




THE ART OF SELF-CARE



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WHO IS IN THE ROOM?



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TRAINING OBJECTIVES

- ☐ Self-care awareness
- ☐ Definitions & Nomenclature
- ☐ Recognizing indicators & red flags
- ☐ Recognizing our own trauma
- ☐ Understanding how our job impact us
- ☐ Access to self-care evaluations and tools
- ☐ Creating resiliency
- ☐ Be aware of our coping skills
- ☐ Healthy and effective tools and techniques

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ACTIVITY

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SELF-REFLECTION...

☐ Why do I work with survivors of trauma?

☐ ...because I care

☐ ...because I want to help

☐ ...because I feel compassion

☐ ...because I want to heal myself

☐ ...because this is what I always wanted to do

☐ ...because I want to make a difference

☐ ... because I am a survivor

☐ ... because...

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WHAT IS SELF-CARE?

Activities and practices that we engage in on regular basis to reduce stress and maintain and enhance our short-and-longer-term health and well-being.

(University at Buffalo, School of Social Work)

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ESTHER'S DEFINITION OF SELF-CARE

The art of recognizing your own needs and addressing them without guilt. Knowing that you deserve the same love, compassion, and care for yourself that you give to others.

(Esther Rodriguez Brown)

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WHY PRACTICING SELF-CARE?

- Helps us to identify and manage general challenges
 - ▣ Potential for stress and burnout
- Makes us aware of our personal vulnerabilities
 - ▣ Own retraumatization, vicarious trauma and compassion fatigue
- Helps us to achieve more balance in our lives
 - ▣ By being aware of our needs and addressing them

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WHERE ARE YOU ON SELF-CARE



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ACTIVITY I (10 MIN.)

SELF-CARE ASSESSMENT

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"Only humans worry about the future,
regret the past
and blame ourselves for the present."
~Jack Kornfield~



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DEFINITIONS & NOMENCLATURE

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DEFINITIONS & NOMENCLATURE

☐ Compassion Satisfaction
☐ Compassion Fatigue
☒ Burnout
☒ Secondary Traumatic Stress

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COMPASSION SATISFACTION (CS)

☐ The satisfaction that is feels from one's job and from the helping itself.
☐ It is the feeling of working in what you like to do.
☐ You experience happy thoughts, feel successful, happy with the work you do, want to continue to do it, and believe you can make a difference. (Hudnall, B)



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COMPASSION FATIGUE (CF)

- Profound emotional and physical exhaustion that helping professionals and caregivers (someone taking care of her/his ill parent or child) can develop over the course of their career/journey as a helper. (Mathieu, F)



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COMPASSION FATIGUE (CF)... (Hudnall, B)

- CF breaks into two parts:
 - 1 - Responses such as exhaustion, frustration, anger and depression **typical of burnout**.
 - 2- **Secondary Traumatic Stress** is a negative feeling driven by fear and work-related trauma. It is important to remember that some trauma at work can be direct (primary) trauma. Work-related trauma be a combination of both primary and secondary trauma.

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VICARIOUS TRAUMA (VT) & SECONDARY TRAUMATIC STRESS (STS)

- Secondary Traumatic Stress (STS) is an element of Compassion fatigue (CF). STS is about work-related, secondary exposure to people who have experienced extremely or traumatically stressful events.
- The profound shift that workers experience in their world view when they work with clients who have experience trauma. Fundamental beliefs about the world are altered and damage by being repeatedly expose to traumatic material. (Mathieu, F)



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BURNOUT (BT)

- Burnout is an element of the negative effects of CF. Physical and emotional exhaustion that workers can experience when they have a low job satisfaction an feel powerless and overwhelmed at work (Mathieu, F.)
- Associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively.
- These feelings can be associated with a very high workload or a non-supportive work environment.



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MORAL DISTRESS (MD)

- Acting in a manner contrary to our personal and professional values, which undermines integrity and authenticity (Dilemmas, J.)
- Prolonged moral distress could contribute to CF



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ACTIVITY II 10 MIN.

