

# Placer Collaborative Network Self-Care Retreat

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# YOUR FACILITATORS



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## TODAY'S OBJECTIVES

- Create opportunity to “retreat”.
- Deepen your understanding of stress, wellness, and self-care.
- Know the signs of worker burnout, vicarious trauma, and compassion fatigue.
- Reflect on current self-care techniques on a personal and professional level.
- Experience self care techniques in the afternoon breakout sessions.



If your compassion does  
not include yourself,  
it is incomplete.

– Jack Kornfield

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



# OPENING ACTIVITY



- Why did you get into the *helping* field?
- Why was that important to you?





Be in the moment...

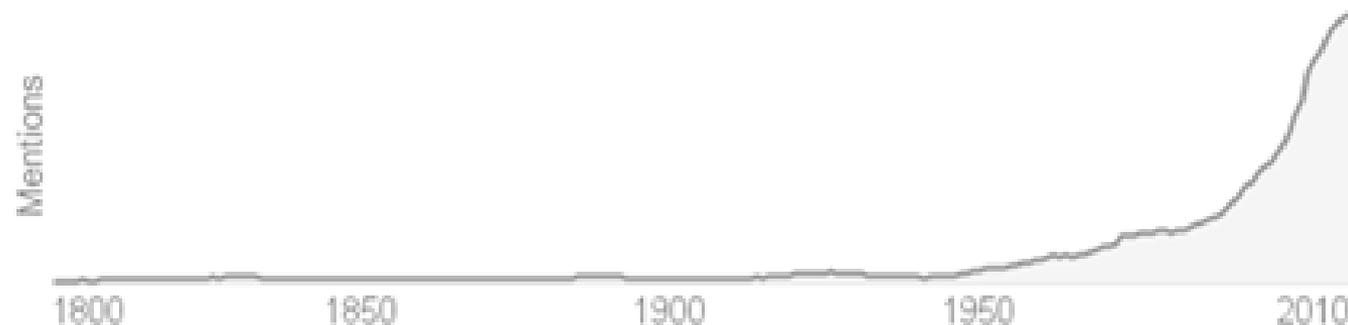


# mind·ful·ness

'mīn(d)f(ə)lnəs/

noun

1. the quality or state of being conscious or aware of something.
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



# REVIEW OF SCIENCE OF STRESS

- Historical Stress Science
- Current Science of Stress
- Science of Stress
  - Harvard Center For The Developing Child



