

Top Five Tips for Self-Care

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Disclosures

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Definition of Self-Care



- ▶ The Oxford Living Dictionary, defines self-care as “(t)he *practice of taking action* to preserve or improve one’s own health...well-being and happiness, in particular during periods of stress” (“self-care,” n.d.b).

SELF-CARE

- ▶ **Limit negative outcomes** by *guarding against*, coping with, or reducing stress and related adverse consequences that may develop in demanding work-related settings.
- ▶ **Promote broad positive outcomes** by maintaining or enhancing well-being and overall functioning.
- ▶ **Self-care** is about *taking proactive steps* to enhance resilience and overall well-being.



‘It is now widely recognized that indirect exposure to trauma involves an inherent risk of significant emotional, cognitive, and behavioral changes in the clinician.’

(Bride et al., 2007, p.155)

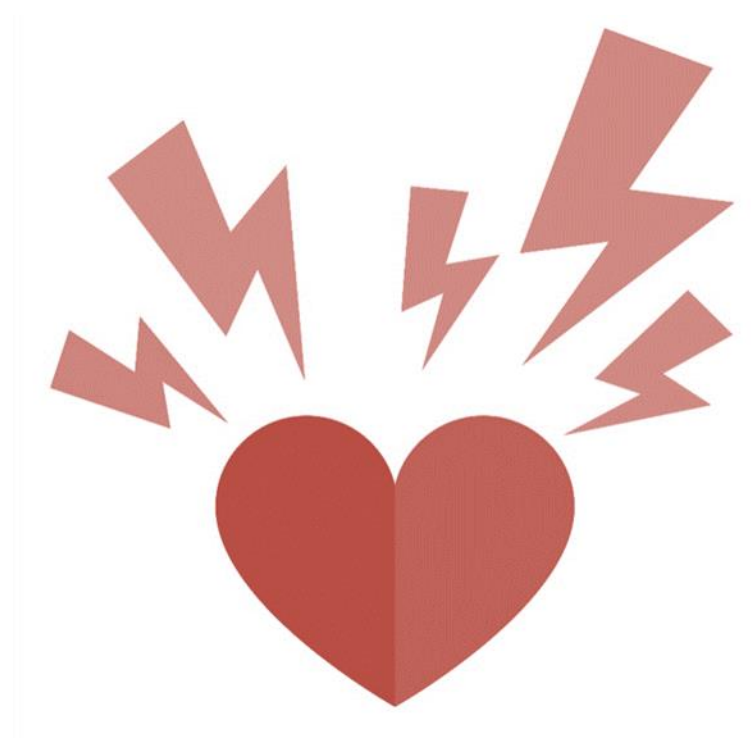
Clinicians take in some level of their clients’ pain by:

- ▶ *facilitating sessions*
- ▶ *listening to stories*
- ▶ *collecting data as part of their efforts to intervene and identify issues*
- ▶ *providing treatment services with kindness and empathy*

Compassion Fatigue is the emotional and physical fatigue experienced by professionals due to their chronic use of empathy in helping others in distress.



The most *insidious* aspect of *compassion fatigue* is that it *attacks* the very core of what brings helpers into this work: their empathy and compassion for others.



SOURCE: Figley Institute, 2012

TIP 1. Be Open to Learning New Skills



- ▶ Learning new skills or ways to do your job is always difficult and within a public health emergency it can be even harder
- ▶ Divide the skill up into smaller, manageable tasks
- ▶ Reflect on what you've learned and what you still want to accomplish
- ▶ Don't learn in a vacuum - ask others for guidance and feedback

New Telehealth Skills



- ▶ **Telehealth (videoconferencing) in the form of synchronous (LIVE) video and audio is effective, well received, and a standard way to practice for many behavioral health practitioners is just may be NEW to you** (Hilty et al., 2017)
- ▶ **Empathy translates** through technology and allows for the development of therapeutic relationships
- ▶ **Practice, Practice, Practice** - using the videoconferencing technology or whatever new technology being required to use

New Telehealth Skills (continued)



