

Go, Grow, Glow

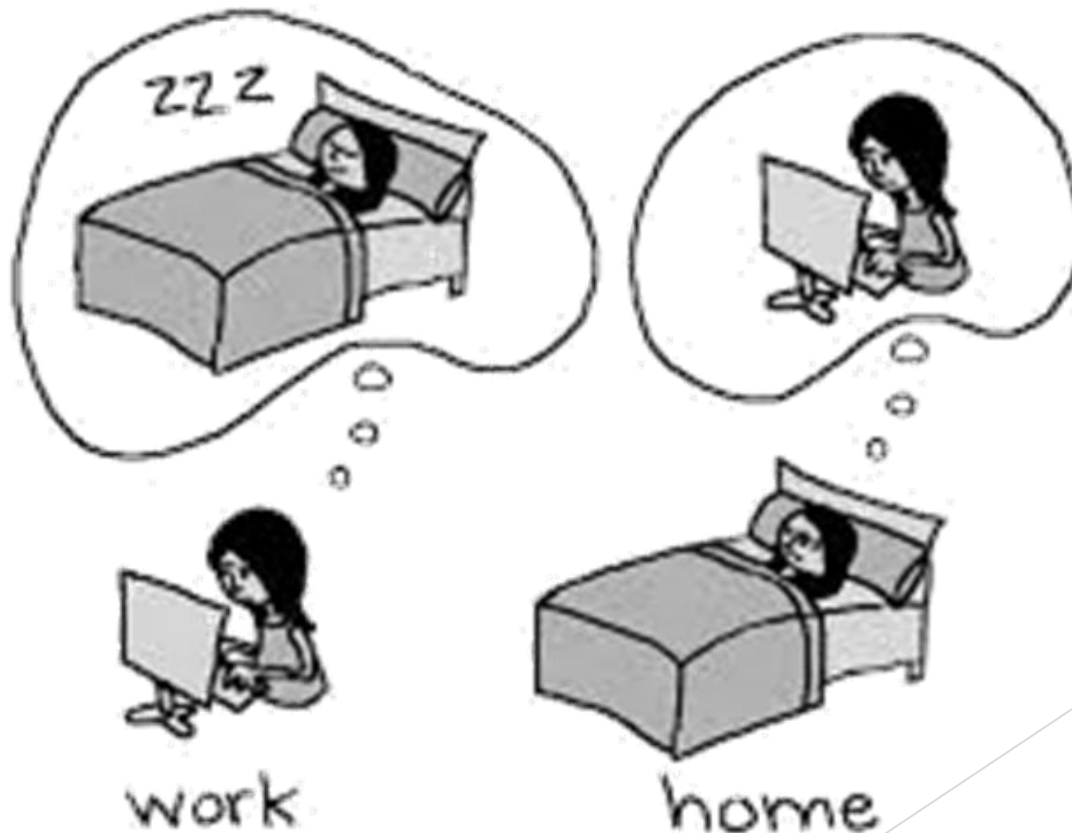
Stress, Burnout & Self-Care



What would you do if you had one more hour in the day?



WORK-LIFE BALANCE



WHY is this such a struggle for us?

Cognitive dissonance: we have an unrealistic picture of “balance”