# TYPES OF STRESS

## AMERICAN PSYCHOLOGICAL ASSOCIATION

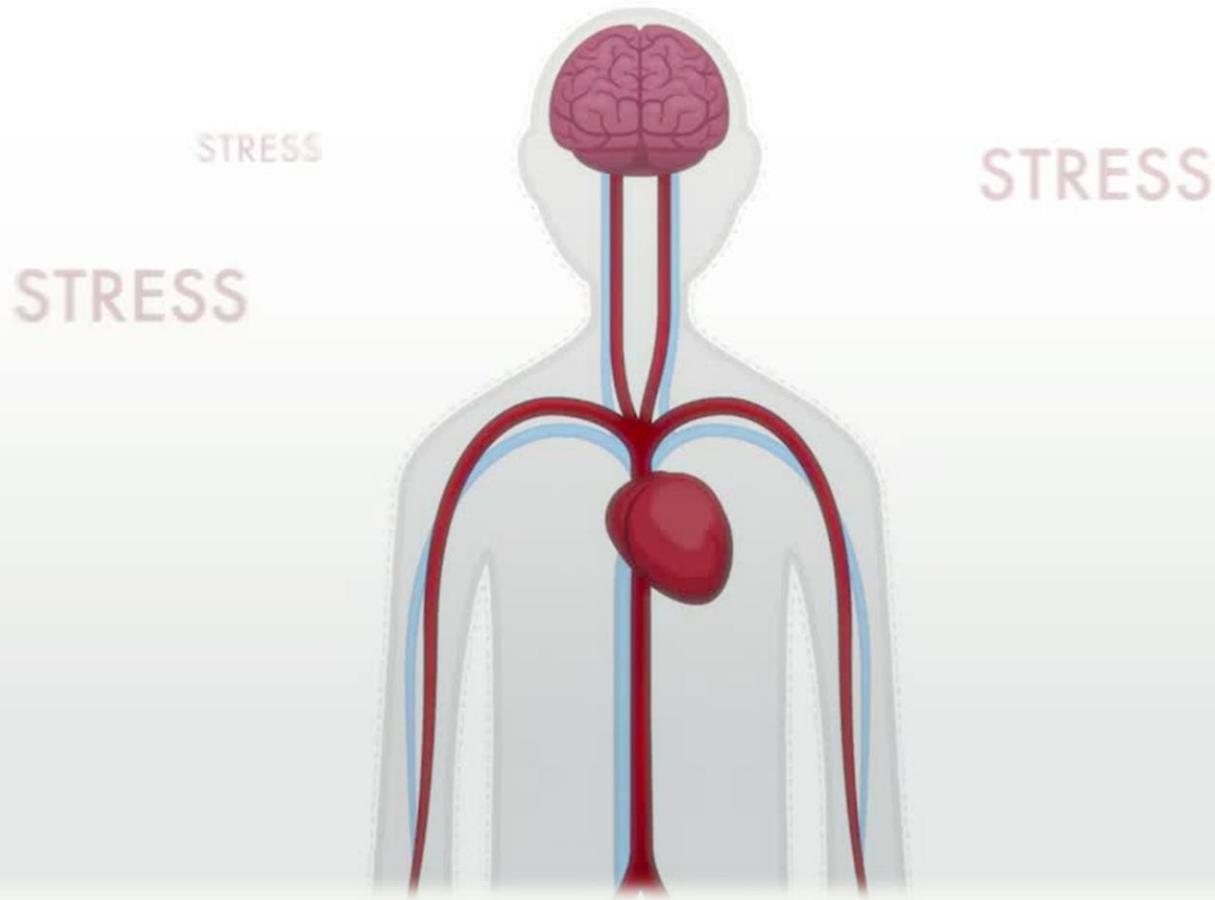
**Acute Stress** - Acute stress is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future.

**Episodic Acute Stress:** There are those, however, who suffer acute stress frequently, whose lives are so disordered that they are studies in chaos and crisis.

**Chronic Stress:** While acute stress can be thrilling and exciting, chronic stress is not. This is the grinding stress that wears people away day after day, year after year. 

# Three Kinds of Stress

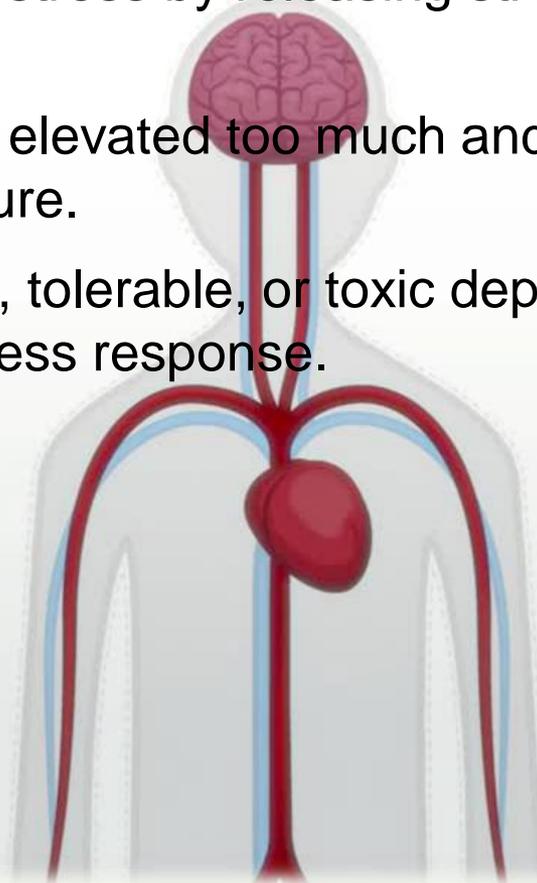
Positive, Tolerable, and Toxic



# Three Kinds of Stress

Stress can strengthen or weaken brain architecture.

