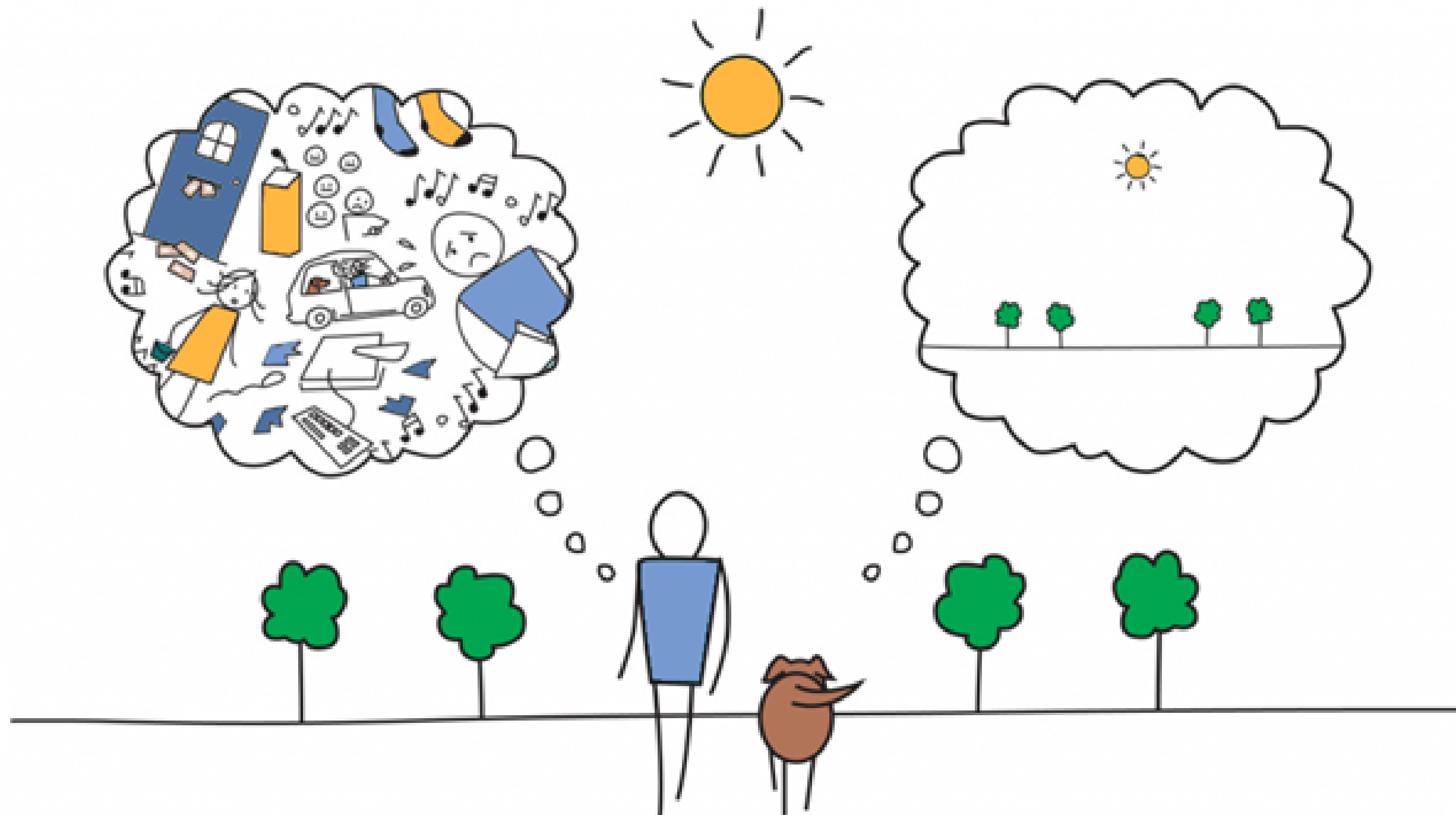

Burnout AF (and frustrated):

Maintaining balance in instability





MINDFULNESS
ACTIVITY



MIND FULL OR MINDFUL?



WORKPLACE STRESSORS

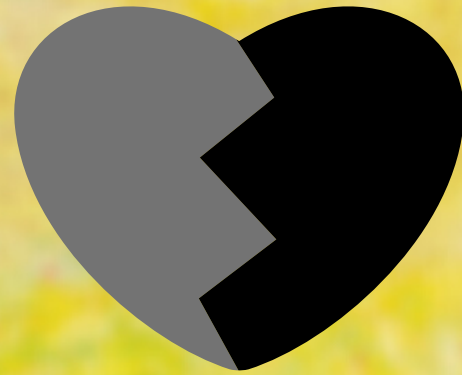
What are some stressors you experience?