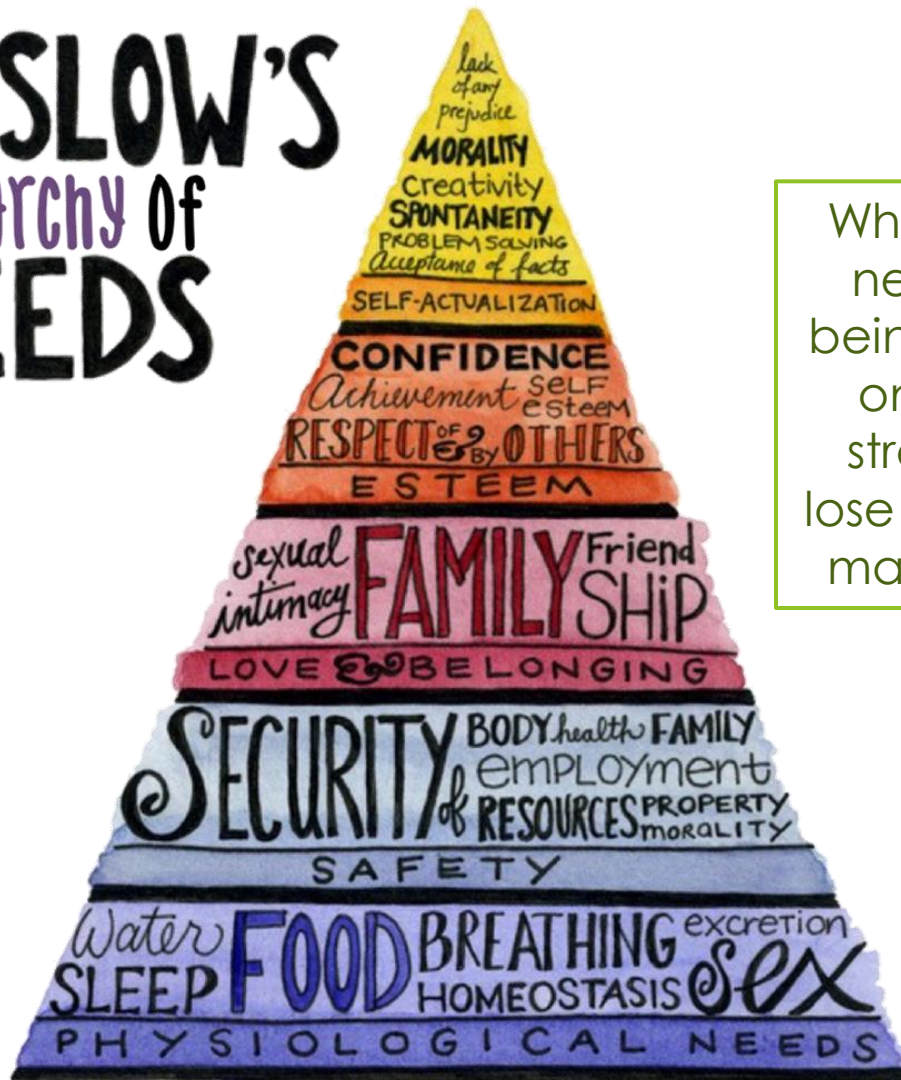
- ▶ You don't stop living just because you are at work
- ▶ For many of us work is a huge part of our identity and a reflection of our values and purpose in life
- ▶ Work and life do not fall into nice 8-hour categories. It all overlaps during the day (your kid's ball game, a family supper and the big staff meeting).
- ▶ There is no “perfect hourly formula” for happiness, health and success
- ▶ We are under the impression that the “life” part is relaxing and fun and fulfilling and peaceful. That's vacation; LIFE is a lot of work....



Most people come to realize that they don't have a problem with **balance** per se (they can for the most part determine how they could "work less" and "play more") so much as they have a problem with **highly stressful environments, expectations, feeling purpose, commitments and challenges.....**