- The body responds to stress by releasing stress hormones for “fight or flight”.
- If these hormones are elevated too much and for too long, they disrupt brain architecture.
- Stress can be positive, tolerable, or toxic depending on the intensity and duration of the stress response.



# Positive Stress...

## A healthy part of development

- A mild stress response.
- Caring adults offer support so the duration is short.
- Prepares the brain and body for stressful situations later in life.
- Positive in the presence of caring adults.



# Tolerable Stress

Not harmful with support from caregivers.

- A more severe stress response.
- Not good for development, but;
- Won't do lasting damage if caring adults are present to buffer the stress response.



# Toxic Stress

Weakens brain architecture.

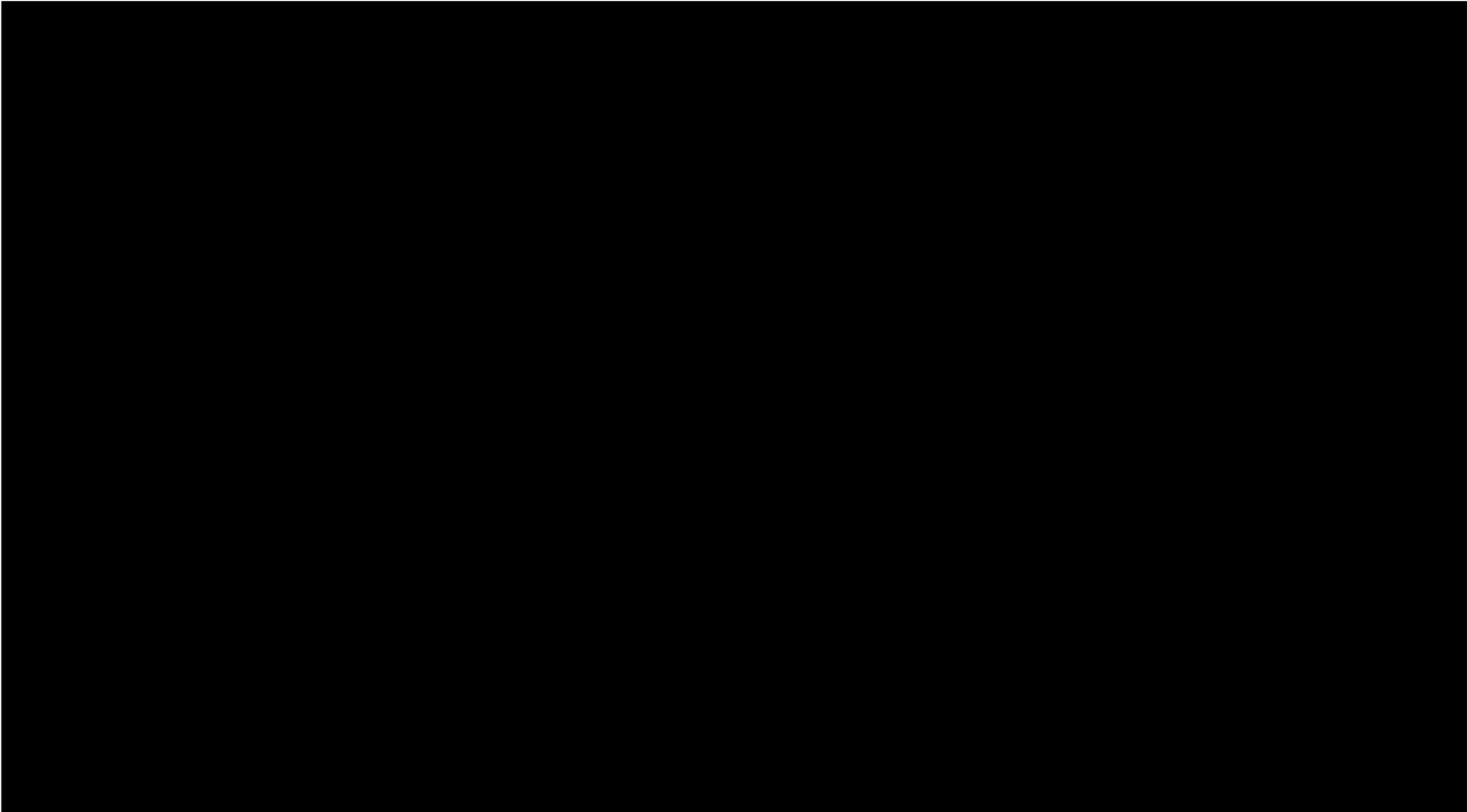
- Intense, repeated, and prolonged response to stressful events.
- No caring adults around to buffer the stress response.
- Disrupts brain architecture and increases lifelong health risks.



