Self-Care: Putting Your Oxygen Mask on First

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Introductions

- Name
- Tribal Affiliation
- Organization
- Why did you come to today’s workshop?
What motivates you to serve your community?
Compassion Satisfaction

The pleasure you derive from being able to do your work well.

(Professional Quality of Life, 2010)
Compassion Satisfaction-Compassion Fatigue Model

Professional Quality of Life

Compassion Satisfaction

Compassion Fatigue

Burnout

Secondary Trauma

(Professional Quality of Life, 2010)
Compassion Fatigue

A state of tension and preoccupation with the traumatized patients by re-experiencing the traumatic events, avoidance/numbing of reminders persistent arousal (e.g. anxiety) associated with the patient

(Figley, 2002)
Burnout vs. Secondary Traumatic Stress

**Burnout**
- Work-related hopelessness and feelings of inefficacy

**Secondary Traumatic Stress**
- Work-related secondary exposure to extremely or traumatically stressful events
Warning Signs

- Being afraid to take time away from your daily activities
- Thinking the worst in every situation
- Reacting disproportionately
- Never taking a vacation
- Forgetting why you do your job
- Decreased performance at work
- Constantly not getting enough sleep
- Increased arguments with your family
- Decreased social life
How can you turn compassion fatigue back into compassion satisfaction?
Self-Care

The activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.
Goals of Self-Care

• Take care of physical health
• Managing and reducing stress
• Honoring emotional and spiritual needs
• Fostering and sustaining relationships
• Achieving balance across your personal and work lives
Common Misconceptions

“It’s selfish to put myself first.”

“I don’t have time!”

“My self care is watching NCIS.”
Tips for Self-Care

- Assess your current self-care practices
- Find time for yourself each day
- Delegate tasks
- Say “no”
- Strengthen your social support network
- Keep up with professional training opportunities
- Treat your body well
- Create a self-care plan
Self-Care Assessment
Develop a Self-Care Plan
References


RELATIONSHIPS
- Schedule time
- Pray together
- Spend meaningful time
- Cook & eat together
- Good listener
- Weekly date night
- Praising partners/coworkers
- Boundaries
- Turn off electronics
- Full attention
- Be present (collective, family, planned)
- Family meetings
- Fatherhood (return to role)

RELATIONSHIPS
- Be committed
- Honesty/open communication

SPIRIT
- Pray
- Meditate
- Smudging
- Sweat
- Ceremonies
- Spend time in nature
- Ground yourself
- Sharing creation stories
- Worship through music
- Singing/drumming
- Teaching
WORK
- strength based
- asking for help
- exercise facilities/pad
- cultural leave
- more w/ project mgmnt (mapping)
- communication
- understanding role
- massage chair
- childcare
- sleep pod
- food
- instant access to mediation

WORK
- say no
- delegate
- monitoring where putting energy/reflect
- exercise once
- membership
- taking breaks
- hiring/human resources
- team building
- celebrating successes
- not participating in drama
- prioritize accept that you can't do everything
- goal setting

BODY
- exercise
- rest
- eat right
- doctor
- sweats
- stretching
- drink water
- massage
- manicure/pedi
- essential oils
- taking care of appearance
- hygiene
- wearing proper shoes
- vitamin D (sun)
EMOTIONS
- Laugh
- Acknowledge
- Identify Problem
- Awareness
- Care for other people
- Boundaries
- Talk to someone
- Smudging
- Sweat
- Sing songs
- Drumming
- Exercise
- Processing
- Journal

- Go for a ride
- Ride horse
- Mindfulness
- Develop prayer life
- Hug/cuddling
- Releasing emotions (crying/yelling)
- Pets
- Listen to music
- Learn language
- Crossword
- Creative outlet
- Eat healthy
- Curiosity (life long learning)