

When It All Hits The Fan: Self-Care Strategies for Resilience





West Virginia
Behavior/Mental Health
Technical Assistance Center

is the result of a partnership between



WEST VIRGINIA
AUTISM TRAINING CENTER
AT MARSHALL UNIVERSITY



West Virginia DEPARTMENT OF
EDUCATION

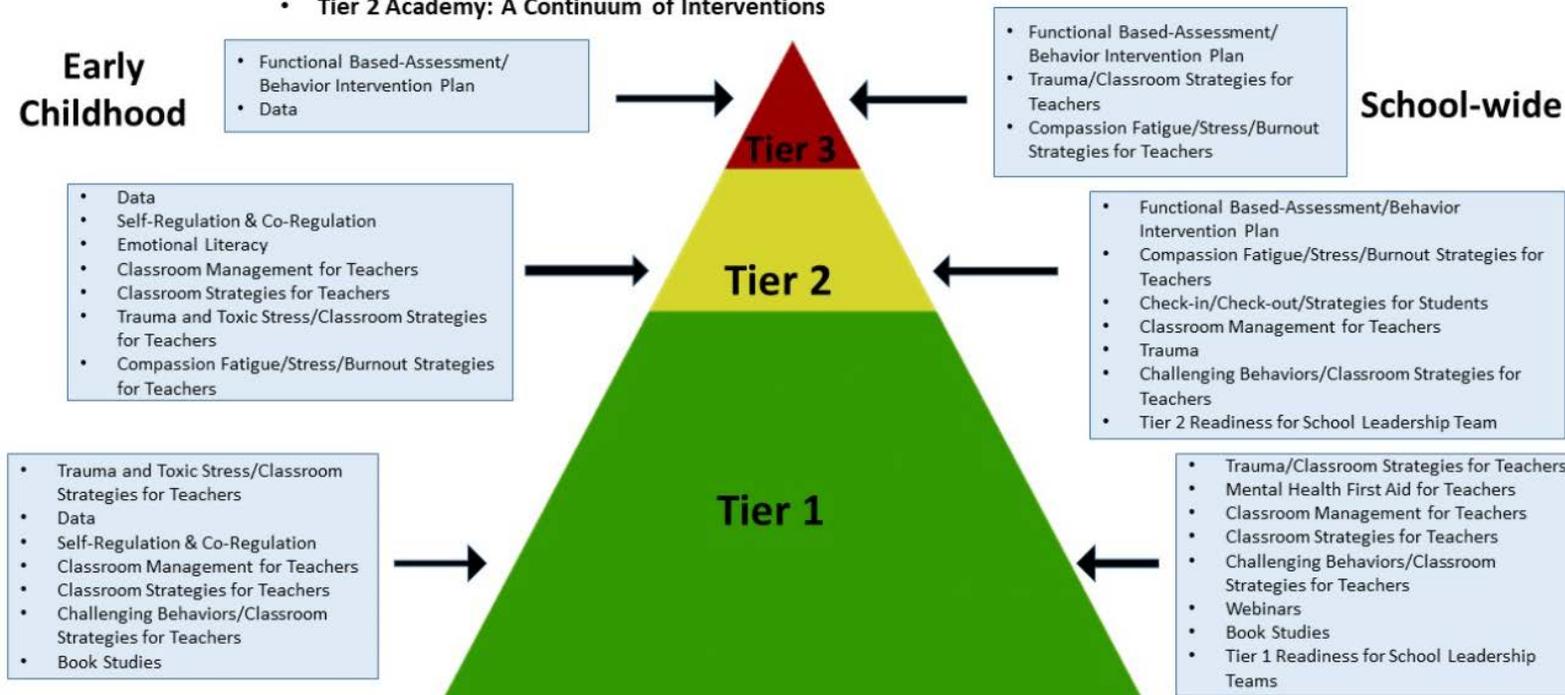
Behavior/Mental Health TAC Website

<https://www.marshall.edu/bmhtac/>

TRAININGS AT A GLANCE

Multi-Tiered System Of Supports

- Early Childhood Positive Behavioral Interventions and Supports (ECPBIS) Overview and Academy
- School-wide Positive Behavioral Interventions and Supports (SWPBIS) Readiness, Overview and Academy
- Tier 2 Academy: A Continuum of Interventions



Overview

Compassion Satisfaction

Compassion Fatigue

Burnout and Traumatic Stress

Resilience

Self-Care Strategies

Seriously...

So Why Is Self-Care Important?

”

I'm a **first year** school psychologist and **I'm already at a burnout**. I have 11 schools.

”

Part of it is **battling with the commitment**. Getting up and going to work is a struggle but its **not just about me**. I have to go for “my” kids.

”

There is **frustration with the systems**. Kids bounce back and forth out of foster care. From school to School. Home to Home. **What is my role** as a School Psychologist?

