



SELF- CARE

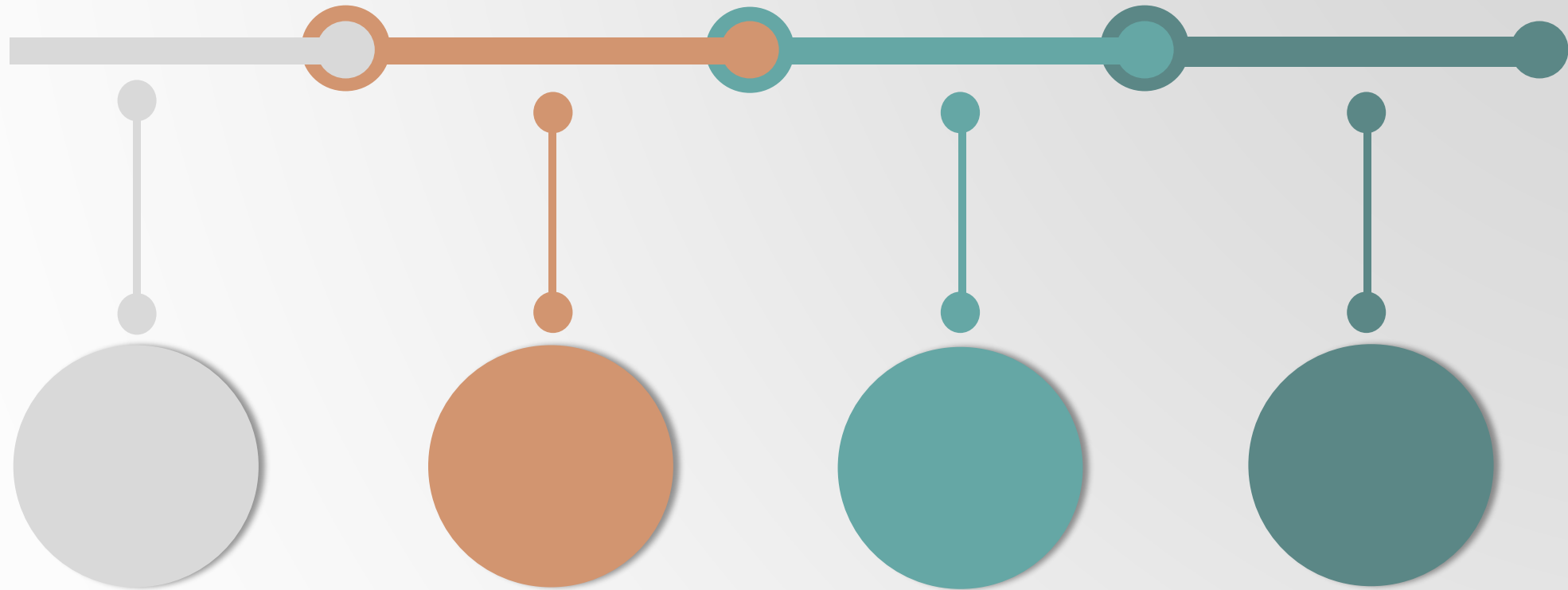
Knowing Better So You Can Do It Better!

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End Abuse Long Beach 2022

A group of approximately ten stylized, light gray silhouettes of people in business attire, including suits and dresses, standing in a line. The silhouettes are semi-transparent and overlap slightly. A horizontal teal band is superimposed over the middle of the group, containing the text.

Who is in the room?

Agenda



Key Terms

Secondary Traumatic
Stress (STS)
Vicarious Trauma
Compassion Fatigue

SELF-CARE

Why is it so hard?
Barriers to self-care

SWOT ANALYSIS

Strengths, Weaknesses,
Opportunities, Threats

SMART PLAN

Sustainable,
Manageable,
Accommodating,
Relaxing, Thrilling

The Occupational Risks for Mental Health Professionals: Key Terms

Secondary Traumatic Stress (STS)

Vicarious Trauma

Compassion Fatigue



The Occupational Risks for Mental Health Professionals: Key Terms

Secondary Traumatic Stress (STS)

- The emotional duress that results when an individual hears about the firsthand experiences of another

<https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress>

DSM-5 Diagnostic Criteria for PTSD

- Exposure to actual or threatened death, serious injury, or sexual violence
- Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)
 - First responders collecting human remains
 - Police officers repeatedly exposed to details of child abuse

The Occupational Risks for Mental Health Professionals: Key Terms

- Vicarious Trauma
 - The emotions that result from knowing about a traumatizing event experienced by a client and the stress resulting from helping or wanting to help this person.

(Smullens, SaraKay. (2015). Burnout and self-care in social work : a guidebook for students and those in mental health and related professions. Washington, DC :NASW Press)