PROFESSIONAL QUALITY OF LIFE SCALE (ProQOL)

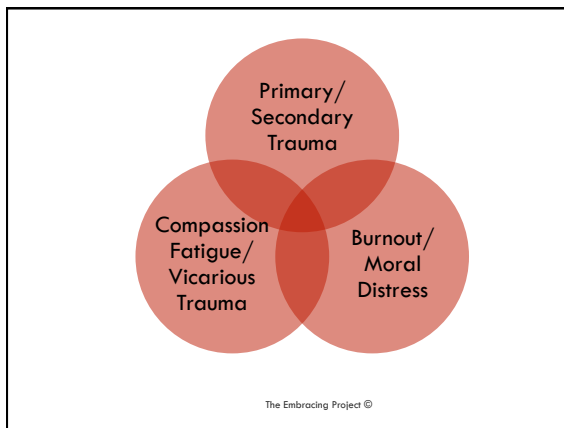
- ▣ Compassion Satisfaction
- ▣ Burnout
- ▣ Secondary Traumatic Stress

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PRIMARY & SECONDARY TRAUMA

- Primary Trauma
 - ▣ It happens to YOU
 - ▣ More than 60% of people on helping professions have trauma history (Mathieu, F.)
 - ▣ Challenging if professional get into the field with unhealed trauma
- Secondary Trauma
 - ▣ Exposure to trauma. You are not in danger or at the scene of the trauma
 - ▣ Comes from reading files, providing counseling, seating in court hearing, watching videos for investigation, etc

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INDICATORS & SIGNS

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COGNITIVE INDICATORS

- | | |
|--|--|
| <input type="checkbox"/> Diminished concentration | <input type="checkbox"/> Rigidity |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Disorientation |
| <input type="checkbox"/> Loss of meaning | <input type="checkbox"/> Whirling thoughts |
| <input type="checkbox"/> Decreased self-esteem | <input type="checkbox"/> Thoughts of self-harm or harm toward others |
| <input type="checkbox"/> Preoccupation with trauma | <input type="checkbox"/> Self-doubt |
| <input type="checkbox"/> Trauma imagery | <input type="checkbox"/> Perfectionism |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Minimization |

Figley Institute, 2008

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EMOTIONAL INDICATORS

- | | |
|---|---|
| <input type="checkbox"/> Helplessness | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Anger/rage |
| <input type="checkbox"/> Hypersensitivity | <input type="checkbox"/> Survivor guilt |
| <input type="checkbox"/> Emotional roller coaster | <input type="checkbox"/> Shutdown |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Numbness |
| <input type="checkbox"/> Depleted | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Disconnection | <input type="checkbox"/> Powerlessness |

Figley Institute, 2008

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BEHAVIORAL INDICATORS

- | | |
|--|---|
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Nightmares |
| <input type="checkbox"/> Moody | <input type="checkbox"/> Hypervigilance |
| <input type="checkbox"/> Regression | <input type="checkbox"/> Elevated startle response |
| <input type="checkbox"/> Sleep disturbances | <input type="checkbox"/> Use of negative coping (smoking, alcohol or other substance abuse) |
| <input type="checkbox"/> Appetite changes | <input type="checkbox"/> Accident proneness |
| <input type="checkbox"/> Clingy | |
| <input type="checkbox"/> Self harm behaviors | |
| <input type="checkbox"/> Losing things | |

Figley Institute, 2008

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SPIRITUAL INDICATORS

- ☐ Loss of purpose
- ☐ Lack of self-satisfaction
- ☐ Pervasive hopelessness
- ☐ Ennui/Bored
- ☐ Apathy
- ☐ Anger at Higher Power
- ☐ Questioning of religious beliefs
- ☐ Questioning the meaning of life

Figley Institute, 2008

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INTERPERSONAL INDICATORS

- | | |
|--|---|
| <input type="checkbox"/> Decreased interest in intimacy or sex | <input type="checkbox"/> Impatience |
| <input type="checkbox"/> Mistrust | <input type="checkbox"/> Withdrawal |
| <input type="checkbox"/> Isolation from friends | <input type="checkbox"/> Decrease in quality of relationships |
| <input type="checkbox"/> Impact on parenting (protectiveness) | <input type="checkbox"/> Poor communication |
| <input type="checkbox"/> Projection of anger or blame | <input type="checkbox"/> Subsume own needs |
| | <input type="checkbox"/> Intolerance |
| | <input type="checkbox"/> Loneliness |