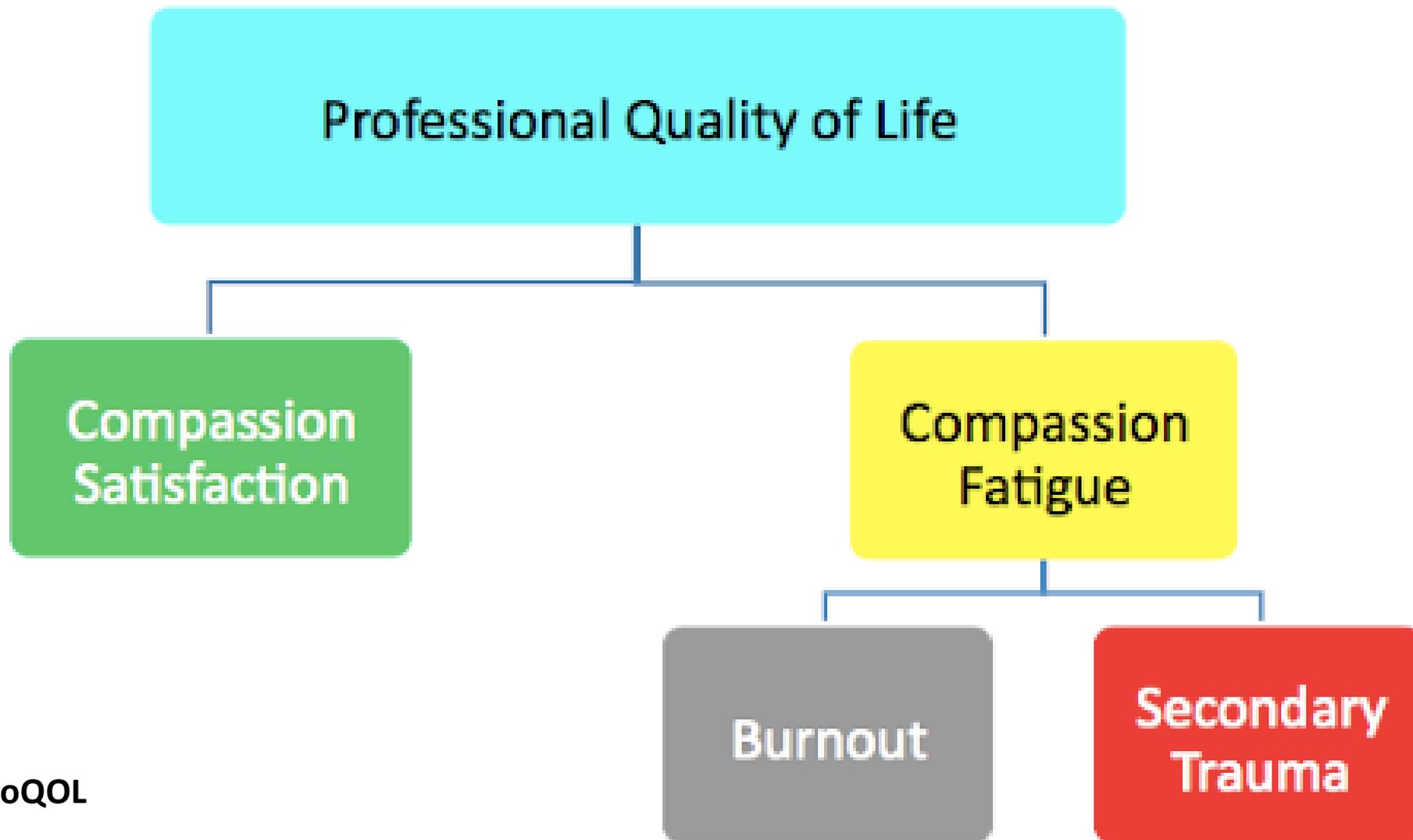
Additional Comments



If you aren't trained, you don't know what to do. We cant punish our way out of this.



Its not that we don't want to help but it's that we don't know how to help. It's the stress of not knowing what to do for the child.



CS-CF Model: ProQOL

Compassion Satisfaction

- The **pleasure** you derive from when you able to do your **work well**.
- When you **feel positive** about your colleagues and your ability to **contribute** to the work setting.
- A **sense of fulfillment** from engaging in assisting and **helping people**.

Compassion Fatigue: The Cost of Caring

- The **negative aspect** of **helping people** within a helping profession
- **Change** in our **views** and how we **react** to those around us.
 - How we provide care
 - **Views about the system**
 - Relationships with colleagues
 - **Beliefs about our self**
- **Burnout**
- **Traumatic Stress**

Signs and Symptoms of CF

Physical Signs and Symptoms

- Exhaustion
- Insomnia
- Headaches
- Increased susceptibility to illness

Behavioral Signs and Symptoms

- Increased use of alcohol and drugs
- Absenteeism
- Anger and Irritability
- Impaired ability to make decisions
- Problems in personal relationships
- The Silencing Response
- Depleted parenting

Psychological Signs and Symptoms

- Emotional exhaustion
- Distancing
- Negative self-image
- Depression
- Sadness, Loss of hope
- Anxiety
- Guilt
- Cynicism
- Lack of Empathy
- Resentment
- Dread of working with certain students
- Feeling professional helplessness
- Diminished sense of enjoyment/career
- Inability to tolerate strong feelings

Spiritual

- Questioning Meaning of Life
- Loss of Purpose
- Questioning Religious Beliefs

Burnout

A **state of mental and/or physical exhaustion** resulting from extended periods of **stress overload** (Girdin, Everly, and Dusek, 1996).

