Outline

– Introduction
– Sources of Burnout and Compassion Fatigue
– Self-Care Strategies
– Integration of Self-Care Strategies into Daily Routine
– Self-Care Action Plan
Introduction

What is all the hoopla around self-care about?
Mindfulness Exercise
Introduction to Self-Care: What is Self-Care?

– Self-care: the care of oneself
– Actions one takes to reach optimal physical and mental health
– Activities one engages in to relax and attain emotional well-being
Introduction to Self-Care: Why is Self-Care Important?

– Avoid burnout and compassion fatigue
– Can lead to self-doubt and self-blame
– Maintain professional vitality
– Increase physical and emotional energy
Who is Self-Care Important for?

- Students (i.e. undergraduate, graduate)
- Researchers
- Clinicians, therapists, counsellors
- Teachers
- Health professionals
- AKA everyone!
## Sources of Burnout

**Sources of burnout**
- Work overload
- Lack of control
- Insufficient reward
- Breakdown of community
- Unfairness
- Significant value conflict
- Lack of fit between the person and the job

**Feelings of burnout**
- Exhaustion, including emotional exhaustion
- Cynicism
- Ineffectiveness
- Frustration
- Disengagement
- Stress
- Helplessness/hopelessness
Sources of Compassion Fatigue

- Exposure to hearing about a specific event or supporting a person who has suffered from a traumatic event
- Higher levels of helplessness
- Feelings of being isolated from a support network
Self-Care Strategies

I know self-care is important, but how do I do it?
Self-Care Strategies for Your Internal Environment

1. Mindfulness
   – Increasing awareness of burnout and compassion fatigue

2. Taking care of your physical health
   – Sleep hygiene
   – Healthy eating
   – Exercise
   – Do activities other than work!
Self-Care Strategies for Your Internal Environment

3. Stress/anxiety reducing strategies
   – Paced breathing
   – Progressive muscle relaxation
   – Body scan

4. Self-compassion
   – Kristin Neff (http://self-compassion.org/)
Self-Care Strategies for Your External Environment

1. Set limits (and stick to them)
   - Learn to say no
   - Learn to set your limits in terms of timeframes and workloads
   - Become good at disappointing others – Yes, but...

2. Schedule activities
   - Schedule time to work
   - Schedule time for other activities
   - Create a calendar to visualize your workload
Self-Care Strategies for Your External Environment

3. Break it down
   - Divide your tasks into smaller tasks and schedule time to work on them
   - Use calendars to plan tasks for bigger projects (like your thesis)

4. Keep track
   - Create lists to manage your tasks
   - Set timeframes for each task
   - Reward yourself when completed
Self-Care Strategies for Your External Environment

5. Create a work environment that works for you
   - Schedule important tasks at times when you are the most productive
   - Silence/music
   - 50/10 rule
   - Working buddy
Self-Care Action Plan

Let’s do it!
Transfer to Everyday Life

Don’t
- Don’t be overly enthusiastic
- Feel guilty
- Treat your self-care plan as less important than your other responsibilities

Do
- Start small and gradually increase activities
- Practice mindfulness (if you do feel guilty)
- Make a plan and stick to it
Create Your Self-Care Action Plan Now!

1. Identify two self-care activities you can start TODAY
2. Schedule them into your day
3. Plan ahead
   – How will you get around your barriers?
Resources and References