- Behavior issues (student, staff)
- Poor communication
- Workload
- COVID-19 Pandemic and changing laws

WARNING SIGNS



Empty Tank



Compassion
Fatigue



Burnout



Impact on overall
personal well-
being

Unresolved Workplace Stress

Chronic workplace stress that has not been successfully managed (WHO, 2019)

3 domains

Emotional Exhaustion

Depersonalization

Lack of sense of accomplishment

Burnout Definition

A syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with people in some capacity" (MBI; Maslach et al, 1996)

Personal Impact

Psychological (depression, anxiety)

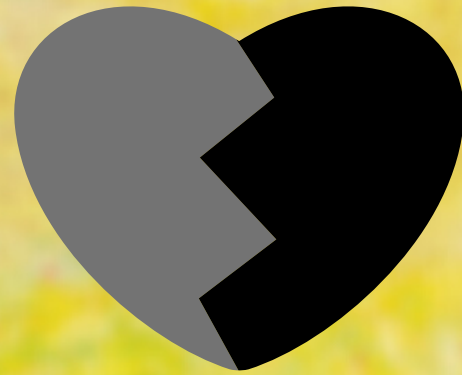
physiological (headaches, fatigue, cold/flu-like symptoms)

Emotional

WARNING SIGNS



Empty Tank



Compassion
Fatigue



Burnout



Impact on overall
personal well-
being

V Understanding stress with a glass of water.

Watch later Share



@KARLNILLO

SELF-CARE ATTITUDES

What comes to mind when you hear self-care?



SELF-CARE

What is it?

“Self-care can be understood as the free and autonomous choice of tools as well as the individual’s action on himself to maintain a quality of life in a responsible manner. It is the practice of activities that individuals perform on their own behalf for the purpose of preserving life, health, development, and well-being. It is to adopt measures of disease prevention and to control risk factors, to see healthy habits of life and to improve the way of life.” (Lima, et al, 2017, p. 4218).

SELF-CARE

What is it?

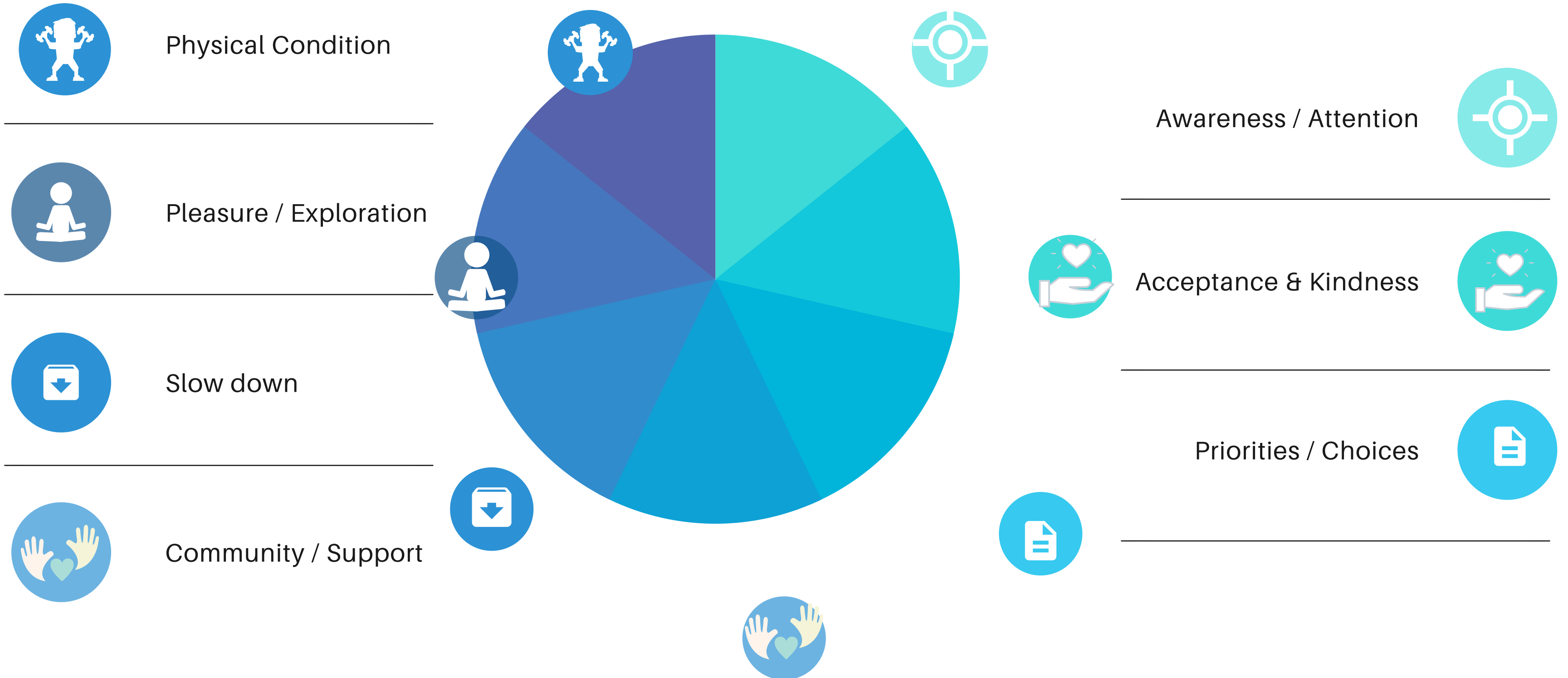
"Activities to maintain and promote emotional, physical, mental, and spiritual well-being to best meet professional responsibilities"

(American Counseling Association, 2014, p. 8)

Simply put...it's taking care of yourself!