- Lack of energy.
- Dragging self out of bed to push yourself to work.
- Sense of helplessness.
- Comes on very slowly, creeps up from behind.
- We don't connect symptoms to burnout.



Traumatic Stress

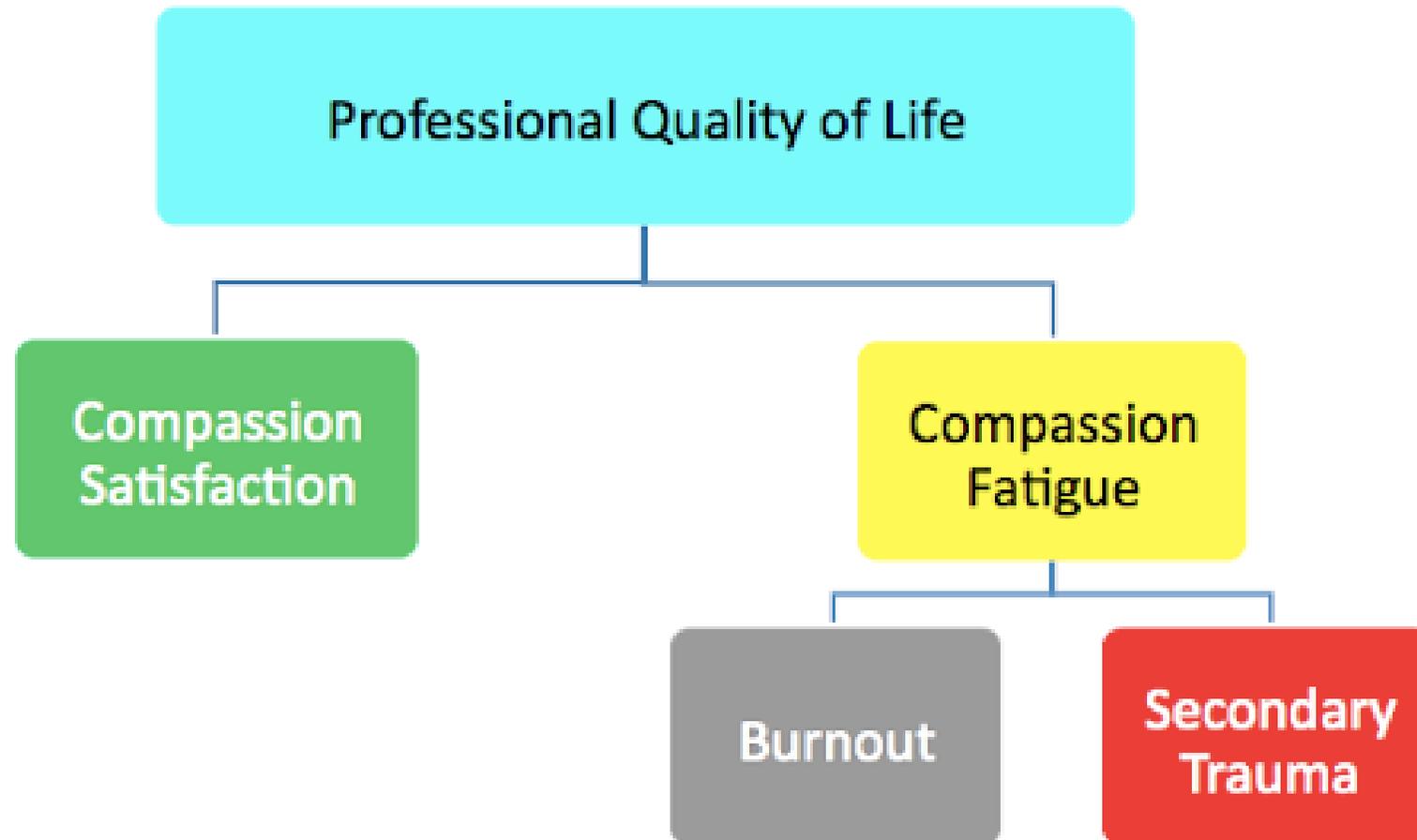
- **Traumatic Stress – Fear**
- 1) Primary, 2) Secondary and 3) Vicarious Trauma
- **Traumatic Stress:** If you were the victim. Student attacks you.
- **Secondary Stress:** The people who witnessed the event.
- **Vicarious Traumatization:** Trauma we experience just by hearing what had happened.

Co-Traveler's of Satisfaction and Compassion Fatigue

- You can have a high level of Satisfaction and Fatigue at the same time:
 - I love my job I hate my job.
 - I really don't want to go to work tomorrow but I really don't want to leave my field.
 - I love teaching but my days are extremely stressful.



Self-Assessment: Where Do You See Yourself Today???



