

We work in a take down culture, but you can't let it get to you, you just have to...



Taking Care of Ourselves: Self-Care

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Why do Self-Care?
What's the difference?

- Secondary Traumatic Stress includes...
 - Burnout
 - Compassion Fatigue
 - Vicarious Trauma




"I hark at everything. Can't go wrong that way."

<p>Secondary Traumatic Stress: Presence of PTSD symptoms resulting from indirect exposure to traumatic material</p>	
<p>Vicarious Trauma: Changes in one's inner experience due to empathic engagement with a traumatized person</p>	
<p>Burnout: Emotional exhaustion and feelings of ineffectiveness due to work-related stress</p>	
<p>Compassion Fatigue: Term used interchangeably with STS and burnout</p>	<p>Compassion Satisfaction: Positive feelings deriving from competent performance as a trauma professional, characterized by positive relationships with colleagues and conviction one's work makes a meaningful contribution</p>

Burnout

"Physical or mental collapse caused by overwork or stress"
(Merriam-Webster) – Examples?



Les Cullen

Compassion Fatigue = "... get a little jaded to caring," Dr. Charles Jacob



Charles Jacob
CN COLLECTION

Vicarious Trauma

- Cost of Caring (Figley)
- Something in your worldview has changed (Jacob)
- Examples?

Risk & Protective Factors

Risk	Protection
Stressful, isolative work environment	Support and connection with colleagues
Empathy	Self-compassion
Female gender	Compassion satisfaction
Shame	Openness and acknowledgement
Our own ACES (Adverse Childhood Experiences)	Resolution, integration, finding meaning in past experiences
Lack of training/preparation for dealing with trauma	Trauma tools in our toolkits

Effective Self-Care Methods

- Physical -
- Emotional -
- Psychological -
- Spiritual -

Physical

- Eat regularly
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get regular medical care when needed
- Take time off when sick
- Get massages
- Fun Physical activity (dance, swim, walk, run, play sports, sing)
- Get enough sleep
- Wear clothes you like
- Take day trips or vacations
- Make time away from telephones/computers

Emotional

- Spend time with others whose company I enjoy,
- Stay in contact with important people of my life
- Give myself affirmations
- Find ways to increase my sense of self-esteem
- Re-read favorite books, review favorite movies
- Identify comforting activities, objects, people, relationships, places, and seek them out
- Allow myself to cry
- Find things to make me laugh
- Express my outrage in social action, letters, donations, marches, protests
- Play with my kids/dogs/animals

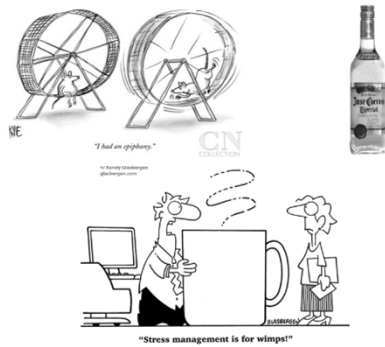
Psychological

- Make time for self-reflection
- Psychotherapy
- Journal
- Read (literature unrelated to work)
- Do something at which I'm not the expert or in charge
- Notice my inner experiences (listen to my thoughts, judgments, beliefs, attitudes, feelings)
- Engage my intelligence in a new area
- Practice receiving from others
- Say no to extra responsibilities sometimes

Spiritual

- Make time for reflection
- Spend time with nature
- Find a spiritual connection of community
- Be open to inspiration
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or expert
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe

Ineffective methods



When Self-Care isn't enough

- Vicarious Trauma... needs therapy, a sabbatical and/or possibly a job change



Behavioral Signs & Symptoms

- Increased use of drugs/alcohol
- Anger & Irritability
- Avoidance of clients
- Problems in personal relationships
- Forgetfulness
- Impaired ability to make decisions
- Absenteeism
- Attrition
- Compromised care for clients

“How will you take care of me, if you don’t take care of yourself?”

-Sue Monk Kidd

INDIVIDUALIZED & FREQUENCY (my personal plan)

- Daily = sleep hygiene, eat healthy, exercise
- Weekly = journal, happy hour, outdoor time
- Monthly = MNO, date night, massage
- Yearly = vacation, family week

References & Resources

- 1.) <http://mollydragiewicz.com> (vicarious trauma)
- 2.) Bensinger, DuPont & Associates
- 3.) Figley, Charles (Journal of Clinical Psychology)
- 4.) www.naswpress.org/publication
- 5.) www.nofsw.org
- 6.) Jackson, Kate "Social Work Self-Care – The Overlooked Core Competency," *Social Work Today*, Vol. 14 No.3 p. 14 (May/June 2014 Issue)
- 7.) *Trauma Stewardship – An Everyday Guide to Caring for Self While Caring for Others*, Laura van Demoot Lipsky with Connie Burk (2009)
