

# Self Care and Wellness

It's more than just yoga and eating cake...

# Goals of the Presentation

1. What is self care vs. wellness
2. Burnout vs. Compassion Fatigue
3. Practices of Self Wellness
4. Outside Resources



Alec  
@alecrl

Today I had 800 mg of caffeine, exercised for 2 hours, ate literally 80 pizza rolls, and did a facemask. The line between self care and self destruction is a fine one but god do I walk it hard brother

# Self Wellness:

- **World Health Org. definition: What people do for themselves to establish and maintain health, and to prevent and deal with illness.” This includes nutrition, environmental factors, lifestyle, and hygiene**
- **“Psychology Today” definition: Is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.**
- **Throughout the presentation – you will see the term self wellness vs. self care, as self care is a “trend” statement and does not necessarily incorporate the whole person. Self Wellness is NOT about one time indulgences or rewards – take care of your wellness each day.**
- **<https://m.youtube.com/watch?v=59IVs4dD4eM>**

# Without Self Wellness We Can Experience...

## Burnout

- 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.
- <https://content.acsa.org/articles/teachers-brain-and-burnout>

## Compassion Fatigue

- Refers to the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate (Figley, 1995). It is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring.

# Burnout

## Burnout Symptoms

- Exhaustion
- Lack of focus
- Dread of going to work
- Overwhelmed
- Anxious
- Headaches, stomachaches, muscle aches
- Resentment
- Irritability
- Conflicts with others: coworkers, peers, family
- Losing your passion
- Increased mistakes at work

## Causes

- Lack of control. An inability to influence decisions that affect your job — such as your schedule, assignments or workload
- Unclear job expectations.
- Dysfunctional workplace dynamics.
- Lack of social support, feeling isolated at work, and in your personal life.
- Work-life imbalance.

# Compassion Fatigue “the cost of caring”

## Symptoms

- Emotional Exhaustion
- Sleep disturbances
- Isolation from others
- Depression
- Identity and world views impacted
- Anger/irritability
- Reduced empathy
- Thoughts of “ I could have done more” – self blame
- Numbness
- Constant thinking of clients/students trauma stories
- Reduced sense of accomplishments

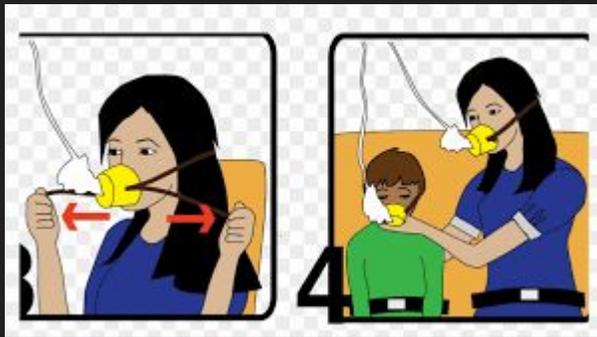
## Causes

- Students/coworkers sharing their suffering and trauma experiences
- Lack of support systems
- High numbers of students with needs/at risk.
- Added expectations without training and supports

**Difference between the two: Burnout is the overall feeling of “worn out”**

**compassion fatigue is when a person absorbs the trauma and emotional stress of others**

# What is zapping your energy reserves?



Always being “on”

Constant Multitasking

Feelings of guilt or failure:

Emails

Google Meets/Zoom Fatigue

Everyday activities – now take planning and time (errands)

Resentment

Political climate

Comparing to others

Fear

Anxiety



Healthy Living for Hot Messes  
@HLFHM

Self care essentials:

- hobbies
- quiet time
- adequate sleep
- muzzles for your family
- tranq darts for your neighbors
- an entire cheesecake
- a crown made of dollar bills
- a kitten dispenser
- 5 miles between you and anyone else
- scented candles

A little humor .... But if any of you have had that neighbor, you get it.

# Practices of Self Wellness

- **Boundaries**
- **Validation**
- **Support Systems**
- **Building Community and Relationships**
- **Physical Activities**
- **Resilience**
- **Outside Resources**

**Boundaries:** Guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

Boundaries also pertain in how we treat and support ourselves.

## We Set Boundaries For:

Personal Space

Emotions & Thoughts

Stuff/Possessions

Emotional Needs

Time and Energy

Culture, religion and ethics

# Establishing and Maintaining Boundaries

- Identify your values
- Boundaries can be flexible
- Communicate your boundaries
- Create routine that works for you
- Learn to say No!
- Be assertive

Limit exposure to social media and news

Safeguard your spaces

Set a cutoff time to work demands: emails, etc.

Create a specific space for work within your home

Seek support

@THEMAMAEXPERIENCEFORTWORTH

SOME THINGS ARE JUST  
BETTER NOT SPREAD  
TOO THIN.

*Yourself*

AND PEANUT BUTTER.