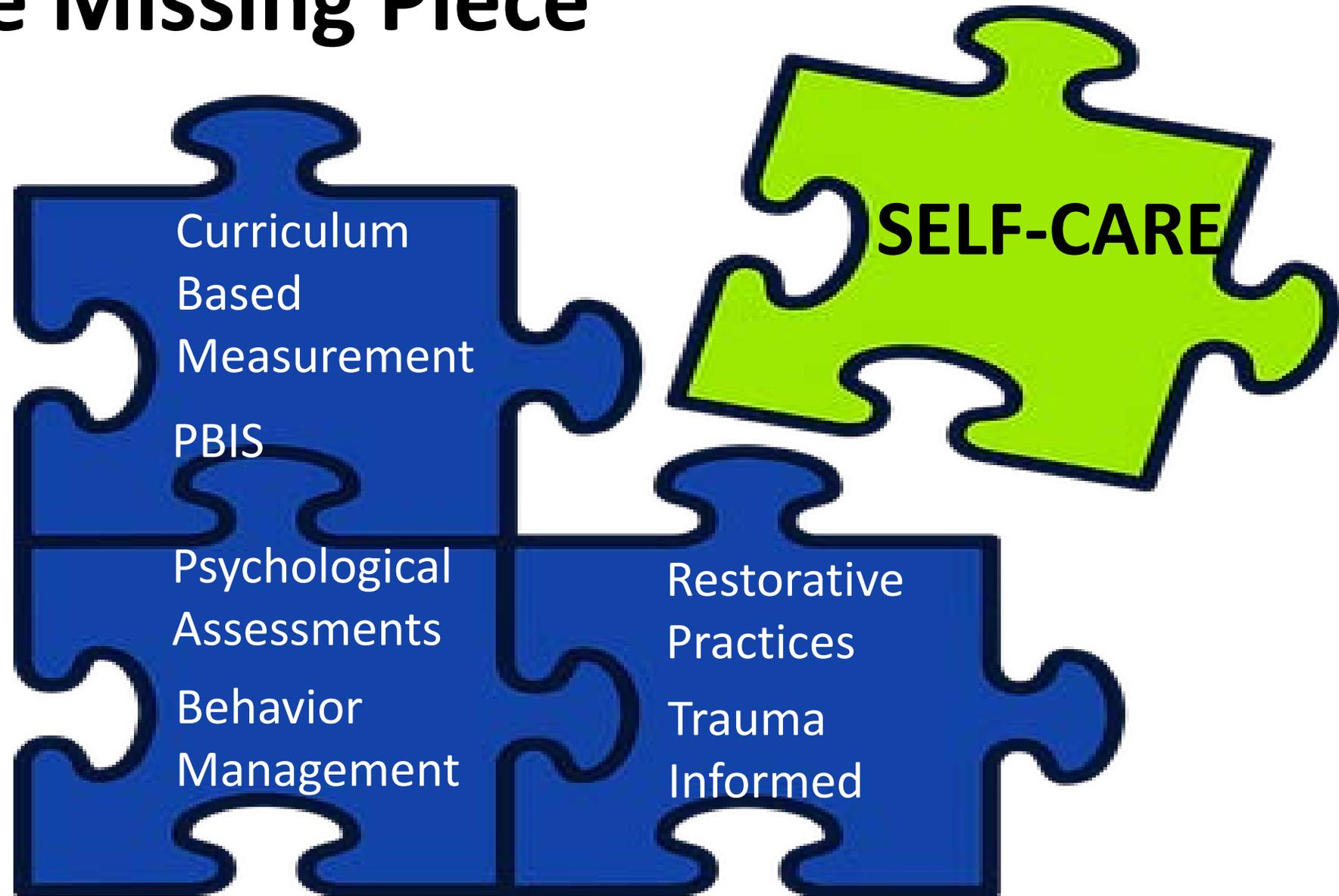
CS-CF Model

Measuring CS & CF: The *Professional Quality of Life Scale (ProQOL)*

- A **30 item self report** measure of the **positive and negative aspects of caring**
- The ProQOL measures **Compassion Satisfaction** and **Compassion Fatigue**
- Compassion Fatigue has **two subscales**
 - Burnout
 - Secondary Trauma



The Missing Piece



Self-Care for the Selfless

- **Self-Care-** n. the practice of taking action to preserve or improve one's own health
- **Selfless-** adj. concerned more with the needs and wishes of others than with one's own



Why Should You Put You First?



Resiliency: Radical Self-Care

RESILIENCE IS
radical
SELF-CARE
IN ACTION.