# THE HOLMES-RAHE LIFE STRESS INVENTORY

- Take a minute to take the inventory.
- Add up all your points.
- Share with the person next to you one “aha”.





You cannot control what happens to you,  
but you can control  
**your attitude**  
toward what happens to you,  
and in that, you will be mastering change  
rather than allowing it to master you.

— BRIAN TRACY

  
Simple Reminders  
SIMPLEREMINDERS.COM



# WHY IS SELF-CARE IMPORTANT?

- Distress
- Vicarious Traumatization
- Burnout
- Impaired professional competence



# INTEGRATE SELF-CARE INTO YOUR DAILY LIFE

- Make adequate time for yourself
- Do things you enjoy
- Take care of yourself physically & spiritually
- Say NO!
- Don't isolate yourself
- Keep in mind that self-care is a good thing
- Ask for help when needed

Barnett and Sarnel (2003)



The term **vicarious trauma** (Perlman & Saakvitne, 1995), sometimes also called compassion fatigue, is the latest term that describes the phenomenon generally associated with the “cost of caring” for others (Figley, 1982).

Other terms used for compassion fatigue are:

- • secondary traumatic stress (Stemm, 1995, 1997)
- • secondary victimization (Figley, 1982)



# THE ABCS OF MANAGING SECONDARY VICARIOUS TRAUMA



- Awareness
- Balance
- Connection



# WHAT IS BURNOUT?



Depletion of mental, physical, and emotional energy without expected or real needs being met; **constant giving without receiving in return.**



# SIGNS OF WORKER BURNOUT

1. Exhaustion
2. Lack of Motivation
3. Frustration, Cynicism & Other Negative Emotions
4. Cognitive Problems
5. Slipping Job Performance
6. Interpersonal Problems at Home and at Work
7. Not Taking Care of Yourself
8. Being Preoccupied With Work...When Not at Work
9. Generally Decreased Satisfaction
10. Health Problems

