

# Caring for Yourself While Caring for Others

ECHO IDD Wraparound

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# Disclosures

Today's speaker has no financial relationships with an ineligible company relevant to this presentation to disclose.

None of the planners have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients

*\*All relevant financial relationships have been mitigated\**



# Objectives

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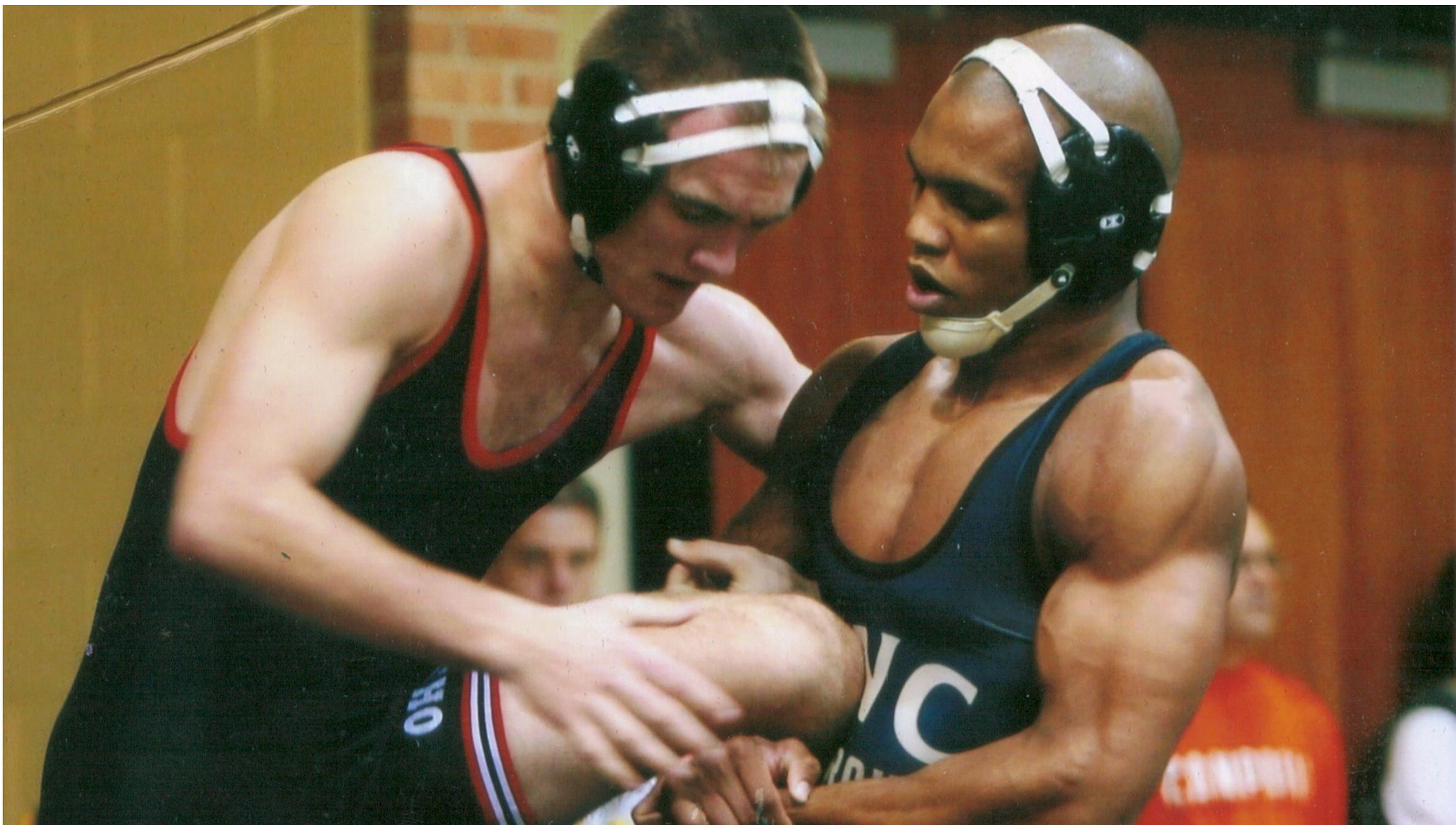
- Identify the joys and challenges experienced in your work.
- Define burnout in relationship to the stress response cycle.
- Practice methods of relieving stress and building resilience.
- Identify ways to support coworkers.