Figley Institute, 2008

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PHYSICAL INDICATORS

- ☐ Sweating
- ☐ Rapid heartbeat
- ☐ Breathing difficulties
- ☐ Aches and pains
- ☐ Dizziness
- ☐ Impaired immune system
- ☐ Shock

Figley Institute, 2008

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PROFESSIONAL INDICATORS

- ☐ Decrease in quantity
- ☐ Decrease in quality
- ☐ Low motivation
- ☐ Avoidance of job tasks
- ☐ Increase in mistakes
- ☐ Setting perfectionist standards
- ☐ Obsession about detail
- ☐ Frequent job changes
- ☐ Tardiness

Rigley Institute, 2008

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MORAL INDICATORS

- ☐ Loss of interest
- ☐ Decreasing in confidence
- ☐ Dissatisfaction
- ☐ Negative attitude
- ☐ Apathy
- ☐ Demoralization
- ☐ Feeling lack of appreciation
- ☐ Detachment
- ☐ Feelings of incompleteness

Rigley Institute, 2008

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HOW DO YOU COPE?

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ACTIVITY II (10 MIN.)

LIFESTYLE BEHAVIORS

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YOUR SELF-CARE PRACTICE

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WAYS TO AVOID CF

- ☐ Set boundaries and limits
- ☐ Work as a team
- ☐ Laugh, joke, have time to unwind
- ☐ Take care of mind, body, feelings, spirituality.
- ☐ Let go, do not allow stress or take on others' stress
- ☐ Allow feedback and give feedback
- ☐ Let people know your limits
- ☐ Process, talk things out
- ☐ Stay organized

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WAYS TO RELEASE STRESS

- | | |
|--|---|
| <input type="checkbox"/> Watch sunrise | <input type="checkbox"/> Hum a tune |
| <input type="checkbox"/> Hike in nature | <input type="checkbox"/> Blow bubbles |
| <input type="checkbox"/> Give a hug | <input type="checkbox"/> Read some fiction |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Eat some chocolate |
| <input type="checkbox"/> Have a cup of tea | <input type="checkbox"/> Practice yoga |
| <input type="checkbox"/> Get up early | <input type="checkbox"/> Tell a joke |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Go barefoot |
| <input type="checkbox"/> Garden | <input type="checkbox"/> Practice kindness |

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WAYS TO KEEP YOUR SERENITY

- | | |
|--|--|
| <input type="checkbox"/> Be realistic | <input type="checkbox"/> Live in the present |
| <input type="checkbox"/> Practice gratefulness | <input type="checkbox"/> Feel your feelings |
| <input type="checkbox"/> Say "no" | <input type="checkbox"/> Laugh more often |
| <input type="checkbox"/> Say "yes" | <input type="checkbox"/> Keep hopeful |
| <input type="checkbox"/> Move your body | <input type="checkbox"/> Try new things |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Reach out |
| <input type="checkbox"/> Choose food wisely | <input type="checkbox"/> Practice silence |
| <input type="checkbox"/> Enjoy simple things | <input type="checkbox"/> Remember to relax |
| <input type="checkbox"/> Reduce guilt | <input type="checkbox"/> Communicate openly and honestly |

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BODY AWARENESS

- ☐ Slow down and pay attention to your energetic body.
- ☐ Use breathing to ground yourself



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ABSORBING AND GROUNDING

- After a sudden crisis/difficult situation that knock you off balance: STOP
- Practice grounding/relaxing breathing



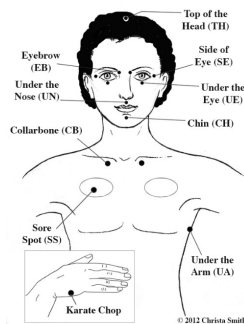
**Full Yogic
Breathing**



**Bhamari
Pranayama
(Bee Breath)**

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EMOTIONAL FREEDOM TECHNIQUE (EFT)




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AROMATHERAPY



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RELEASE ENERGY



© www.cheer.yoga
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THE TENSE & RELAX TECHNIQUE



Q & A

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