- ▶ **Give yourself permission to get more comfortable with having Hybrid-Relationships (in-person and virtual) with patients/peers** (Shore et al., 2020)
- ▶ **Videos and Fact Sheets are available:**
 - ▶ APA & ATA Best Practice Guidelines
 - ▶ CoE on PHI
- ▶ **While the Office for Civil Rights gave notice about enforcement discretion...**
 - ▶ Always act in the best interest of your patient/client/peer
 - ▶ Initiate/implement virtual services following stricter guidelines



TIP 2. Practice Self-Compassion

- ▶ **Research on Self-Compassion has been rapidly growing** (Neff & Dahm, 2014)
- ▶ Neff proposed that Self-Compassion involves **THREE** components:
 - ▶ extending **KINDNESS** and understanding to oneself rather than harsh self-judgment
 - ▶ seeing one's experiences as part of the larger human experience rather than as separating and isolating (**SENSE OF COMMON HUMANITY**)
 - ▶ holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them (**MINDFULNESS**) (Neff, 2003b p. 225)
- ▶ **These components interact to foster compassion focused inward** (Neff, 2003b)

Tip 2. Practice Self-Compassion (continued)



Self-Compassion is **NOT** self-centeredness; it helps to cultivate feelings of compassion for others

(Gilbert & Procter, 2006; Neff, 2003a)

Cultivating Self-Compassion has been shown to stimulate brain activity that evokes empathy and compassion for others (Longe et al., 2009)

***“You must put on your own oxygen mask first
before you can help others.”***



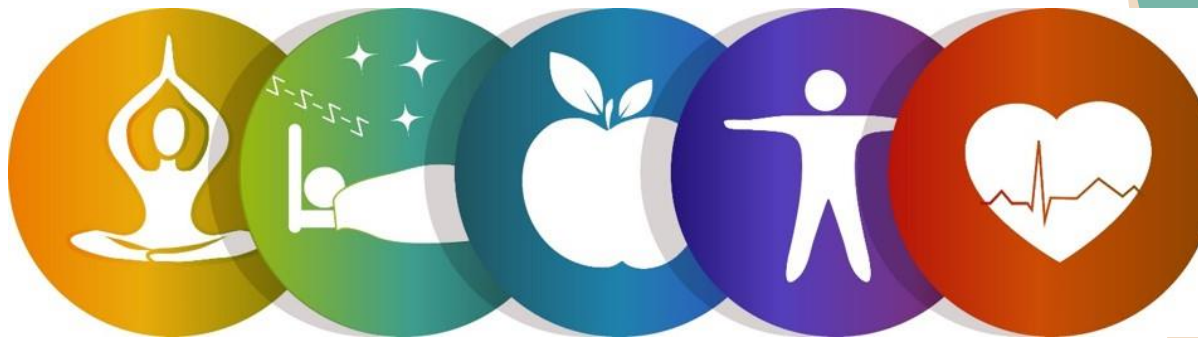
TIP 3. Develop a Self-Care Plan that includes:

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- ▶ Exercise
- ▶ Nutrition
- ▶ Sleep
- ▶ Creative endeavors
- ▶ Spiritual Activities
- ▶ Social Support



3 coping strategies found to have helped social workers manage compassion fatigue:

- ▶ Have a clear self-care plan
- ▶ Participate in activities or hobbies that restore energy
- ▶ Have a work-to-home transition plan that is part of the plan
- ▶ Put a plan in place quickly

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SOURCES: Rienks, 2020; Newell et al., 2010

TIP 4. Try a Little Mindfulness



▶ Mindfulness

- ▶ ‘state of being present through attention and awareness without judgment or other common filters’

(Martin-Cuellar et al., 2018)

▶ Mindfulness Training (Martin-Cuellar et al., 2018, pg. 360)

- ▶ ‘Reduced clinicians’ experiences of stress, negative affect, rumination, and anxiety’ (McGarrigle & Walsh, 2011; Schomaker & Ricard, 2015; Shapiro et al., 2007)
- ▶ ‘Is linked with a clinician’s ability to know when they need to take time away or engage in “self-care,” which may serve as a buffer to the experience of compassion fatigue and heighten feelings of compassion satisfaction’
(Figley, 1995; Thielemann & Cacciatore, 2014; Valent, 2002; Thomas & Otis, 2010)
- ▶ ‘Mindfulness plays a significant role as a protective factor. This corroborates with previous research that suggests that clinicians benefit from a mindful presence, which impacts their work with clients’ (Christopher & Maris, 2010; Greason & Welfare, 2013)