....At work *and* in life

MASLOW'S Hierarchy of NEEDS

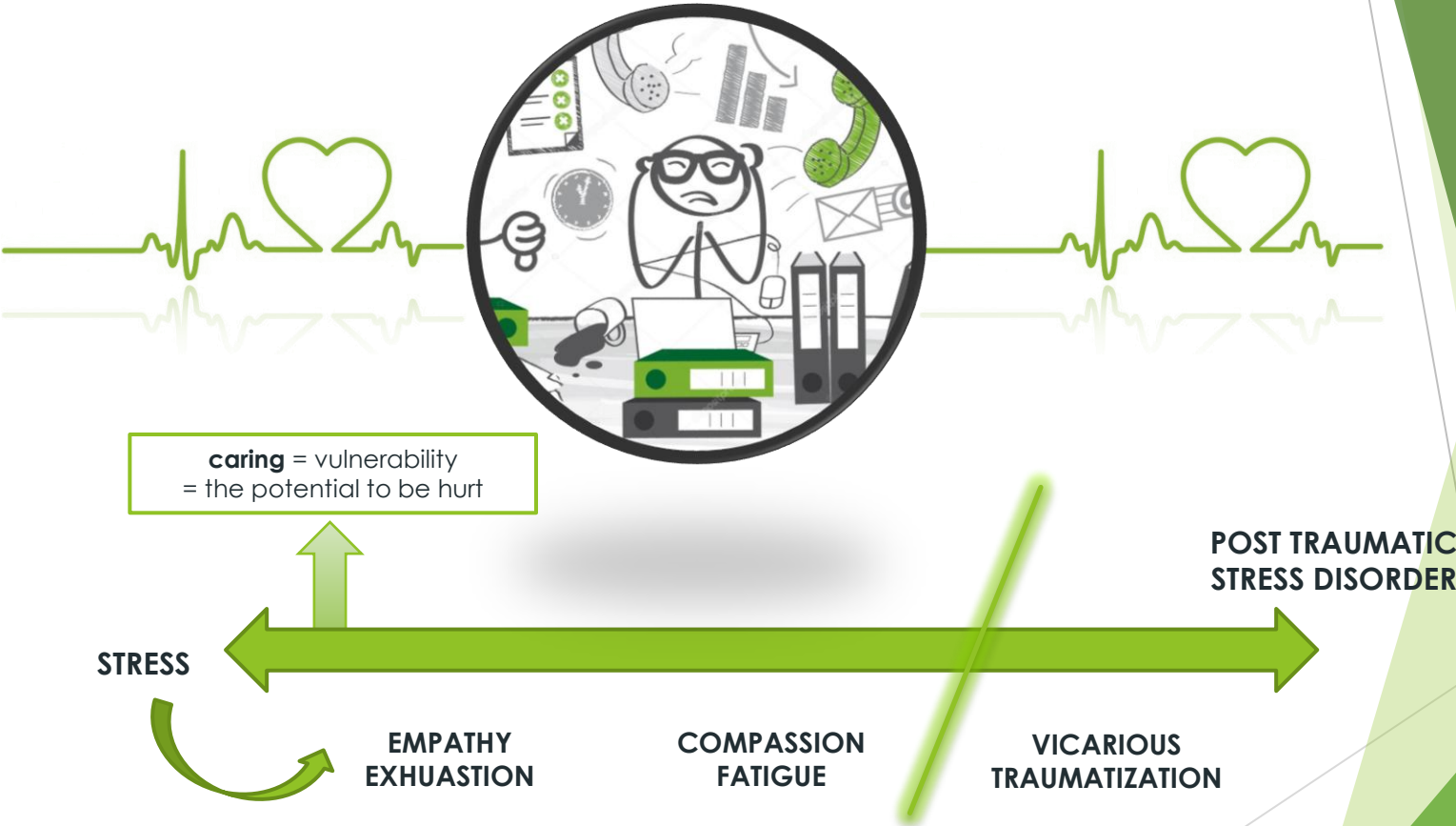


When our core needs aren't being met, it not only creates stress, but we lose the ability to manage it well

STRESS

- ◉ Can be internal (we place on ourselves) or external (placed upon us by others or circumstance)
- ◉ Can be positive (eustress) or negative (distress)
- ◉ Is UNIQUE to everyone in intensity, cause and symptoms
- ◉ The 3 C's are often key players in our interpretation of stress:
 - Connections
 - Competency
 - Control

The 'Costs of Caring' Continuum



Empathy Exhaustion

- ▶ Empathy is one of the most beautiful parts of being “human”
 - ▶ The neurons responsible for empathy exist in all parts of our brain
- ▶ Being overwhelmed with feeling
- ▶ Absorbing and processing negative energy (especially for those you care for or wish better for)
- ▶ Connecting with and understanding others' experiences...repeatedly
- ▶ Becoming “emotionally tired” of other people's “stuff” and the needs they have