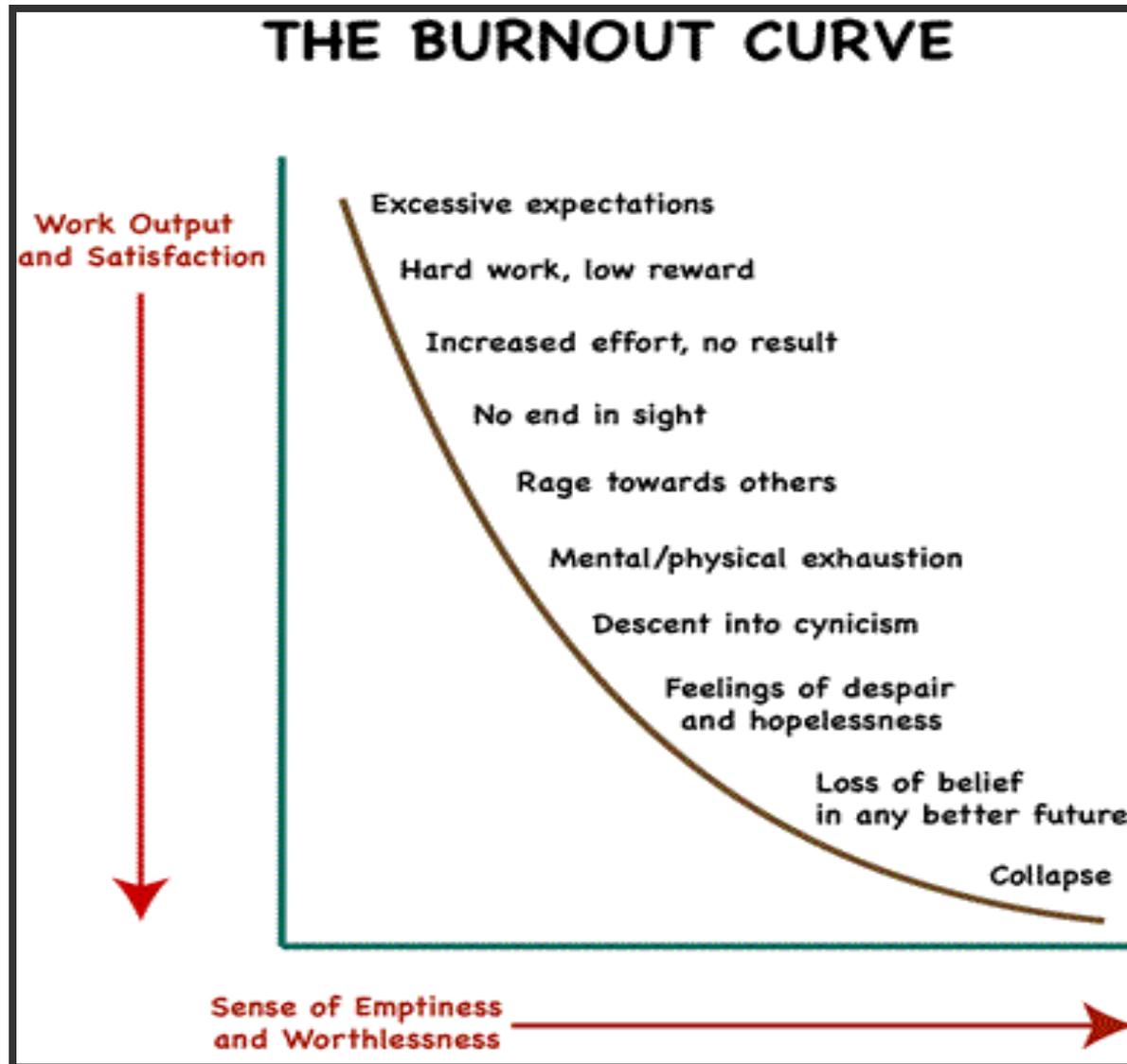


# THE PATH OF UNRELENTING STRESS

- Burnout is part of the stress experience. It is the end-stage of unrelenting stress.
- Burnout compromises physical and emotional wellbeing.
- When something has to give...it's usually caring for ourselves that goes first. When we stop caring for ourselves, we put ourselves at risk for burnout.



# THE DESCENT INTO BURNOUT



## SELF CARE: ASKING FOR HELP



*You don't need to do it on your own...  
are you comfortable asking for help?*





## THE EIGHT DIMENSIONS OF WELLNESS ARE:

- **Emotional** - Coping effectively with life and creating satisfying relationships
- **Environmental** - Good health by occupying pleasant, stimulating environments that support well-being
- **Financial** - Satisfaction with current and future financial situations
- **Intellectual** - Recognizing creative abilities and finding ways to expand knowledge and skills



## THE EIGHT DIMENSIONS OF WELLNESS ARE:

- **Occupational** - Personal satisfaction and enrichment from one's work
- **Physical** - Recognizing the need for physical activity, healthy foods, and sleep
- **Social** - Developing a sense of connection, belonging, and a well-developed support system
- **Spiritual** - Expanding a sense of purpose and meaning in life

