

# The Power of Self-Care!

How Self Care allows us to live a positive life of Passion,  
Resiliency and Hope.

With Susan Martin LISW

# Self Care and Self Compassion

- \* **Self care** refers to actions and attitudes which contribute to the maintenance of well-being and personal health and promote human development.
- \* In terms of health maintenance, self care is any activity of an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease.

# More.....

- \* *Self-care* means choosing behaviors that balance the effects of emotional and physical stressors: exercising, eating healthy foods, getting enough sleep, practicing yoga or meditation or relaxation techniques, abstaining from substance abuse, pursuing creative outlets, engaging in psychotherapy

Self-care is not about  
self-indulgence, it's  
about self-preservation.

—Audrey Lorde

[EmpowerLounge.com](http://EmpowerLounge.com)

# Self Care is Process Not a task List!

- \* Self Care is an intention and a process of experimentation and learning to discover what you individually need and want.
- \* It starts with being brave enough to ask yourself the question, “What do I need and want?”

# Self Care is Not Self Comfort

## Self Care

- \* Choosing healthy food that feeds your physical body with nutrients
- \* Choosing a long walk or yoga when you feel overwhelmed

## Self Comfort

- \* Choosing junk food that makes you momentarily happy
- \* Choosing bingeing Netflix and vegging on the couch to avoid how you are feeling.

# Self Compassion

With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. Dr. K Neff



# 3 Components of Self Compassion

- \* 1. Self Kindness
- \* 2. Common humanity
- \* 3. Mindfulness



# Why is this so hard?

- \* 1. Caregivers put themselves last- it's an ego thing.
- \* 2. When the going gets tough it is the first thing to go.
- \* 3. Negativity bias



# We need it now more than ever

- \* Covid Inspired Productivity Disorder
- \* Fear of the unknown
- \* Uncommon stressors
- \* The constant debate
- \* Surge Capacity



# Our Gift

Compassion  
Satisfaction

Compassion  
Fatigue

# Compassion Satisfaction

- \* The pleasure we derive from being able to do our work
- \* The positive aspects of being in a helping career
- \* Feeling positive about helping others, your work setting and contributing to the greater good



# What is Compassion Fatigue?

- \* **Compassion fatigue**, also known as **secondary traumatic stress (STS)**, is a condition characterized by a gradual lessening of [compassion](#) over time. It is common among individuals that work directly with trauma victims such as nurses, psychologists, Social Workers and first responders.
- \* Sufferers can exhibit several symptoms including hopelessness, a decrease in experiences of pleasure, constant stress and anxiety, sleeplessness or nightmares, and a pervasive negative attitude.
- \* This can have detrimental effects on individuals, both professionally and personally, including a decrease in productivity, the inability to focus, and the development of new feelings of incompetency and self-doubt.†

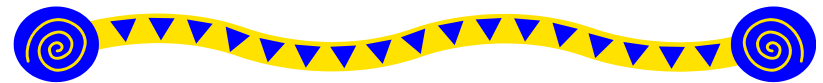
# Vicarious Trauma


- \* Vicarious trauma happens when we accumulate and carry the stories of trauma—including images, sounds, resonant details—we have heard, which then come to inform our worldview.



# A continuum

- \* Burn Out
- \* Compassion Fatigue
- \* Vicarious Trauma





**We have not been directly exposed to the trauma scene, but we hear the story told with such intensity, or we hear similar stories so often, or we have the gift and curse of extreme empathy and we suffer. We feel the feelings of our clients. We experience their fears. We dream their dreams. Eventually, we lose a certain spark of optimism, humor and hope. We tire. We aren't sick, but we aren't ourselves."**

**C. Figley, 1995**

- See more at: <http://www.stress.org/military/for-practitionersleaders/compassion-fatigue/#sthash.UxywrA3H.dpuf>

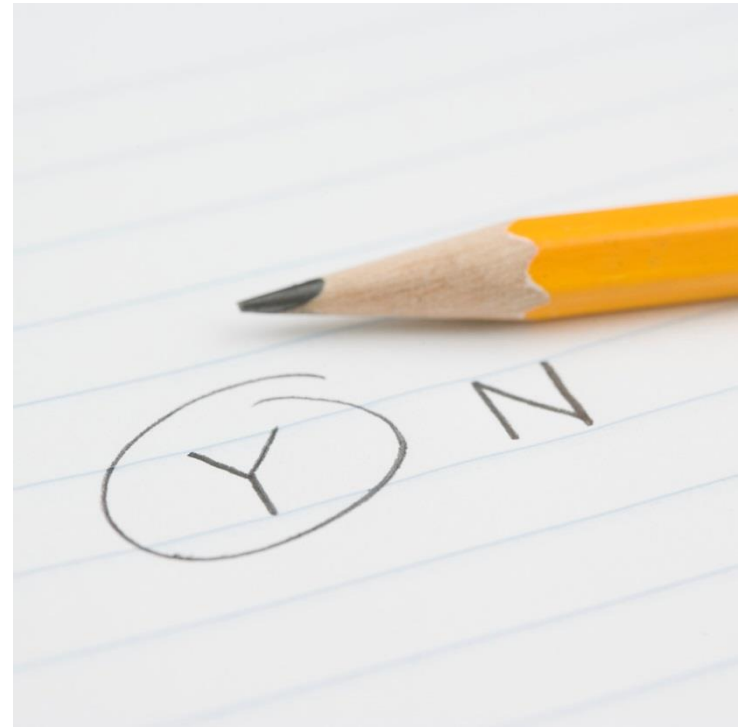


# Symptom Clusters

- \* Exhaustion or Physical Ailments
- \* Emotional Shifts
- \* Disrupted thought Processes
- \* Behavioral Changes
- \* Relationship Changes
- \* Spiritual Shifts