Compassion Fatigue

- ▶ Similar to Empathy Exhaustion in many ways; additionally we begin to see “reactions” and behaviors
 - ▶ Apathy
 - ▶ Move away from caring deeply to not caring
 - ▶ Cynicism
 - ▶ Judgement/ Blaming/ Frustration
 - ▶ Giving up/ Why bother?
 - ▶ Begin asking philosophical/ meaning questions
 - ▶ Change of worldview

Common emotional and mental symptoms of STRESS/ Burnout

- ▶ Irritability
- ▶ Mood swings
- ▶ Emotionality
- ▶ Apathy
- ▶ Anger
- ▶ Over controlling/ bossy
- ▶ Detachment
- ▶ The “crash”
- ▶ Worry (especially anticipatory)
- ▶ Avoidance
- ▶ Attention to threat
- ▶ Fast/sustained physiological arousal
- ▶ Psychosomatic complaints
- ▶ Difficulty in resting and going to sleep
- ▶ Shyness/ Social withdrawal
- ▶ Perfectionism



WHO JAMMED THE COPIER

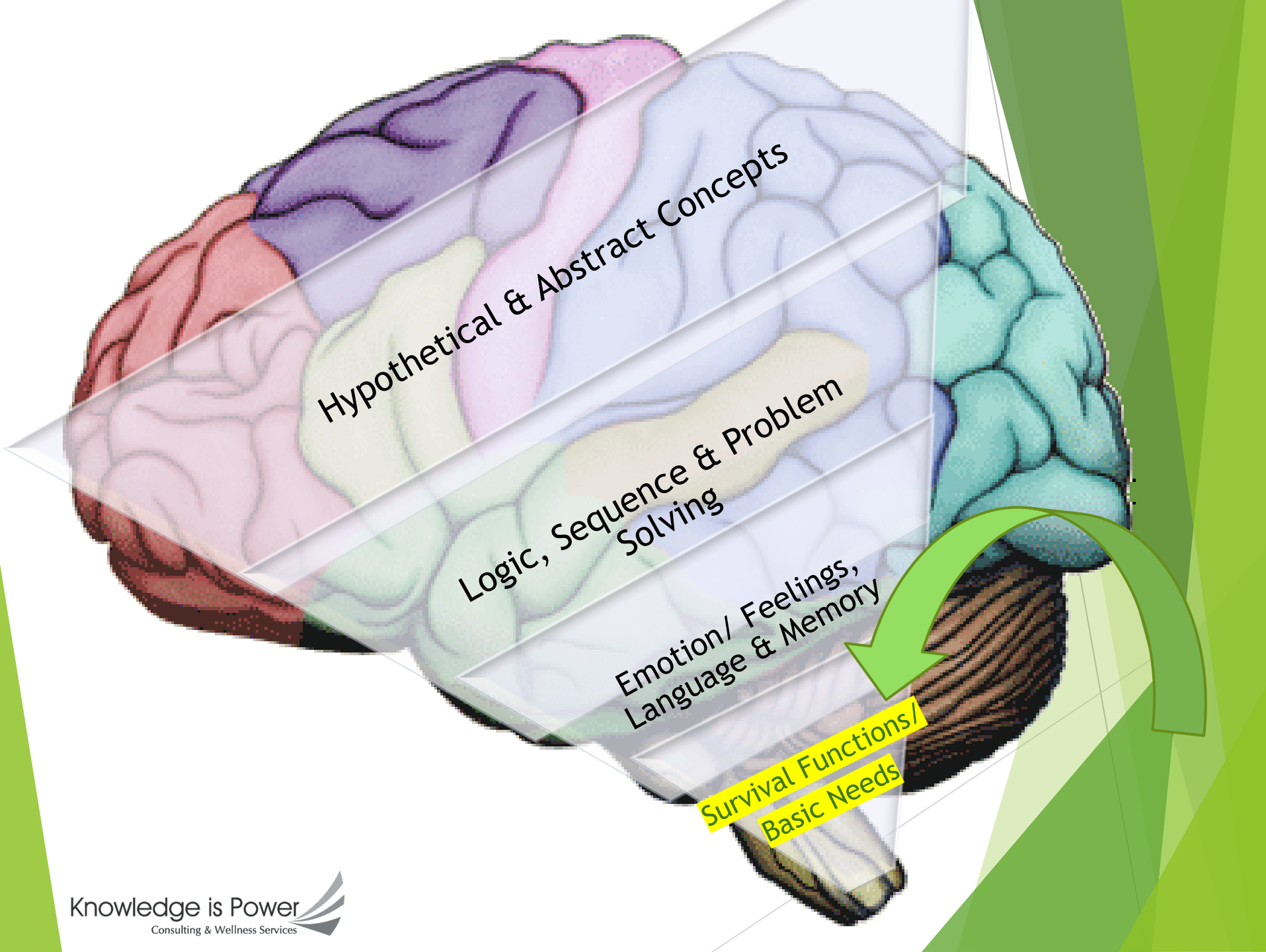


AND LEFT IT LIKE THAT?

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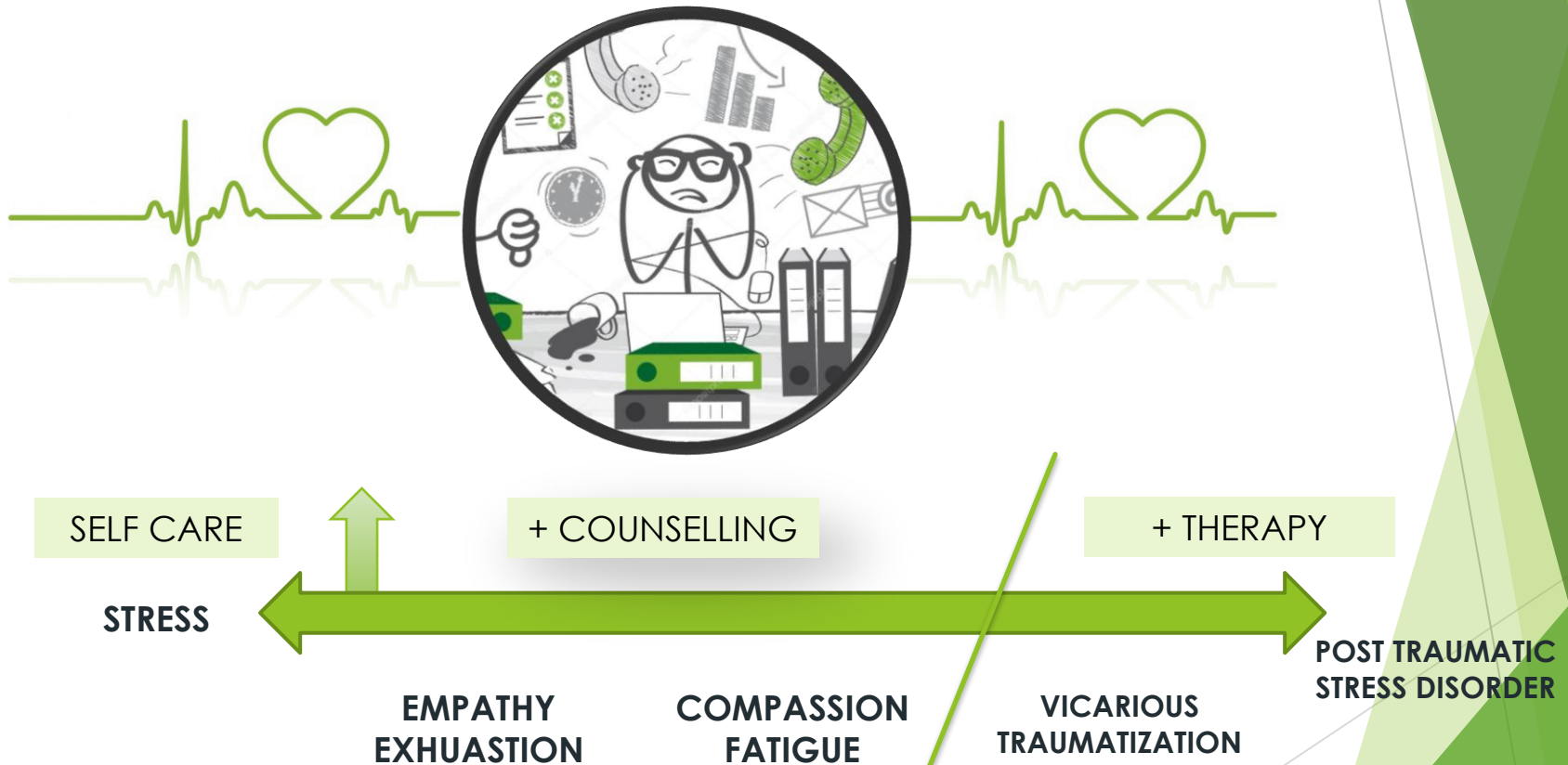
**“Aside from ulcers, heart attacks, bypass surgery,
drug and alcohol problems, and broken families,
a little hard work never hurt anyone!”**