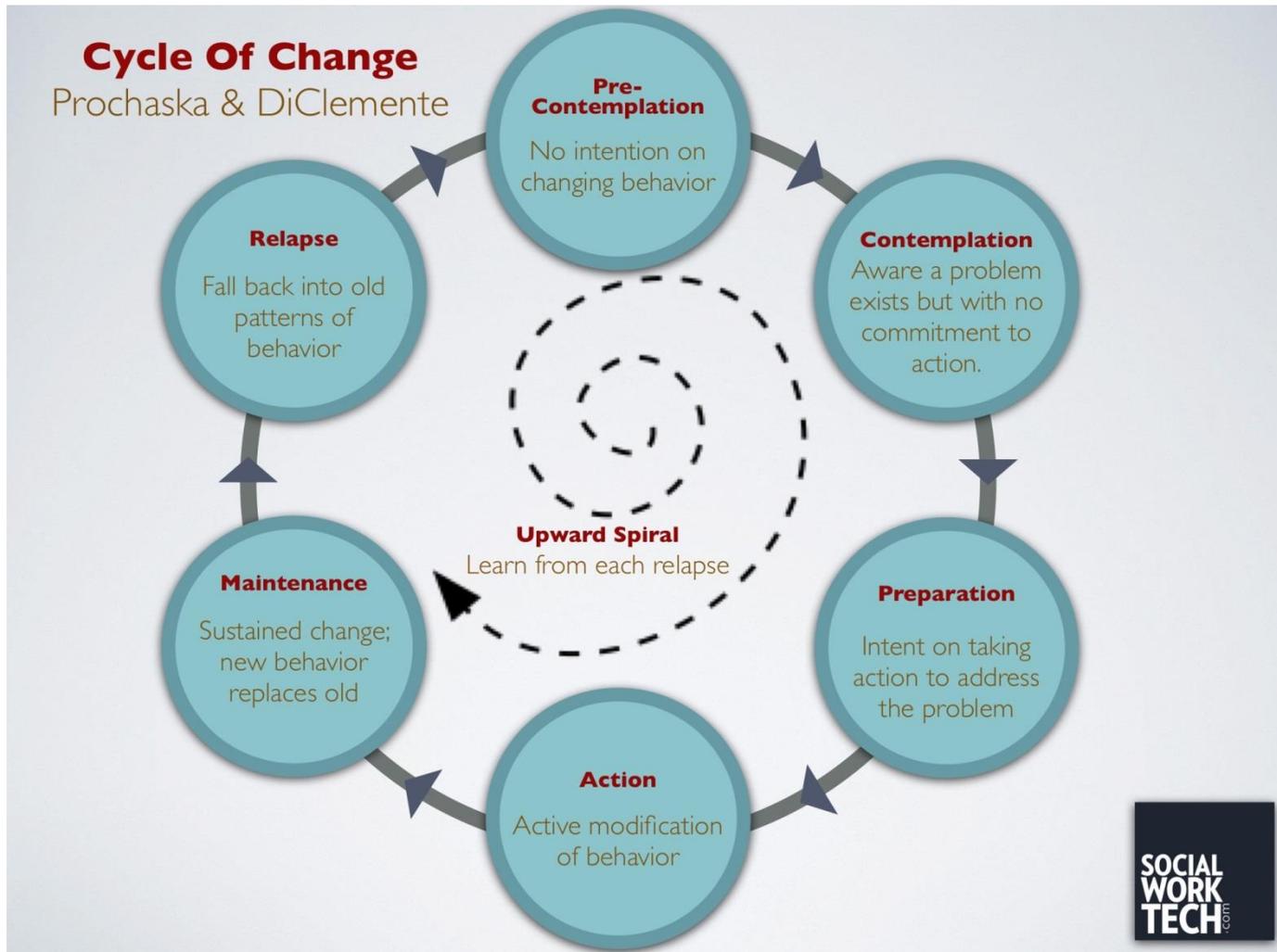




**WELLNESS**



# CREATING CHANGE IN SELF-CARE



# BREAKOUT SESSIONS

WORKSHOP	LOCATION
Drum circle	Main Library
Yoga for stress relief	Outside
Guided meditation	Outside Labyrinth
Practicing Gratitude	Cafeteria/ Dining Hall