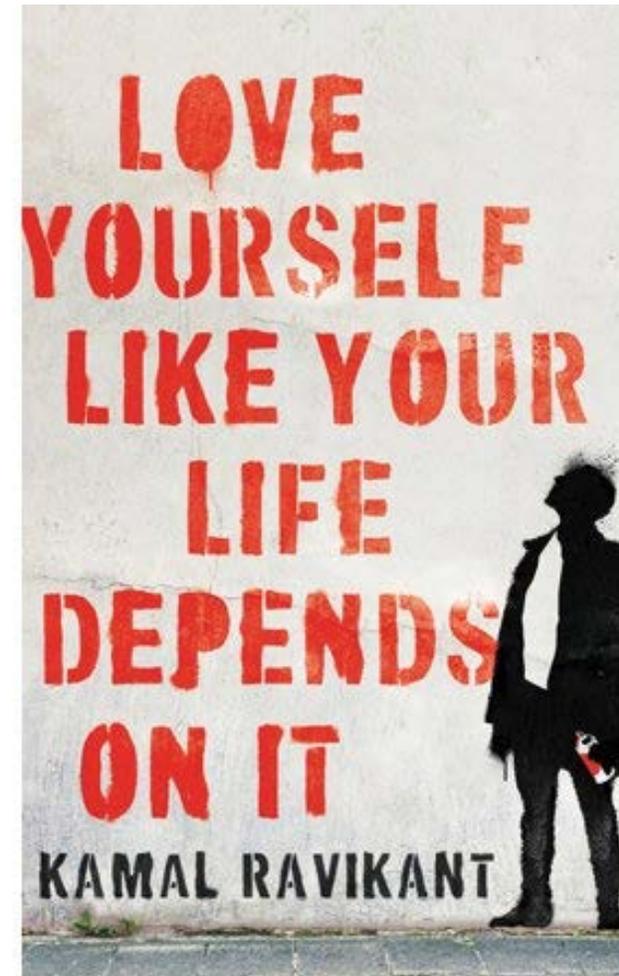
-- SHAWN FINK

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Love Yourself Like Your Life Depends On It



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Self-Care Strategies

Let's Open And Explore



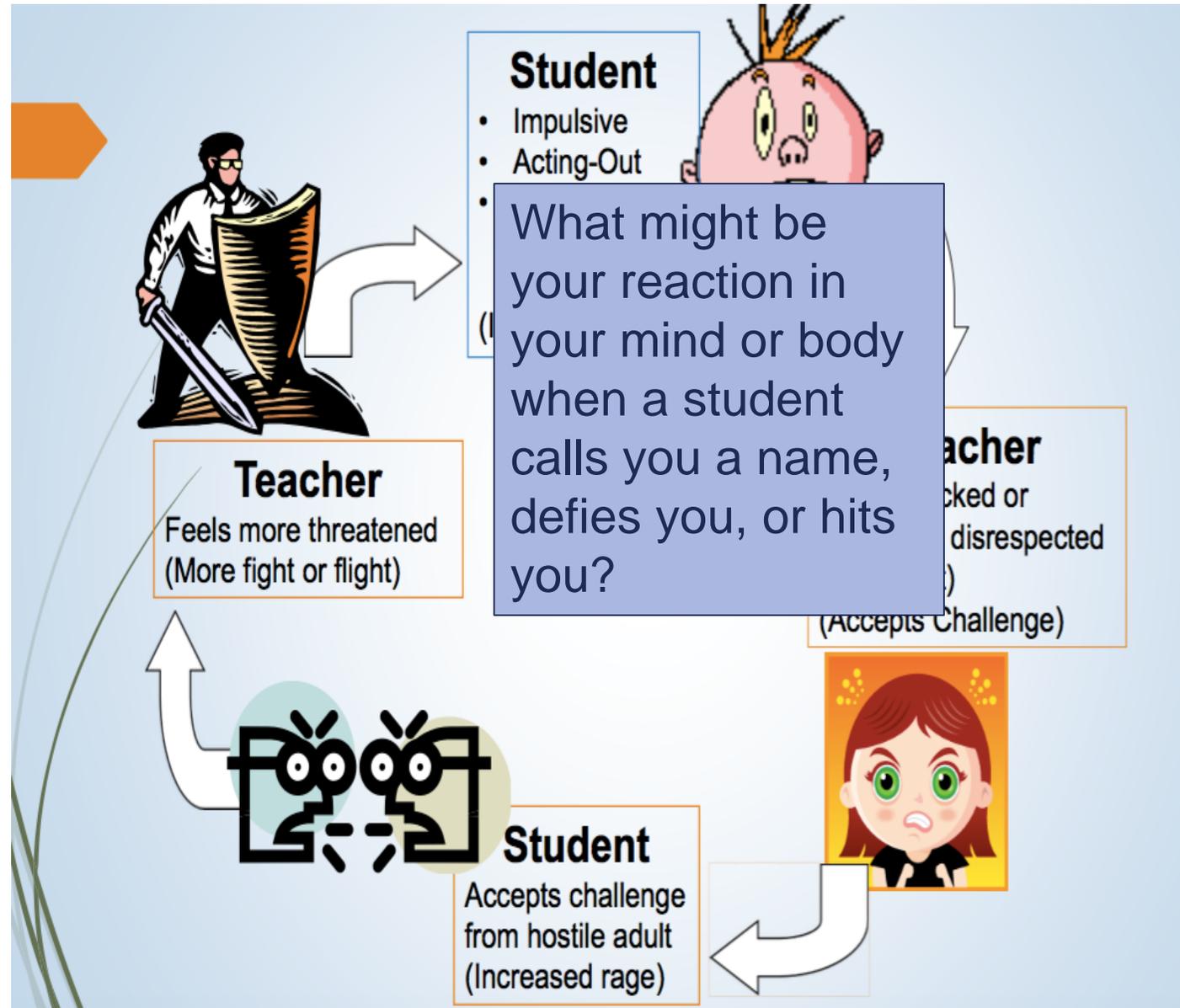
SELF-REGULATION

SO WHAT IS IT?

- The ability to **manage** disruptive **emotions** and **impulses**.
- Taking the time to **think things through** and make a plan prior to re-acting.
- Allows you to **act in accordance** with your values and to **express yourself appropriately**.