*No problem can
be solved from the
same state of
consciousness
which created it...*

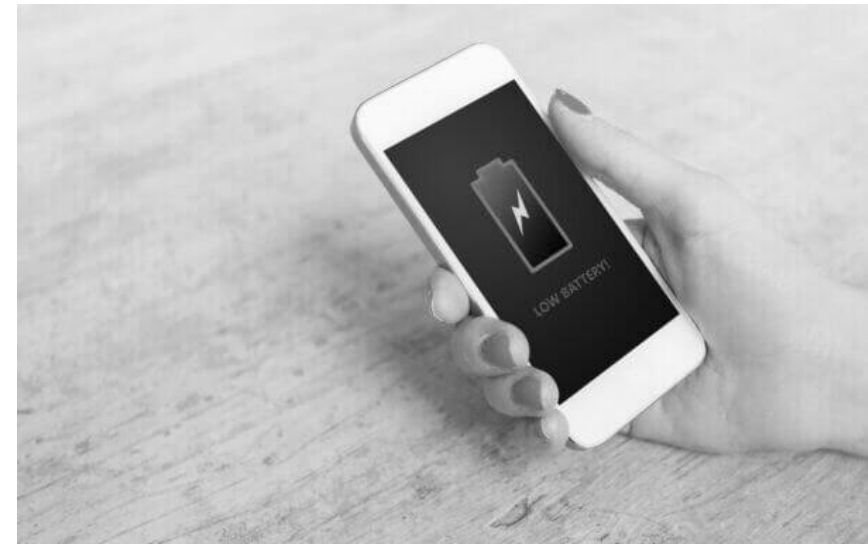
~Albert Einstein

Coping & Healing Strategies



What is Self Care?

- ▶ Self-care is literally taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.
- ▶ Self-care is like charging your phone battery...
- ▶ Self-care is not self-indulgence or being selfish (why do we feel....guilty?)
- ▶ Self care is attending to our basic needs, so that **we can be our best selves** (counsellors, parents, employees, friends, spouses, coaches etc.)



Why do we self care?

To be your best self, you first need to attend to your needs

- ▶ Our role is one that requires us to give of ourselves, and we need to therefore find a way to recover and refill
 - ▶ Be careful of what you fill the spaces with
- ▶ We are caught up in the glorification of busy
- ▶ Rest is important as work.
- ▶ Rest is short for "restore"
- ▶ Rest = Recovery
 - ▶ What happens when we "rest"
 - ▶ Never underestimate the intelligence of the body at rest



Perspective
shift...

Instead of asking,

**“Have I worked hard
enough to deserve to rest?”**

I've started asking,

**“Have I rested enough to do my
most loving, meaningful work?”**

How do we self care?

How do you **show up** for
yourself and others
every day?



What is a “good”
caregiver/ parent?



When we were young...

