious stance and an awareness of the moment.

1.24 Mindfulness at Work



Notes:

You may be asking yourself at this point, I wonder how I can work some of these ideas into my workday? What a great question! Here are a few helpful ideas from Norcross and VandenBos. Click on the circles below to explore. Then take the time to reflect. What are your ideas for incorporating mindfulness into your work? Enter your thoughts into your online journal.

You might decide to start your day with intention; clearing a little time to take a few breaths.

Let go of everything it took to get yourself and your family ready for the day, getting to work and anything else on your mind so you can prepare mentally for your day.

Consider pausing between clients, meetings or tasks long enough to clear your mind, take a breath, and prepare for your next client or activity. This pre-session mindfulness can improve your focus and well-being, which you then carry in with you to your next client.

Finally, at the end of a workday find something that helps you become more grounded and to let go of your workday so you can move forward with your family and friends and leave work behind.

Reflect

Having taken the assessment on mindfulness, reflect for a moment on the process. What did you notice about yourself?

1.25 Self-Assessments - Mindfulness



Notes:

Assess your mindfulness! Learn more about yourself by clicking on the computer

below.

[https://ggsc.berkeley.edu/images/uploads/The_Mindful_Attention_Awareness_Scale_-_Trait_\(1\).pdf](https://ggsc.berkeley.edu/images/uploads/The_Mindful_Attention_Awareness_Scale_-_Trait_(1).pdf)

1.26 Checking In: Mindfulness



Notes:

After taking the assessment on Mindfulness, reflect for a moment on the process. What did you notice about yourself?

Record your thoughts in your online journal.

Reflect

Having taken the assessment on mindfulness, reflect for a moment on the process. What did you notice about yourself?

1.27 Self-Compassion



Notes:

Self-compassion is another self-care practice useful when we are feeling stressed and overwhelmed. As Dr. Kristen Neff describes it, self-compassion means “bringing kindness to ourselves when things go wrong in our lives”. If we think about that for a minute, how often do we blame ourselves or beat ourselves up when something goes wrong during our work day? It could be something small, such as thinking we should have said or done something differently when we were helping a client. It could be something larger, such as when a client relapses and we feel personally responsible.

Mindful self-compassion or combining both mindful awareness and self-compassion exercises is another strategy to consider for self-care. For more exercises or activities check out Dr. Neff’s website, listed in the Resource section of the course. There you will find interesting meditations you can try. By holding compassion for ourselves, we can feel more positive about ourselves and our work. This can reduce compassion fatigue and potentially lead to better outcomes for our clients, because we are feeling more hopeful, energized and less exhausted.

1.28 Self-Compassion Resources**Notes:**

Are you curious about how much compassion you have for yourself? Explore these resources and assessments by clicking on each thumbnail on the left.

6 Ways to self-compassion (Slide Layer)



<https://www.youtube.com/watch?v=1g-SD3B1jB8>

Dr. Neff Exercise (Slide Layer)



<https://self-compassion.org/wp-content/uploads/2015/02/ShortSCS.pdf>

Applying All This (Slide Layer)



<https://www.youtube.com/watch?v=Lfth1bJKMmA>

1.29 Checking In: Self-Compassion



Notes:

After watching the resources and taking the assessment, reflect for a moment on the process. What did you notice about yourself? Did anything surprise you? Are you more compassionate in some areas with yourself? What areas would you like to improve upon? Where might you begin to be more compassionate with yourself?

Reflect

What did you notice about yourself? Did anything surprise you? In which areas are you more compassionate with yourself? Improvement?

1.30 Let's Do It



Notes:

Mindfulness is being aware of what is going on inside of you and around you. A very simple method of being aware is to give yourself a mindful break.

That is, taking a few breaths or a few minutes to just become quiet inside and notice everything around you. You can do that sitting in a chair, or during a task such as washing the dishes or eating.

Another interesting strategy is to become very mindful with every step that you take. Noticing how your toes feel in your shoes, how your foot touches the ground, how every muscle works together to keep you balanced and moving forward. Even paying attention to all of the sounds around you, and sights and what you feel in the moment.

Let's try another more structured activity. Just sit in your chair comfortably for a few seconds. Take a moment to note the sensations in your body.

Breathe in through your nose slowly, paying attention to the flow of air in, then breathe slowly out through your mouth.

Notice your surroundings, what do you see, hear, smell, feel?

Notice your thoughts without judgement.

If you get lost in thought, go back to focus on the breath.

Try one more activity by watching this Take 5 video which provides a simple exercise to focus and breathe.