Dysregulation



Don't Pick Up The Rope

Keep the “emotion”
out of the equation



Press The Pause Button

To be “**successful**” with **day-to-day interactions** with one another, we need to be able to **regulate our emotions and bodies.**



How To Reduce Stress Like A Navy Seal

When experiencing **intense levels of stress**, the most effective first step you can take is to **breathe deeply**.

Five Step Process:

- Step 1: Inhale for 4 seconds
- Step 2: Hold air in your lungs for 4 seconds
- Step 3: Exhale for 4 second (Lungs Empty)
- Step 4: Hold your lungs empty for 4 seconds
- Step 5: Repeat until to feel **refocused** and **relaxed**



Dare To Be Imperfect

- We're **tempted** to think that **if we do more**, we will feel less insecure, less afraid, and less anxious and depressed.
- Those armed with a **mission of daily perfection** can suffer greatly—be it from depression, anxiety, or body image dissatisfaction. (Dr. Jessica Tucker, Why Perfectionism Is Impossible)
- Question: Do you **beat yourself up** when you **experience failure** or **make a mistake**?



YOU WERE
BORN TO BE
REAL
NOT TO BE
PERFECT

A Denver man on his way to work is **kicking himself** after **making a mistake** while driving during his morning commute and crashing into a sinkhole

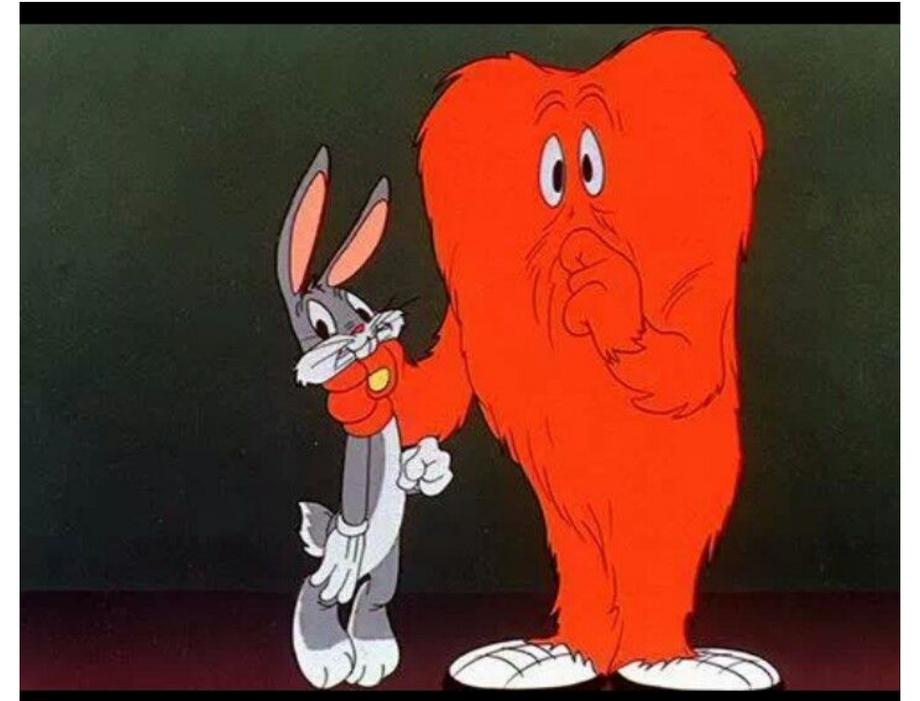
You Can't Control Everything.

Give Yourself A Break Today.



The Monster Within ...

- Psychologist **Guy Winch** Analogy
- Distorted Thinking
 - All or Nothing
 - Avoiding Problem
 - Discounting the Positive
- Finding ways to break the **negative patterns of thought**.



