Recharge, Renew, and Rise: Prioritizing Self-Care for Professionals

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During the session, learners will:

- Understand the importance of self-care
- Share self-care strategies
- Discuss self-care in the workplace
- Discuss overcoming barriers to self-care
- Receive resources for improved self-care
- Finish up with personal action planning

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Can you relate?

Self-Care Wheel

Rate your self-care

- Spiritual
- Emotional
- Recreational
- Physical
- Mental
- Social
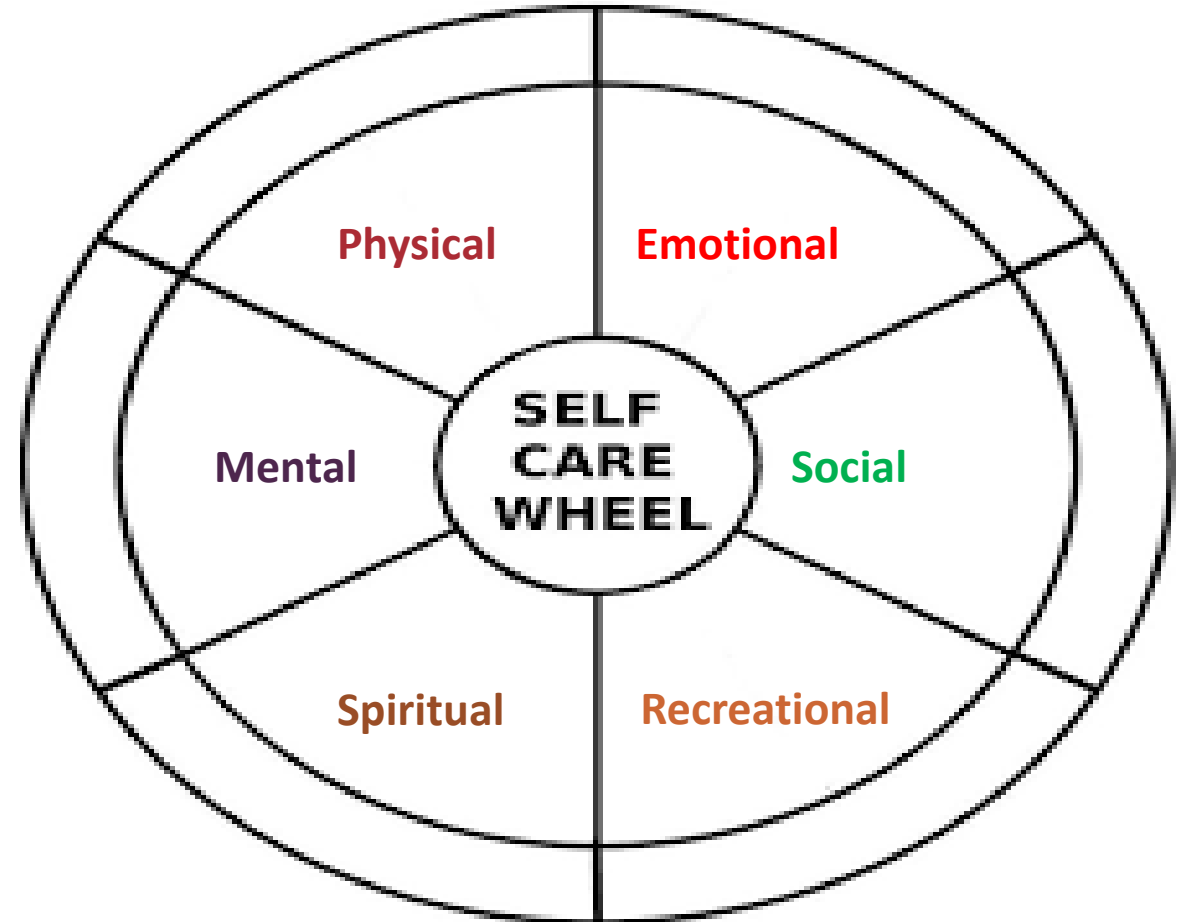
Assessment: Professional Quality of Life
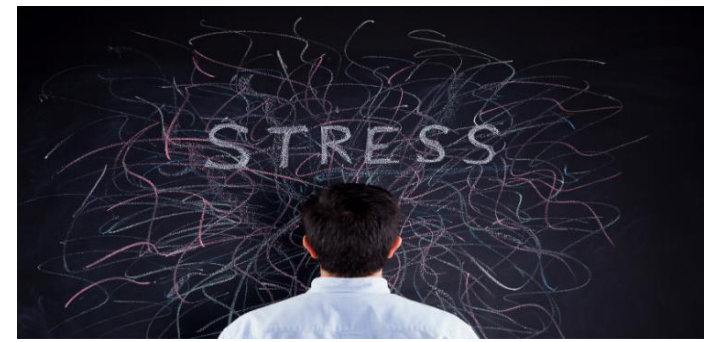Scale-Self-Score

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Self-care

Why it this important for the work we do?

- Enhanced Resilience and Stress Management

- Improved Job Performance and Effectiveness

- Prevention of Burnout and Compassion Fatigue

- Maintaining Boundaries and Professionalism

- Enhanced Empathy and Compassion

- Longevity and Career Satisfaction

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Common Challenges we all face:

- Trauma Exposure and Vicarious Trauma

- Lack of Self-Care and Work-Life Balance

- Limited Resources and Administrative Burden

- Emotional Exhaustion

- High Workload and Pressure

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3 rules for better work-life balance:

Benefits of Self Care: How does it impact your overall well being?