10 Mindfulness Techniques to Practice During Work Hours

- ▶ Set an intention at the beginning of the day
- ▶ Make your work meaningful
- ▶ Learn to be present
- ▶ Take a meditation break
- ▶ Focus on one task at a time
- ▶ Practice having a growth mindset
- ▶ Embrace your feelings
- ▶ Take lunch to eat lunch
- ▶ Stretch
- ▶ Write down your accomplishments





Need Some Ideas?

Visit the Greater Good Science Center Website



Body Scan Meditation

Feeling tense? Feel your body relax as you try this practice.

Moderate
★★★★☆



Compassion Meditation

Strengthen feelings of concern for the suffering of others.

Moderate
★★★★☆



Mindful Breathing

A way to build resilience to stress, anxiety, and anger.

Casual
★★★★☆



Raisin Meditation

Cultivate mindfulness, reduce stress, and enjoy everyday pleasures.

Casual
★★★★☆



Self-Compassion Break

A healthier way to deal with stressful situations.

Casual
★★★★☆



Walking Meditation

Turn an everyday action into a tool for mindfulness and stress reduction.

Casual
★★★★☆



Loving-Kindness Meditation

Strengthen feelings of kindness and connection toward others.

Moderate
★★★★☆



Savoring Walk

How a stroll outside can help build lasting happiness.

Moderate
★★★★☆



TIP 5. Promote HOPE & COMMUNITY


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- ▶ **Be Aware of Your Language - Use Optimistic Language**
- ▶ **Allow Yourself to Talk about COVID-19; Focus on Facts**
- ▶ **Big Book – HOPE is mentioned 43 times**
 - ▶ “Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, “Yes, I am one of them, too; I must have this thing.”
- ▶ **Hope is one of SAMHSA’s 10 Guiding Recovery Principles**
- ▶ **Remind yourself that you are part of an IMPORTANT COMMUNITY**
- ▶ **Advocate for workplace-based supports, process-oriented supervision, peer support, and applying trauma-informed principles in the workplace**

A recent study of counselors working at an Opioid Treatment Program (OTP) suggested these activities could decrease work place stress.

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- The illustration shows a black silhouette of a person sitting at a desk with a laptop. The person has their hands on their head, and above their head are symbols of stress: a question mark, an exclamation mark, and a jagged lightning bolt. A speech bubble points from the text box to the person's head.
- ▶ More staff-wide encounters
 - ▶ Improved communication
 - ▶ Accessible paid time off
 - ▶ More clinical supervision



Reviewing the **5** Self-Care Tips

- Tip 1. Be Open to Learning New Skills**
- Tip 2. Practice Self-Compassion**
- Tip 3. Develop a Self-Care Plan**
- Tip 4. Try a Little Mindfulness**
- Tip 5. Promote Hope & Community**



UCLA Tribal ECHO

Native Provider Perspective on Self-Care

Holly Echo-Hawk & Albert Titman

November 17, 2020



Presenters



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Contributors & Resolutions to Compassion Fatigue in Native Providers

- ▶ Epistemology - world view differences between medical/behavioral health training and medicine and Native world view of healing medicine
- ▶ Experience of Native patients may parallel that of the Native provider
- ▶ Native provider ability to use Indigenous psychology as self-care





World View differences contribute to Native provider fatigue

- ▶ Native SUD treatment often operates within a non-Native worldview organization
- ▶ Funding and clinical practice require reliance on Western worldview training and credentials
- ▶ Native providers who hold Native perspective as core, want SUD services to build treatment/recovery on Native perspective as core



Historical trauma is actually historical
resilience.