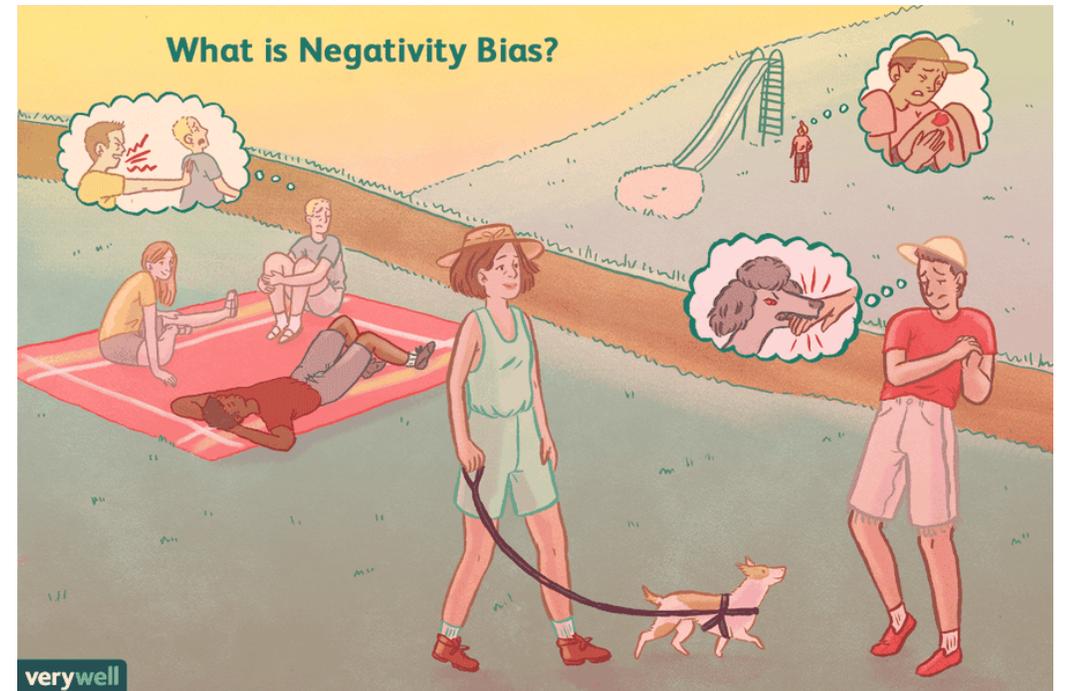
Reframing

- **Reframing:** Seeing the current situation from a different perspective.
- **HELP! I'M STUCK...**
- **Become Curious!**
 - Why is this behavior happening?
 - Why now?
 - Why not yesterday?
- Hit the “**pause button**” and **don't personalize**.
 - Lets try this... Lets try this....
- **Changing** negative thinking to **Thinking Mode**.
- Not what stresses me the most but what **I have control over?**



Create Positive Feelings About Yourself

- Take an Inventory: How often to you say nice things about yourself?
- Have you ever had “that” supervisor....?
- Negativity Bias: (The Threat)
- Positive Thought Patterns



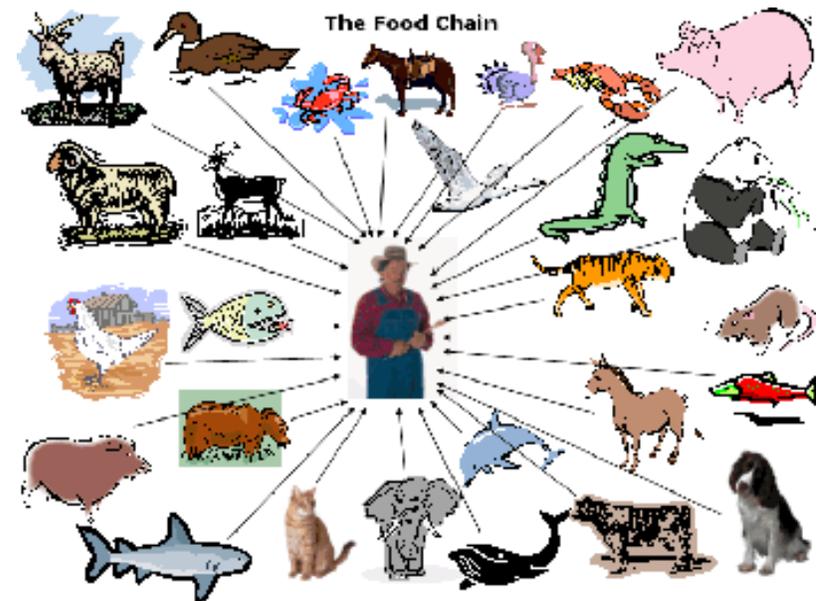
Surround Yourself With Positive People

- Stay close to people who inspire you to be better.
- **Why Should I???**
 - Learn “positive” coping strategies
 - Happiness is contagious
 - Less complaining is good for the soul
 - We become like those we keep closest to
 - Laughter is a terrific way to bond with others



Find a Mentor for Support

- Not the friend who always see it from **your point-of-view**.
- Sometimes we need **“that person”** who will give you that **reality check**. (Reel It In “T”)
- We are Collaborative People
 - We share
 - Work Together
 - Support One Another
- We Succeed... 



Write Instead...

Journaling:

Writing versus thinking helps **purge the thoughts out**, and when you can **see the words** on paper or a screen it is easier to **make sense** of it and **move forward**. – Steven Cohen, Meyvn Global

Research Shows, Journaling Can:

- Boost your mood;
- Reduce symptoms of depression;
- Decreases Stress and improves health
- Improve your working memory (Psychology Today)



Effective tool for treating Survivors of Abuse and Trauma

Write Instead...

Negative Thought Time (NTT): – Julie Kantor, PhD, JP Kantor Consulting

- A paradoxical strategy to **gain control** over negative thinking

Gratitude Journals:

- Write down three things that you are grateful for EVERYDAY.
- Even though the day may have felt negative.....there was some positive in there as well.
- Start to retrain your brain to look for and become mindful to the positive.

Establish Coming Home Rituals

“It’s hard to leave work at work”

- Set **Clear Boundaries** between work and home life
- Developing a **ritual or routine** that signifies the **end of a work day**
- “When you come home, **it’s ok to put you first.**”

This Year, I Pick “ME”.

Me, Me, Me!

This year, I pick me.

Here's why...

How to ...

- Article, *When students are traumatized, teachers are too*, Emelina Minero identified the following rituals and routines which working professionals found effective when cutting the ties between work and home:
 - Organized their desk or created a to-do list for the next workday.
 - While driving home, they listened to audiobooks or called a friend.
 - While at home, they sat in silence for a few minutes or walked the dog to decompress.
 - Changed out of work clothes and into cozy clothes.
 - Stood outside for 10 minutes before walking in the house.