<https://www.youtube.com/watch?v=MqariSXiSvs>

1.31 Creativity



Notes:

One last discussion on self-care, this time from a focus on creativity. These are just some ideas to get your creativity going, because I'm sure that you have some wonderful ways to inspire and care for yourself.

(1) Some people find journaling to be a helpful way to end their day, while others find doodling or drawing to be useful. A structured doodle process called zentangle is a unique way to process events.

(2) Use a personal sand tray, found in sand tray therapy, to represent experiences of your day with small objects.

(3) Having smart phones means we often have access to music wherever we go. A musical self-care strategy is to create a series of play-lists for self-soothing, inspiration or healing. Whether it's jazz, rock, pop, classical or New Age, crank up the music and sing along.

(4) For people who enjoy cooking, it may be satisfying to create a collage of a meal that represents self-care. Possibilities include something your mother cooked every Sunday or what you cook when you or a family member is ill. You might also try a new recipe that seems to have all the elements of self-care wrapped up in one meal.

(5) Using your phone's camera, try taking pictures of scenes or colors or textures you enjoy or gives you peace.

(6) A final creative idea to consider is making a success book or scrapbook of your own or your client's successes. Keep client names and pictures out of the book. Think of creative ways to represent the person, such as a symbol or color, and the success they have achieved such as a new job, home, re-connection with family, graduation from treatment or anything else meaningful. This is a helpful tool to review and remember the work you do is important, powerful and literally life changing.

1.32 3 Scenarios



Notes:

Let's look at some real life examples of mental health professionals struggling with making time for themselves. Perhaps you can identify with one of them? Listen to their stories on the following slides. See if you can recommend some strategies to get their life on track.

Click on one character at a time to explore and then exit the scenarios when finished.

1.33 Luisa



Notes:

Hi, I'm Luisa. I work at a large, busy, psychiatric hospital as a social worker for case management and discharge planning. It is just crazy here at work. My boss left for another position last month, and the case load, well, we have 50 patients each. We have no time to review notes or discuss issues that come up. No time for lunch or breaks!

At home, I am so exhausted. I take care of my Mom, not an easy task but I love her. And, I picked up some per-diem work. The extra cash comes in handy, lots of expenses with my three teens. I feel terrible. Life is so hectic, I never have time to prepare home cooked meals so we end up with fast food. I never have time for my kids any more. My stomach is upset. I don't want to think about the work at my desk and my kids are struggling with issues.

1.34 Question 1



Notes:

Self- Care

What self-care practices is Luisa doing?

- a. Creating a daily plan for self-care
- b. Assessing her well-being <correct>
- c. Taking her lunch break every day
- d. Clinical supervision

1.35 Question 2



Notes:

What challenges do you see Luisa facing in her life at this time?

having work life balance

attending to basic needs

overworked

all the above <correct>

1.36 Question 3



Notes:

Mindfulness might be helpful for Luisa because:

She has multiple challenges in her personal and professional life

She is at risk for professional burnout

She is not taking lunch or self-care breaks

all the above <correct>

1.37 Marshall



Notes:

Hello. I'm Marshall. I'm working as a mental health counselor in an outpatient clinic. I usually see 6 to 7 clients each day for individual therapy. Sometimes clients miss their session. We have started reminder calls, rescheduling missed appointments where we can. I also write progress notes and write up the paperwork for utilization review. In addition, I have gone back to school for my doctorate in Psychology, taking 1-2 classes per semester. When I get a chance, I love to hit the trail on my bike with my camera and our dog. Not much time for that now. Instead, I just stop off at the local bar for a few drinks before I go home. My partner has been grumbling about me not being around lately.

1.38 Question 1



Notes:

Marshall has started to think about strategies to manage his stress. How would self-compassion be helpful to Marshall?

Force him to do more work

Think about the things he needs to do in the next week

Acknowledge the stress in his life and reflect kindly on his situation <correct>

Point out to his partner he is going back to school to get ahead in life

1.39 Question 2



Notes:

How could Marshall use creativity in his self-care?

Take a photography class

Create a collage representing the success his clients had in the past year

Doodle in spare moments

All the above <correct>

1.40 Question 3



How might Marshall incorporate mindfulness into his work? More than one answer is possible.

Write a list of things he needs to do in the next year

Begin the day with a mindfulness session <correct>

Worry about visits with difficult clients

Practice pre-session mindfulness before each client <correct>

1.41 Janet



Notes:

Hello. I'm Janet.

I have been working in supported housing for 15 years. I spend most of my workday helping people who are homeless, and those with psychiatric conditions become more independent. The job is not easy emotionally.

