

Self care

Presented by :

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Objectives

1. Participants will understand the importance of self care and stress management as a key factors in working in a health/mental health care environment.
2. Participants will obtain definitions of burnout compassion fatigue.
3. Participants will be introduced to self-care assessment as a way of self monitoring.
4. Participants will participate in developing their own self-care and stress management plan

Self care and direct care staff

One of the things that doesn't get talked about very much is the trauma of the staff. We talk about the trauma of our clients.

What is Self-care

Self-care is the practice of activities that are necessary to sustain life and health, normally initiated and carried out by the individual for him- or herself.

“Self-care is not selfish (its a gift to all concerned). You cannot serve from an empty vessel.”

Healing is our attempts to do more of the things that can bring us joy and less of the things that brings us pain

What are the benefits of self-care?

- It enhances your relationships (with yourself and others)
- It makes you more effective and productive:
- It helps prevent burnout

What is Burnout

A state of physical, emotional and mental exhaustion caused by long term involvement in emotionally demanding situation.

Burnout

Burnout can feel its impact on different levels.

It may effect our physical health, our mental health and/or our emotional health.

Burnout main areas of symptoms

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- Feeling extremely tired, drained of energy
- Experiencing low mood and a sense of being unable to cope
- Experiencing sleeping difficulties
- Experiencing stomach or bowel problems
- Feeling cynical and frustrated about your situation and/or about the people around you (work colleagues, family members)
- Feeling numb about the people around you and/or your environment
- Distancing yourself from those around you
- Withdrawing from activities you once enjoyed feeling very negative with no motivation to do things you normally enjoy finding them extremely difficult
- Finding it hard to concentrate
- Feeling listless and lacking creativity

Foundations of well-being

Body

Physical wellbeing - how you take care of your body and manage your energy. Making sure you get enough rest, that you eat and drink well and move your body regularly are key considerations.

Mind

Mental wellbeing - how you are feeling and how well you can cope with daily life. Stimulating your mind with new things and expressing your creativity, and balancing that with letting your mind switch off and rest.

Heart

Emotional wellbeing - how you understand, manage and release your emotions. Ensuring that you spend time with people and things that nourish and support you, and finding ways to express your emotions in a safe and comfortable way (including laughter and tears) give you a great boost in this area.

Spirit

Spiritual wellbeing - how you experience and integrate meaning and purpose in your life through a sense of being connected with self, others, art, prayer, music, literature, nature or a “power greater than yourself”. This can be associated with following a particular religion, faith or spiritual practice.

Work

Relational wellbeing - the work you are doing in the world (whether paid or not), how you relate to the people around you at work, and your quality of life outside work.

Setting boundaries on the amount of work you are doing, seeking support when you need it and making your working environment comfortable and enjoyable are important aspects to consider.

What is resilience?

Resilience is the ability to adapt well to stress, adversity or tragedy. It means that, overall, you remain stable and maintain healthy levels of psychological and physical functioning in the face of disruption and chaos.

“The key for Building Resilience”

The key is not try to avoid stress altogether, but to manage the stress in our lives in a such a way that we avoid negative consequences of stress.

Accept the fact the esthete will be certain levels of stress in your life, and work to manage it in a way that you avoid or minimize the negative consequences the stress

Strategies for building Resilience

1. Make connections- family, friends, civic groups.
2. Avoid seeing crises as insurmountable problems. You can change how you interpret and respond to stressful events
3. Accept the change is a part of living. The only thing that is constant in life is change
4. Do something regularly, even if it seems small, which enables you to move toward your goals.
5. Take decisive actions rather than detaching completely and wishing problems and stresses would go away

6. Look for opportunities for self discovery. people often grow in some respect as a result of their struggle with loss

7. keep things in perspective. keep a long term perspective- avoid blowing things out of proportion

8. Maintain helpful outlook. Expect that good things will happen in your life; visualize what you want rather than worrying about what you fear

9. Nurture a positive view of yourself. Develop confidence in your ability to solve problems.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities you enjoy and find relaxing.

Thank you