

3.8 Self-Care for the Helping Professional: How to Hold Boundaries and Avoid Burnout

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We ask you to join us in creating a culture that reflects...

Access and Inclusion

and

Civility and Respect

...this week and in all aspects of our organization.

Outline for Presentation

Intro

Mindset

Permission

Burnout

Boundaries

Practical Steps in this COVID-19 world

What is Self-Care and what are we going to talk about today?

- *The Oxford Dictionary* defines it as "the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress"
 - Seems simple, right?
 - Self-care is currently an industry worth \$10 billion
 - There is no shortage of options.

Mindset

We have trouble with self-care not (only) because self-care is hard.

We have trouble with self-care because we feel guilty caring for ourselves.

- Our mindset has been trained, subtly and unobtrusively, to care for others.
- Somewhere along the way, we added "...and not ourselves."
- Have you ever played the "I take worse care of myself than you do" game?

Quick Check in

- Do you care for yourselves with the same level of care that you care for those you serve?
- Do you take care of yourself *before* you take care of them?
- What are you doing currently for self care?

Surge Capacity and Why we feel depleted?

- Surge capacity is a collection of adaptive systems — mental and physical — that humans draw on for short-term survival in acutely stressful situations, such as natural disasters. But natural disasters occur over a short period, even if recovery is long. Pandemics are different — the disaster itself stretches out indefinitely.
- When it's depleted, it has to be renewed. But what happens when you struggle to renew it because the emergency phase has now become chronic?

Burnout Defined

- Burnout defined: **Burnout** is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.
- **5 Stages of Burnout:**
 - Honeymoon Phase.
 - Onset of Stress.
 - Chronic stress. ...
 - Burnout. ...
 - Habitual Burnout.

Ask Yourself:

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?
- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?

Burnout Continued

- Evaluate your options.
- Seek support.
- Try a relaxing activity.
- Get some exercise.
- Get some sleep.
- Mindfulness.



Boundaries explained by current experts

Dr. Henry Cloud & Dr. John Townsend

“Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. Taking responsibility for my life opens up many different options. Boundaries help us keep the good in and the bad out. Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. And you are the one who may be keeping yourself from making the choices you could be happy with. We must own our own thoughts and clarify distorted thinking.” -Dr. Henry Cloud & Dr. John Townsend “Boundaries”

Brene Brown

“Very early on in my work I had discovered that the most compassionate people I interviewed also have the most well-defined and well-respected boundaries. It surprised me at the time, but now I get it. They assume that other people are doing the best they can, but they also ask for what they need and they don’t put up with a lot of crap. Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”
-Brene Brown - Rising Strong

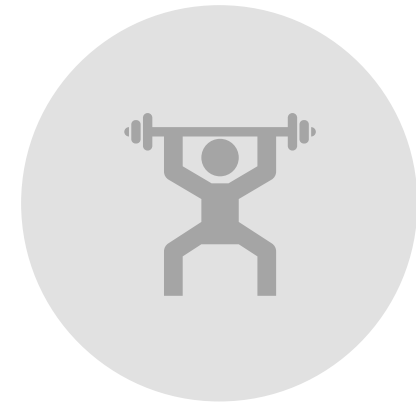
Three Main Areas of Work Boundaries



MENTAL



EMOTIONAL



PHYSICAL

Work Boundaries

01

Define the
Boundary

02

Communicate
the Boundary

03

Stay Simple

04

Set
Consequences

Examples of Work Boundaries:

- Delegating when you are able
- Not checking email after 5pm during weekdays and not checking email on the weekends
- Be present with friends and family outside of work hours instead of attending to work
- Not having your work email on your phone (or turn off notifications)
- Say No (No is a complete sentence)
- Take all your vacation days- Take Mental Health Days
- Use technology to help when able (work smarter, not harder)
- Putting in headphones when you need to focus
- Scheduling virtual walk in hours to curb student interruptions

Practical Ideas

- Self-Care is an individual process of determining what fills your cup. What works for one person may not work for another.
- Create a list of at least 5 options that way when you are stressed in the moment you can pick the one that will work best in that moment.

Examples:

- Prioritize sleep-Good sleep habits are important
- Move daily
- Eat nutritional meals
- Find ways to connect socially
- Daily gratitude
- Yoga/Meditation/Breathing
- Reading
- Set Limits on Social Media/News Coverage Unfollow social media that brings you down

What am I doing?

- This is a picture of myself running outside wearing a hat and jacket. I am currently training for a 5k after 7 years of not running.
- Please remember that every single person's self-care will look different and it is important to not compare your journey to someone else's.



Create your Own Self Care Plan

- I encourage you to write out the three areas of your life (*mental, emotional, physical*) that you are expending the most energy & where you may have weak boundaries that you want to strengthen?
- Write three to five options for self care in each category.
- What do you need to say no to?
- Who are in your support circle?
- What is one work boundary you can put in place now?
- Where have you seen yourself harness resilience?

Q and A

Contact Information:

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Session Evaluation

- Your feedback helps shape future programming.
- Thank you for attending!