Our parents/ caregivers made sure we had:

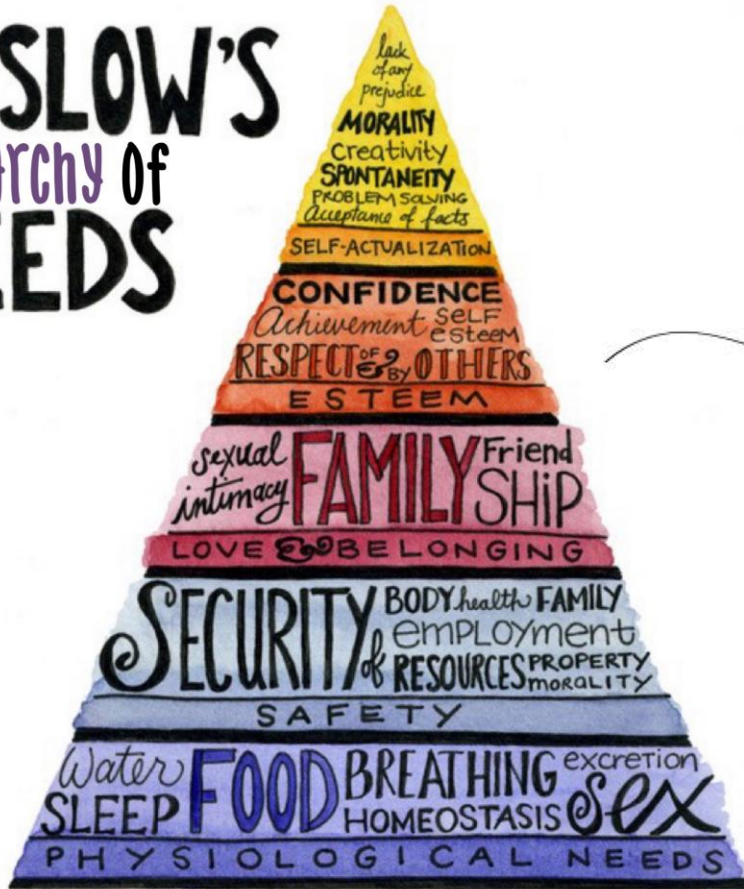
- ▶ Food
- ▶ Shelter
- ▶ Exercise/ Movement
- ▶ Bed Time
- ▶ Routine
- ▶ Boundaries
- ▶ Love & affection
- ▶ Learning
- ▶ Hobbies
- ▶ Limited Screen Time
- ▶ Good friends & supportive family
- ▶ Positive self-talk, success & confidence!
- ▶ And sometimes.....TREATS!



Now that we're adults, we need to provide these things for our selves



MASLOW'S Hierarchy of NEEDS



wellness

Physical Self Care

- ▶ Settle the Central Nervous System – **anything else you try will be difficult if your CNS is dysregulated**
- ▶ Breathing (Why? How?)
- ▶ Progressive Muscle Relaxation (jaw/ shoulders/ neck)
- ▶ Sleep
- ▶ Diet/ Exercise (HEAL)
- ▶ Meditation/ Mindfulness
 - Ways to be mindful/ meditate:
 - ▶ Stillness/ Space
 - ▶ Music
 - ▶ Art
 - ▶ Journaling
 - ▶ Nature
 - ▶ Deep breathing
 - ▶ Yoga



Safety/ Security Self Care

- ▶ Rhythm & Routine
- ▶ Predictability
Consistency
- ▶ Law & Order
- ▶ Clean Up – your mind
mirrors your
environment
- ▶ Planning
- ▶ Live within your means
- ▶ Keep it simple (one task
at a time)



Relational Self-care

- ▶ Connect with your people
 - ▶ Social
 - ▶ emotional
 - ▶ Help/ support
- ▶ You become like the 5 people you spend the most time with...
 - ▶ Notice your energy around people (and theirs)



Emotional Self-care

- ▶ Process your emotions to settle your bottom brain
 - ▶ Journal
 - ▶ Process
 - ▶ Laugh & Cry
 - ▶ Be present with your feelings
 - ▶ Music
 - ▶ Find gratitude & perspective
 - ▶ Forgive yourself...



Esteem/ Confidence Self-care

- ▶ Do things that build your confidence
- ▶ Find success & achievement
- ▶ Watch your self talk
- ▶ Turn your cameras off
- ▶ Set realistic goals. (Note, when you are struggling, anything worth doing is worth doing half-assed)
- ▶ Dress how you want to feel
- ▶ Believe that you have PERSONAL value...