- Physical Health
- Mental Health
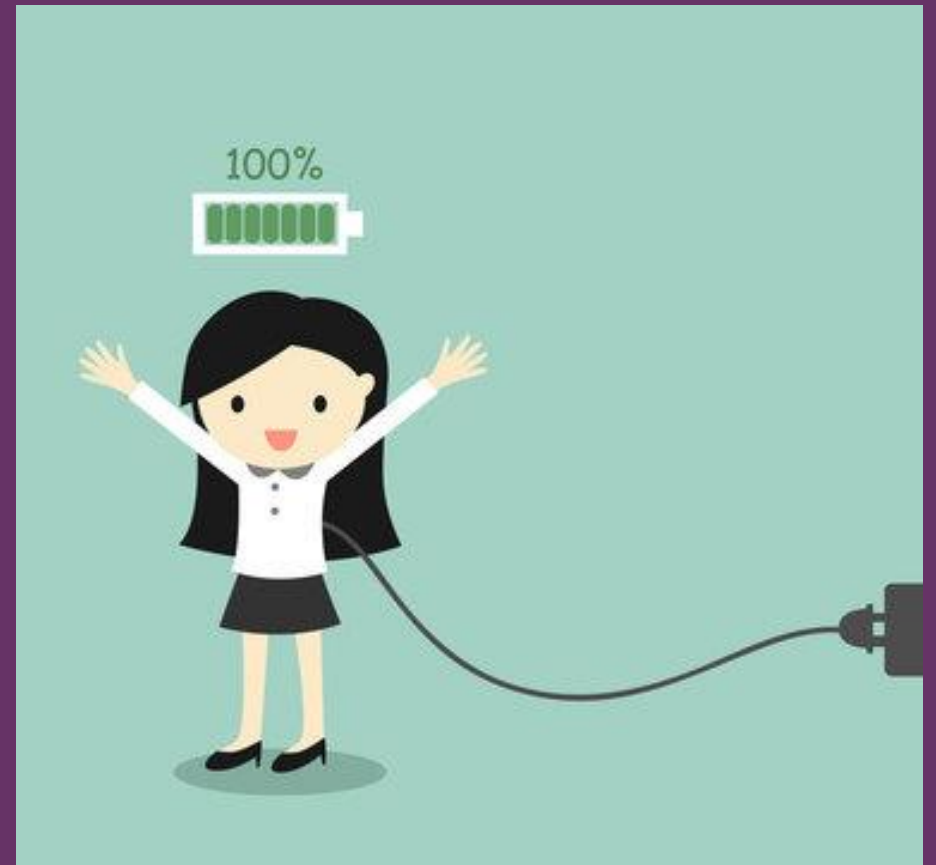- Job productivity
- Creative Brain
- Being More Effective

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What are your top two activities for recharging and rejuvenating?

Self-care strategies in the workplace

Individual level

- Set Boundaries
- Regular Breaks
- Physical Exercise
- Seek Support and Supervision
- Skill Enhancement
- Positive Affirmations
- Disconnect and Unplug

Team level

- Regular Check-ins and Peer Support
- Flexible Work Hours and Boundaries
- Education and Skill Development
- Mental Health Support
- Time Management and Prioritization
- Regular Team Building Activities
- Vacation and Time Off

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What are some ways your workplace promotes self-care?

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Book: *Uncommon Candor: A Leader's Guide to Straight Talk by Nancy Eberhardt*

- Creating a Supportive and Honest Work Environment

- Setting Boundaries and Managing Workload

- Promoting Peer Support and Collaboration

- Encouraging Self-Advocacy

- Reducing Workplace Stress through Transparent Communication

ACTIVITY: Feedback Sharing Circle

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Overcoming barriers:

- **Role-related guilt**
  - **Definition**
  - **Impact**
  - **Overcoming the barrier**
- **Time constraints**
  - **Definition**
  - **Impact**
  - **Overcoming the barrier**
- **Ethical dilemmas**
  - **Definition**
  - **Impact**
  - **Overcoming the barrier**

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Partner Up:

How do you envision a creative plan to enhance self-care and cultivate your best self?

Takeaways

Vitality of Self-Care in the Human Service Role:

Acknowledge that self-care is not an indulgence but a professional necessity. Prioritize self-care to ensure resilience, prevent burnout, and sustain the ability to provide high-quality care.

Balancing Compassion for Others and Self-Compassion:

Understand the delicate balance between caring for others and caring for oneself. Practicing self-compassion is crucial to maintain empathy and sustain a fulfilling career in human services.

Diverse Strategies for Self-Care:

Learn and adopt a diverse range of self-care strategies including regular breaks, stress management techniques, mindfulness, physical exercise, seeking support, and engaging in hobbies to rejuvenate and re-energize.

Importance of Boundaries and Saying No:

Recognize the significance of setting professional and personal boundaries. Learn to say no when necessary to avoid overcommitting and to protect personal well-being.

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Resources

ProQOL (Professional Quality of Life Scale): Website: ProQOL.org

The Self-Care Assessment Worksheet: Website: University of Buffalo School of Social Work

SAMHSA's Wellness Initiative: Wellness Self-Assessment: Website: SAMHSA.gov

UCLA Mindful Awareness Research Center (MARC) Self-Compassion Scale: Website: UCLA MARC Self-Compassion Scale

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk: Bessel van der Kolk explores the impact of trauma on the body and mind and provides insights into healing through various self-care practices and therapeutic approaches.

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5-Minute Meditation You Can Do Anywhere

Thank You
Questions, Comments, Discussion?

"Self-care is giving the world the best of you, instead of what's left of you." - Katie Reed

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