SELF-CARE



SELF-CARE ACTION PLAN

SMART GOAL

What are some strategies you enjoy and CAN do, not should

BARRIERS TO SELF-CARE

- What might get in the way of using strategies?
 - Negative self-talk
 - Motivation / Discipline
 - Other people taking your time
 - Using other people's goals

HOW CAN YOU ADDRESS CHALLENGES?

- Schedule it on your calendar



SELF-CARE ACTION PLAN

HOW CAN YOU ADDRESS CHALLENGES?

- Schedule it.
- Start the plan.
- Focus (Fully), Prepare for your own argument
- Think about how you see yourself in the

PHASE FOCUSING/ REFOCUSING TO KEEP YOUR PLAN

- Pre-phase
- In-phase
- Post-phase





PRE-PHASE (INITIATING)

- Take Control (when overwhelmed with goals)
- Start thinking about your day and **plan** it. It is
- Think about how much you want to do, how much you can do, and still respect your goals. Identify your best path.
- Identify your excuses (re-focus)/ remain +++++
- Think about how you will see yourself in action and what to expect/ familiarize phase
- Answer: Why I can? How I will?

IN PHASE (EXECUTION)

- Remember, While you are in action, enjoy the action
- Perform with purpose with the exclusion of everything else
- Savor your actions/ focus step by step in that moment
- Follow your plan and execute!

POST PHASE (MONITORING)

- Do not focus on what went wrong, but focus on improvement
- Know that because you "did" you are on your path
- Praise yourself, Plan to Plan your day
- Understand this will improve your performance

Self-Care Strategies

Self-care varies from person to person as it is a personal matter. It relates to activities you can do to “fill up your tank” and promotes overall well-being.

The following are examples of strategies for different areas of self-care. Please note this list is not exhaustive. You are encouraged to find strategies that meet your needs, align with your values, and are applicable to your life and situation.

Physical	Mental
Stretching Deep breathing Exercise Dancing or other physical activity Going for a walk or hike Develop regular sleep routine (8-9 hours) Nutrition (eat regularly, healthy meals) Regular health/medical visits	Disconnect from electronic devices Positive self-talk Learn new skill Continue education Pursue new interests/hobbies Seek professional support (therapy) Reading / Writing Brain games
Emotional	Spiritual
Journaling Write 3 good things you did each day Express emotions in healthy ways Counseling / Therapy Acknowledge my own accomplishments Engage in positive activities Interact with positive, uplifting people Listening to uplifting music Spend time with family or friends	Prayer and Meditation Self-reflection Read Scripture Devotion Spend time in nature Participate in a worship community
Professional / Work	Financial
Take lunch breaks Positive relationships with coworkers Work-Life Balance Use sick leave Take vacations Consult with peers, supervisor Professional Development Time management	Prepare a budget Plan for the future (investments, retirement) Communicate about money in healthy ways Pay off debt Understand how money impacts your quality of life Prioritize spending

Self-Care Plan

Name:

Date:

My goal is:

I can make these small changes as I work towards my goal:

What are some signs that let me know I need to dedicate time for self-care?

Spiritual	Mental
Possible challenges: Plan to address these challenges:	Possible Challenges: Plan to address these challenges:
Physical	Emotional
What might get in the way? Plan to address these challenges:	Possible Challenges: Plan to address these challenges:

How might you feel if you implement these strategies?

How often do I plan to use these strategies?

COVID-19 AND YOUR MENTAL HEALTH

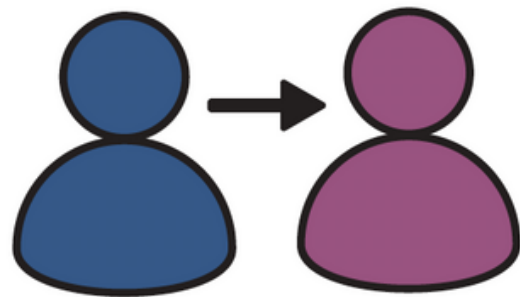
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



A person is shown from the chest down, wearing a dark blue long-sleeved shirt, leaning over a desk and writing on a document with a pen. The desk is cluttered with various school supplies, including pens, pencils, and a pencil case. A large, semi-transparent teal rectangle is overlaid on the center of the image, containing the text 'QUESTIONS & ANSWERS' in a bold, black, sans-serif font.

QUESTIONS & ANSWERS

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THANK YOU

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