Detox Yourself from the Matrix

Un-Plug and Recharge

- The **30 Minute Challenge**: detox from cell phones, computers and technology
- Stop watching or listening to the morning news:
 - Just **three minutes** of negative news in the morning will significantly **increase your chances of a negative experience** over the course of the day.
~ Dr. Woody Woodward, HCI ~
- The **15 Minute Challenge**: Putting loved ones before technology
- Empty Nest Syndrome



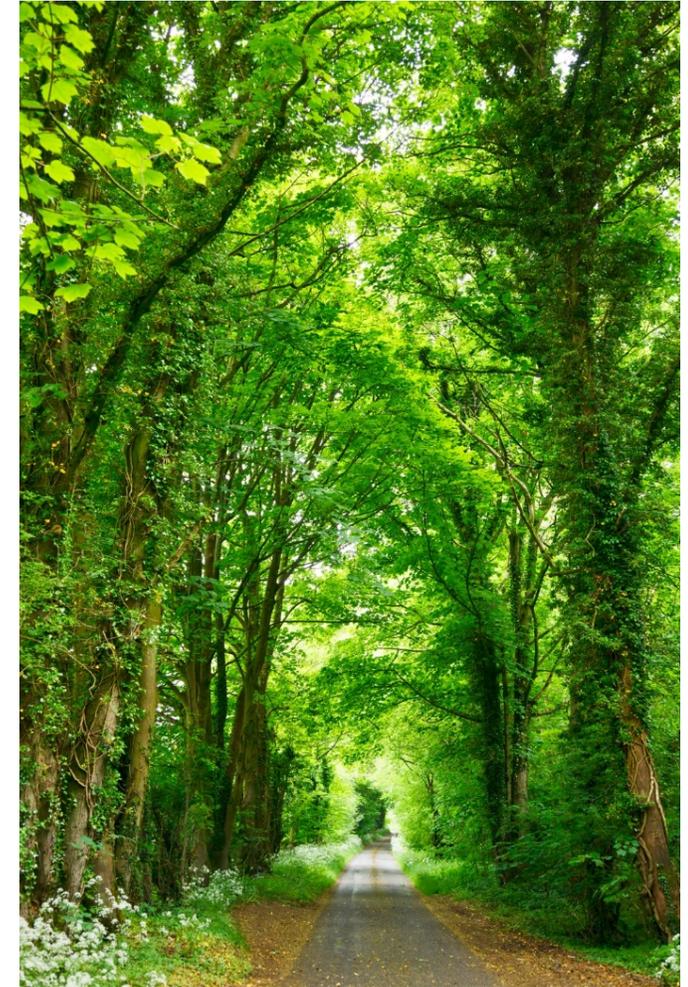
Setting Boundaries

- Identify your **boundaries** and **limits** by recognizing what they are **before** entering a situation.
- Give yourself **permission** to say “**No**” *without reservation*.
 - “I’m not comfortable with this.”
 - “This doesn’t work for me.”
 - “I’ve decided not to.”
- Use **confident body language** (eye contact, stand straight, use steady tone of voice)
- Plan a head; **PRACTICE** what you are going to say and how you will say it.



SPEND TIME IN NATURE

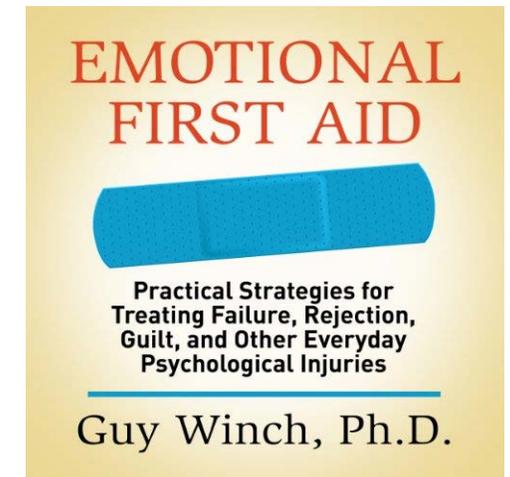
- **Environmental Psychology** -Improves mood, reduces stress and improves cognitive function
- **Environmental Protection Agency – 93% spent indoors**
- **Grounding (or Earthing)**
- **Journal of Inflammation Research- Earthing boost the immune system, wound healing, helps prevent and treat chronic inflammation and improves sleep and circulation**
- **Journal of Scientific Reports – Nature Sounds Positively Affects the Stress Response System**



Practice Emotional First Aid

(Professional Help and “Outside” Supports)

- Potential stigma asking for HELP (“I can’t do my job”)
- PEIA
 - Massage therapy
 - Wellness groups
 - Discounted classes at local gyms
- Contact information regarding counseling professionals in the community should be available in an easy to access location.



Take Home Material

- Quality of Life Scale (ProQOL) Assessment
- Self-Care Inventory
- Are You Running On Adrenaline?

Teryl Jones, MA

Behavior Support Specialist

joneste@marshall.edu

(304) 696-6381

Any Questions?



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