Sadly, many of the clients have passed away. Many of the clients are often in some type of crisis, needing to secure benefits or find health care. Their stories often include trauma, such as some type of physical, mental or domestic abuse. At times I am so completely overwhelmed with sadness, I start to go numb. Lately, it has been harder for me to have empathy for both my clients and the people in my family. I just don't have it in me anymore and don't really enjoy my work.

Notes:

What are the risks for compassion fatigue that Janet has? Choose all that apply by clicking on the dark green circles.

Difficulty feeling empathy <correct>

Having teenagers

Loss of enjoyment at work <correct>

Lack of professional network/support

1.43 Question 2



Notes:

Strategies for Compassion Fatigue

What are some strategies that could help Janet address her compassion fatigue? More than one answer is possible.

Practicing self-compassion <correct>

Taking on more shifts

Speaking to a counselor <correct>

Going for a mindful walk once a day.

1.44 In Conclusion



Notes:

Self-care is critical for mental health professionals to keep us emotionally and physically healthy, prevent burnout and emotional exhaustion and improve the relationships we have with our clients.

We talked about the different ways to attend to self-care including making healthy lifestyle choices like sleep, exercise and nutrition; using self-compassion to manage challenges and failures; practicing mindfulness in different ways to stay grounded in the present; tapping into our creativity to incorporate self-care into our lives; using clinical supervision and attending conferences and networking with others in similar situations which can buffer us against stress at work. Regular self-assessment of self-care is important, consciously identifying what you are currently doing for self-care and what you might like to try in the future.

I encourage you to identify a few self-care strategies that you would like to try and pick a day to try them out, and see what the results are. Be a detective for your own well-being.

1.45 Exit



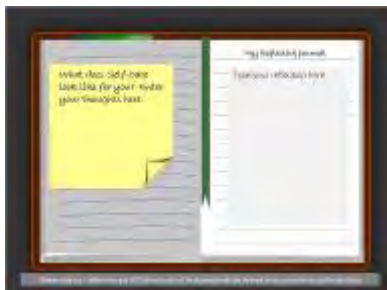
Notes:

Thank you for taking part in the first module of the Self-Care for Mental Health Professionals online course. Our next module will present multi-dimensional wellness as a strategy to improve self-care.

2. Reflections

The slides below are just for reflection. The learner has the opportunity to type in their reflection.

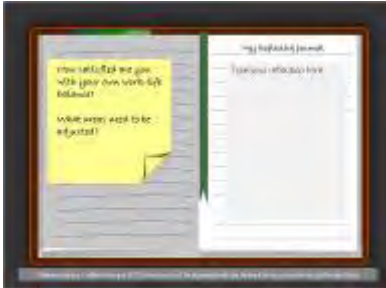
2.2 Journal Self-Care



Notes:

What does Self-Care look like for you? Enter your thoughts here.

2.3 Journal Work Life

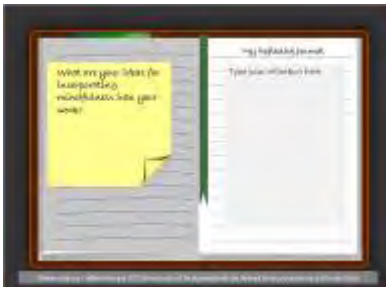


Notes:

How satisfied are you with your own work-life balance?

What areas need to be adjusted?

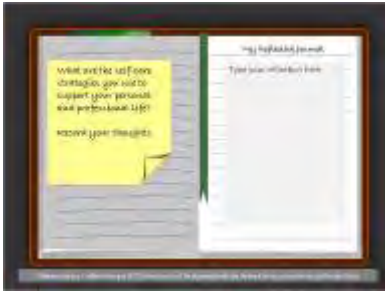
2.4 Journal Work Mind



Notes:

What are your ideas for incorporating mindfulness into your work?

2.5 Journal Professional Self



Notes:

What are the self-care strategies you use to support your personal and professional life?

Record your thoughts.

2.6 Journal Mindfulness



Notes:

Having taken the assessment on mindfulness, reflect for a moment on the process. What did you notice about yourself?

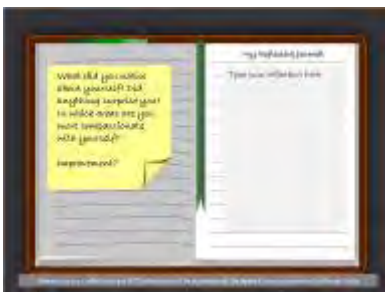
2.7 Journal Assessment



Notes:

What did you learn about yourself? What might you consider changing about your self-care? What is working for you?

2.8 Journal Self-Compassion



Notes:

What did you notice about yourself? Did anything surprise you? In which areas are you more compassionate with yourself? Improvement?