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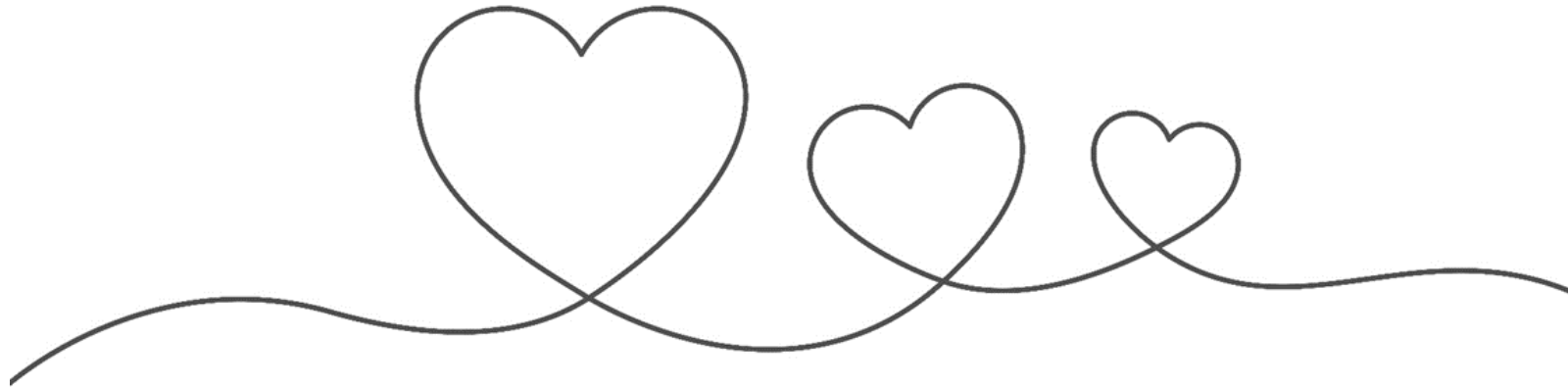
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Although there is no “one-size fits all” way to approach self-care, there is a common thread in all self-care efforts

...



... making and honoring a commitment to one’s own well-being as its own priority.



Additional Resources

Pacific Southwest ATTC: Compassion Fatigue Curriculum Infusion Package <http://uclaisap.org/html2/compassion-fatigue-behavioral-workforce-cip.html>

Mountain Plains ATTC: Compassion Fatigue Online Series <https://attcnetwork.org/centers/mountain-plains-attc/compassion-fatigue-online-series-opioid-epidemic-increasing-knowledge>

Central East ATTC: Self-Care Curriculum

<https://drive.google.com/file/d/0B9ywu77vFpW1bkNZbXRjTlh0a1pFZW4zVXd6dWtNREFHX1Fr/view>

Suggested Reading

Neff et al., 2020: Mindful Self-Compassion Program

https://self-compassion.org/wp-content/uploads/2020/07/Neff.Knox_2020.pdf

Butler et al., 2019: Six Domains of Self-Care

<https://www.tandfonline.com/doi/pdf/10.1080/10911359.2018.1482483?needAccess=true>

Dalphon, 2019: Self-Care Techniques for Social Workers

<https://www.tandfonline.com/doi/pdf/10.1080/10911359.2018.1481802?needAccess=true>



Tips for Healthcare Professionals: COPING WITH STRESS AND COMPASSION FATIGUE

As a healthcare professional, you may face stress on the job under usual conditions due to long shifts, competing responsibilities, and witnessing or hearing about difficult patient experiences. As a responder on the front lines of the coronavirus disease 2019 (COVID-19) pandemic, you are likely working longer hours, seeing loved ones less, and working in a more stressful environment. At the same time, you may be coping with the mental health effects that all types of disasters, including public health emergencies, often have. As such, you may be noticing signs of stress and distress in yourself and your coworkers.

This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It identifies ways to cope and enhance resilience, along with resources for more information and support.

Stress and Compassion Fatigue

Stress encompasses the ways that your body and brain respond to something you perceive as a demand in your environment. As a healthcare professional, your career requires you to respond to multiple demands at once, and you are likely already experienced in stress management.



Compassion Fatigue Tips - SAMHSA

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

Doe Zantamata



Refueling of the light should be done regularly through self-care activities.

Gentry & Baranowsky, 2013



Thank you for your time!

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▶ For additional information, please visit:

▶ Pacific Southwest ATTC website,

[http://www.psattc.](http://www.psattc.org)

[org](http://www.psattc.org)