# Joy

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- *Joy is the feeling you get when you are closest to matching “soul to role” in your work.*





# Where is your joy?

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- What is one thing that brought you joy recently in your work?
- What is one thing that made you glad you do what you do?



# Culture of Community Health

- Commitment
- Compassion
- Mission driven
- Delayed gratification
- Whatever it takes – repression and denial
- Self-Sacrifice – put others before yourself
- Self-Criticism over self-compassion

# Teflon and Velcro



# Self-Compassion Exercise

- What emotions did you experience while being present with this person?
- What did you say to show your concern or compassion toward this person?
- What was the tone of your voice?
- What was the posture you assumed? (e.g., Sitting down, leaning in, moving closer)
- What gestures did you make? (e.g., placing a hand on their shoulder or your own heart, hugging them)

# Filling Your Tank

As you spend the day giving so much to others, you take on their trauma and deplete your own **physical**, **emotional**, and **spiritual** tanks.

If you don't find a way to continuously *metabolize* your stress and refill all of your tanks, you will experience exhaustion, burnout, and compassion fatigue.

# Burnout

- Result of prolonged exposure to stress.
- Components:
  - Emotional Exhaustion
  - Feelings of low accomplishment
  - Cynicism and detachment

# Burnout

*“When you go into work every day, and you know that you’re going to have to fight to get your patients what they need, that is exhausting — the first symptom of burnout. When you find that day after day, you’re only partially successful at getting your patients what they need, it makes you feel very ineffective. That’s the second symptom of burnout. If that happens often enough for a long enough period, you start having a hard time watching your patients suffer. You start to distance yourself from them because it’s painful to stay engaged and empathic when you know that they’re going to suffer. So, you depersonalize, which is the third symptom of burnout.”*

-Wendy Dean, MD

# Symptoms of Burnout

- Tension and irritability
- Resentment and contempt
- Fear and anxiety about the future
- Difficulty making decisions
- Feeling numb
- Loss of appetite or overeating
- Nightmares or bad recurring dreams
- Anger
- Use of alcohol and/or drugs

# Stress Reduction Activity

# Methods of Metabolizing Stress

- Exercise
- Sleep
- Nature/Green
- Mindfulness/Self-Compassion
- Affection
- Setting boundaries
- Outside creative interests
- Faith practices
- Laughter
- Crying
- Breathing
- Connection with others

# Survive

vs

# Thrive



# Sharing

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What method of self-care works best for you?



# Self-Compassion

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- Mindfulness
- Common Humanity
- Self-Kindness

# Protective Factors Against Burnout During Pandemic

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- Sense of shared meaning and purpose
- Feeling valued

# Caring for Each Other

- Stop and ask a coworker each day how they are doing, and truly listen to their answer.
- Reach out each day to someone in the community who has helped you in some way and say a kind word of gratitude or ask if you can help them with something.
- Look for one opportunity to inject humor into your workplace each day.
- Look for one opportunity to ask for or accept help when offered to you.

*“Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely.”*

*-Clarissa Pinkola Estes*

# Resources

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- Center for Mindful Self-Compassion <https://centerformsc.org/>
- Mindfulness NW <https://mindfulnessnorthwest.com/>
- Kristin Neff, PhD <https://self-compassion.org/>
- Christopher Germer, PhD <https://chrisgermer.com/>

# References

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- AMA STEPS Forward Toolkit. <https://edhub.ama-assn.org/steps-forward>
- Expert Papers from the National Academy of Medicine Identify Lessons Learned and Compelling Needs for Public Health and Care Systems after COVID-19, <https://nam.edu/expert-papers-from-the-national-academy-of-medicine-identify-lessons-learned-and-compelling-needs-for-public-health-and-care-systems-after-covid-19/>

# Questions

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**THANK YOU!**

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