# How do you know?

- \* Denial is powerful!
- \* Take the test
- \* [https://proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score.pdf](https://proqol.org/uploads/ProQOL_5_English_Self-Score.pdf)



# Healthy Self Pyramid



Service to  
others

Self-Care Plan

Eating, Sleeping,  
Boundaries

# Unhealthy Relationship Pyramid

Supporting Everyone  
Else

Give, Give, Give

Yes, Yes,  
Yes

# Have a Plan

Physical  
Emotional  
Relationship  
Behavioral  
Spiritual  
Daily practices



# Physical

- \* The impact of Cortisol on our bodies
- \* Exercise, stretching and the connection!

When we don't deal with our stress it will manifest itself physically

- \* Walking
- \* Yoga
- \* Stretching
- \* Sports
- \* Regular Physical check ups
- \* Resting when you are ill

# Emotional

When we don't express our feelings they bottle up and there is often an explosion.

It's ok for caregivers to be frustrated, angry, overwhelmed or sad.

- \* Create your “Board of Directors”
- \* Share your feelings with trusted others
- \* Journal your thoughts and feelings

# Relationship

- \* By engaging in non work and non caregiving relationships you renew your sense of self worth and purpose.
- \* Have a conversation with someone that doesn't have to do with work at least one time a day.
- \* Be purposeful about your relationships
- \* Schedule time with friends and family



# Behavioral

- \* Behavior is the outward expression of how we are feeling and doing.
- \* Exchange a positive behavior for a negative behavior 3 times a week.
- \* When we change our behaviors we change the way we feel.
- \* Avoid trauma entertainment

# Spiritual

- \* Connecting with something spiritually has nothing to do with religion.
- \* Connecting with the greater collective of life helps renew and rejuvenate.
- \* Walk in the woods or around a lake
- \* Plant flowers or a garden
- \* Pet animals

# 80 Ideas!

- \* <http://theselfcompassionproject.com/2013/06/03/80-self-care-ideas/>

# Create a “No” List!

- \* What do you need to stop doing?
- \* What do you want to say No to?
- \* What can you take off of your list because it is not a priority?





**“We are best when we  
are balanced!”**

**Bill Kallestad**

# The 10 Laws Governing Healthy Caregiving-CF Project

- \* 1. Sustain Your Compassion
- \* 2. Practice Authentic, Sustainable Self Care Daily
- \* 3. Build a Support System
- \* 4. Create a Work/Life Balance
- \* 5. Apply Empathic Discernment
- \* 6. Recognize the Humor
- \* 7. Learn to Let Go
- \* 8. Acknowledge Your Successes
- \* 9. Remain Optimistic
- \* 10. Elevate Levels of Compassion Satisfaction

# Joy

- \* Joy comes in small moments
- \* You have to look for those moments
- \* You need to share and point them out to the rest of your community
- \* Celebrate!



# Creating a Community that Celebrates Joy





# Becoming a Warrior

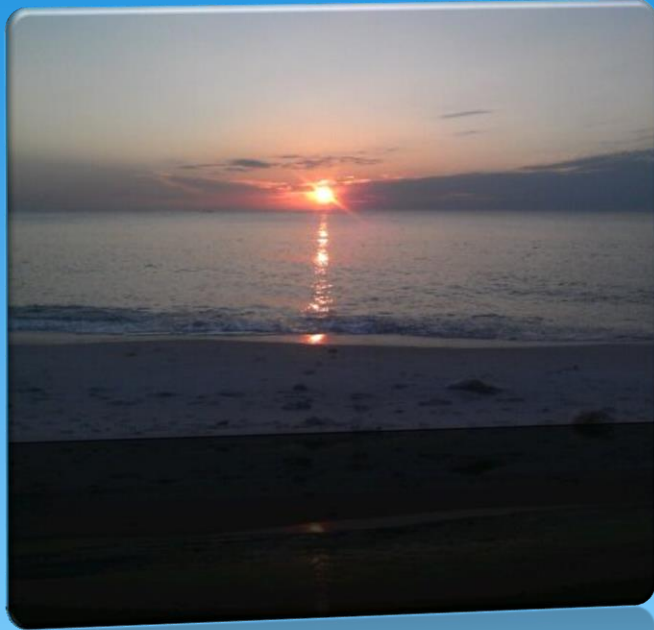
- \* Recognize my vulnerability to C.F.
- \* Use my self-care plan
- \* Have the courage to share my experiences to help others
- \* Recognize and celebrate moments of joy!



# Being a Warrior Means

**\* We Care for ourselves as tenderly as we care for others, taking time for rest, reflection and renewal.**





We don't manage  
our Stress we  
manage our Peace.  
Dr. D. Crane

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Dr. Kristina Neff