You are so
much more
than you see...



Treats

- ▶ Bubble baths
- ▶ Fancy Coffee
- ▶ New clothes
- ▶ Shopping
- ▶ Food that's fun
- ▶ Things that **feeeeeel** good
- ▶ Tik Tok/ Youtube/ Instagram...
- ▶ Things that are easier

Let go of the guilt...





Self Care Tips

- ▶ Choose/ highlight/ protect a time
- ▶ Remember the basics of HOW to relax
 - ▶ Drop Jaw/ Soften Shoulders
 - ▶ Deep breath
 - ▶ Free of distractions
 - ▶ Be comfortable
 - ▶ Laugh & Cry
 - ▶ “play”
 - ▶ Mantra/ Phrase
- ▶ Ask yourself the following questions:
 - ▶ What do I want more of in my life?
 - ▶ What language/ self talk to do I need to change or attend to?
 - ▶ What is the hardest part of self-care? How can I overcome this?
 - ▶ What do I need right now...?



Need some ideas?

Sleep

Drink lots of Water

Take a break from technology

Get healthy boundaries: learn to say "no"

Take a bath or shower

Get comfy

Read

Play a game/ watch a show/ scroll the internet (be careful!)

Plan a getaway

Colour

Take yourself on dates

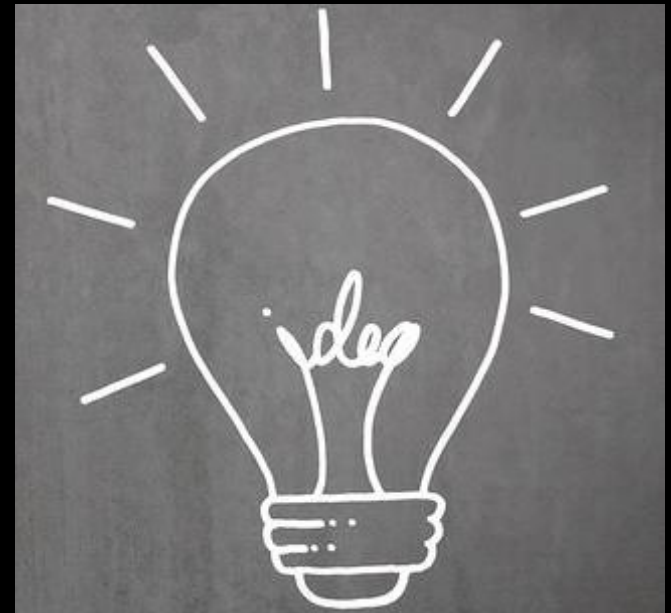
Get a massage

Try a new hobby, recipe or sport

Take a class

Do a service project

Remember you don't have to be productive



ABC's of Self Care

- ▶ Balance
- ▶ Body
- ▶ Boundaries
- ▶ Breath
- ▶ Celebrate
- ▶ Change
- ▶ Choices
- ▶ Comfort
- ▶ Creativity
- ▶ Direction
- ▶ Energy
- ▶ Feelings
- ▶ Food
- ▶ Forgiveness
- ▶ Giving/ Receiving
- ▶ Gratitude
- ▶ Habits
- ▶ Health
- ▶ Help
- ▶ Home/ Work
- ▶ Identity
- ▶ Learning
- ▶ Meaning
- ▶ Mind
- ▶ Money
- ▶ More/ Less
- ▶ Move
- ▶ Nature
- ▶ Pain Mgm't
- ▶ Play
- ▶ Reflect
- ▶ Relationships
- ▶ Relax
- ▶ Resolve
- ▶ Safety
- ▶ Same/ Different
- ▶ Sleep
- ▶ Space
- ▶ Speak Up
- ▶ Stuff
- ▶ Support
- ▶ Technology
- ▶ Time
- ▶ Triggers
- ▶ Worth



a b c d e
f g h i j k
l m n o p
q r s t u
v w x y z

welcome to adulthood, trying to
relax is one of the the most
stressful things you have to do



Thank You



Knowledge is Power

Consulting & Wellness Services



www.knowledge-power.ca