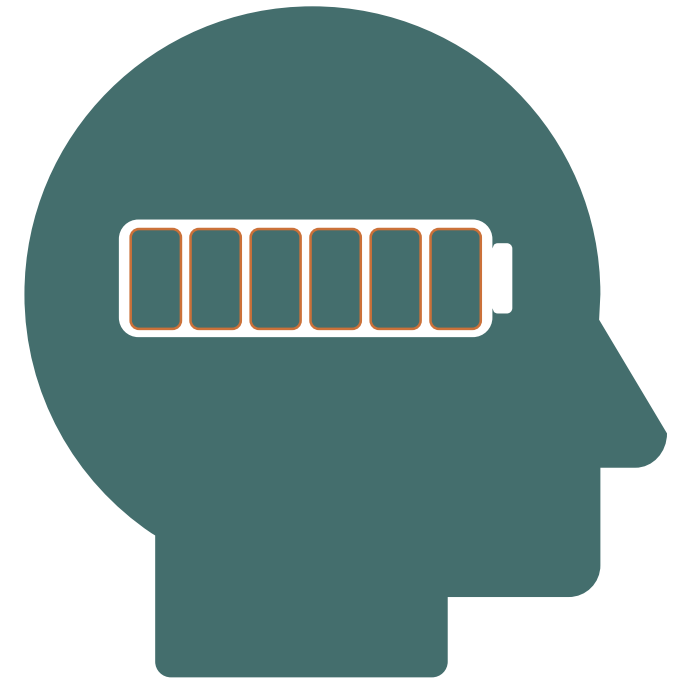


The Occupational Risks for Mental Health Professionals: Key Terms

- Compassion Fatigue

- The emotional and physical fatigue that social workers and those in related professions may experience due to “the chronic use of empathy when treating patients who are suffering in some way”

(Newell & MacNeil, 2010, p. 61). (Smullens, SaraKay. (2015). Burnout and self-care in social work : a guidebook for students and those in mental health and related professions. Washington, DC :NASW Press)



What does your secondary trauma feel like?



- Physical tension in the body
- Backaches
- Headaches



- Low Energy
- Low Empathy
- Pessimism
- Poor Performance



- Avoidance
- Poor Sleep
- Poor Eating Habits



- Short fuse
- Reactive vs proactive response to problems, concerns, or brain storms
- Hopelessness
- Helplessness

Self-Care

Whatever activity you enjoy that you do for you and your own pleasure





CODE OF ETHICS

OF THE NATIONAL ASSOCIATION OF
SOCIAL WORKERS

2021 Amendments

*NASW Code of Ethics: Self-Care
and Cultural Competence
and Cultural Competence*

NASW Code of Ethics: Self-Care

Amendments

Barriers to Self-Care



Your Values

What you learned about putting yourself first.



Self-Care Envy

Comparing your self-care routine to others.



Self-Care Shame

You don't think you deserve to put yourself first.



Limiting Beliefs

You don't believe you have time.



How often do you incorporate self-care into your life?

1. Daily
2. At least once a week
3. On the weekends
4. On vacation
5. Self-Care? What's that?

How are you showing up
for the work experience
every day?



SWOT

Let's look at YOUR self-care strategically.

Where do you want to be in how you care for yourself this year?

What do you want to feel?

What do you want to accomplish?

Strengths

List your physical, emotional, financial, cultural, value-based, and/or social strengths.

Weaknesses

List any physical, emotional, financial, cultural, value-based, and/or time barriers/constraints you have that impact consistent self-care.

Opportunities

List your hobbies and/or unconventional interests. Which could you do at least 15 minutes daily or proactively?

Threats

List any external (not within your control) factors that could impact your self-care schedule and/or activity in any way.

Strengths

Enjoy outdoor activities, competitive, like to make goals, planner, passive income, passion work (writer), have hobbies, extrovert who likes to and does travel as an introvert. Monthly self-care day.

Weaknesses

Emotional eater, 11-year-old Beagle
“You can rest when you’re dead”
“You are a black, you have to work twice as hard”

Opportunities

City Council meetings, bookstores, exploring airports, seeking visual art anywhere, listening to audio books, impromptu food tours, planning

Threats

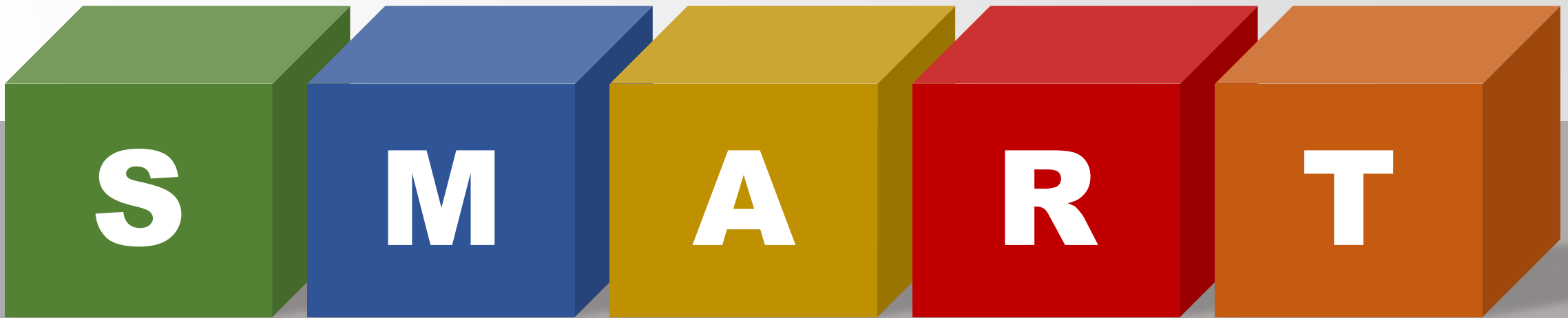
COVID, other duties as assigned



SMART Plan

“If you truly believed all you have to do *IS* to be true to you - what would you stop doing? What would you start doing? What difference would that make for you?”

Van Tuijl, B., 2021. Episode 26. *The Art of Divine Selfishness*.



Sustainable

Manageable

Accommodating

Relaxing

Thrilling



Remember to take care of yourself so that you can take care of everything else.

Self-care takes practice - is a practice. One you deserve because of who you are to the world and what you do to make it better.

Yours in service,

Desiree



Survey



Thank You!



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