*ME*

# VALIDATION

“ You got this” “ It’s normal to feel worry.” “I hear you.” “Tell me more” “ I got you”

# “We’re taking baby steps into the unknown”

Dr. Goodwin, BSD Consulting Physician

- **Validation: Communicates to other people that their feelings and thoughts are heard and there is an understanding of where they’re coming from.**
- **It does not mean you agree with them – It simply means you hear them and acknowledge where they’re coming from.**
- **Validation for yourself is necessary! You can validate yourself by recognizing your feelings and thoughts by accepting them and managing them in healthy ways.**

**“Teachers [school staff], I believe, are the most responsible and important members of society because their professional efforts affect the fate of the earth.” Helen Caldicott**

- **Name/label the emotions you’re feeling.**
- **Don’t judge yourself – emotions are there as a guide, they tell us what we NEED.**
- **Know and remember your strengths.**
- **Celebrate your accomplishments**
- **Practice Positive self talk:**
  - **“I got this”**
  - **“It’s normal that I feel this way”**
  - **“I know what I’m doing and I’m good at it”**
- **Would you talk to a friend the way you talk to yourself?**



**“This is a marathon: runners finding a lane, shuffling their feet, finding their pack, and for the first few miles they’re finding their rhythm. We’re all running this marathon, whether we like it or not. We’re all running this together, some in different lanes and paces. We need to remember our energy, our energy reserves, our gas tanks.” Chris McLaughlin, LCSW**

# Support Systems and Building Community

## Supports

- What does support look like to you?
- What do you need from admin, colleagues, partners & friends?
- Who are your people?
- Where do you go for support?
- When do you know you need or want support?
- How do we support each other?

## Building Community

- How do we support one another in safe ways?
- Remembering and respecting we all cope differently with the craziness going on in the world.
- Setting up weekly check ins- via email, texts or google meets
- Book groups, virtual afterschool hydration, walks, mentors, email shout-outs.

As humans we crave others; we need our pack, tribe, gang, herd, group, flock, pride, troop to support and rely on one another. It's our nature.

**We are all running  
this marathon  
together.**

# Activities that Support Self Wellness

- Sleep. 7-8 hrs a night.
- Balanced diet.
- Eat regularly including breakfast.
- Physical activity
- Walking
- HIIT workouts
- Gardening
- Cooking/Baking
- Netflix
- Routines
- Meditation
- Music
- Journaling
- Reading
- Podcasts
- Re-connecting with family or friends
- Laughing
- Advocating
- Painting
- Volunteer



**ALYINAS**

@alyinas

Follow



\*does a face mask\*  
this is going to fix everything.

4:52 PM - 12 Jan 2018 from [New York, NY](#)

37,293 Retweets 78,365 Likes



# Resilience:

## Adapting & coping with adversity; bouncing back.

We ALL experience adversity and we ALL have resiliency.

It is a trait everyone can learn and develop. It is an ordinary trait, not extraordinary.

### Ways to Build Resiliency:

1. Prioritize Relationships
2. Foster Wellness
3. Find Purpose
4. Embrace Healthy Thoughts

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

# What is your "Why"?



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**“ Resilience is all about being able to overcome the unexpected. Sustainability is all about survival. The goal of resilience is to thrive.” Jamais Cascio**

**□ Build connections**

- Prioritize relationships
- Join a group, seek support

**□ Foster wellness:**

- Take care of your body
- Mindfulness
- Avoid negative outlets

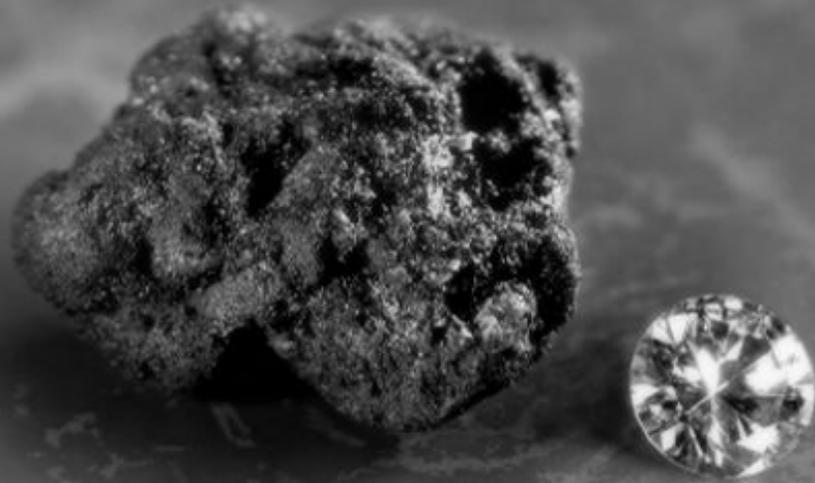
**□ Find purpose:**

- Help others
- Be proactive
- Move towards your goals
- Embrace Healthy Thoughts
  - Keep things in perspective
  - Accept change
  - Learn from the past

**□ <https://cmhanl.ca/app/uploads/2019/09/Self-Care-Wheel-Handout-2019.pdf>**

A DIAMOND IS A CHUNK OF COAL  
THAT DID REALLY WELL UNDER PRESSURE.

- HENRY KISSINGER



# Outside Resources

- EAP- AMAZING Resource - Free! [www.paseap.com](http://www.paseap.com) 800-356-0845
- Mental Health Agencies – BJC, Walter's Walk, Psychology Today
- NAMI Warmline -800-374-2138
- Behavioral Health Response 314-469-6644



# Additional Resources

- <https://ideas.ted.com/8-tips-to-help-you-become-more-resilient/>
- <https://www.medicalnewstoday.com/articles/324937>
- <https://www.apa.org/topics/resilience>
- <https://resilienteducator.com/covid19/>
- <https://www.psychologytoday.com/us/blog/compassion-matters/201511/the-healing-power-gratitude>
- <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-d-e285d542f4c>
- <https://www.kqed.org/mindshift/55127/safeguarding-the-mental-health-of-teachers>

# What is one thing I will do this week to support my own wellness?

