Caring for Yourself So You Can Care for Others
Rachel Schenker, LCSW

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“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

– Eleanor Brownn
Introductions

• Name
• One thing at work that leads to feeling stress
• One thing that you do to cope with stress
Common Effects of Stress

... On your body
- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

... On your mood
- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression

... On your behavior
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
Recognizing Stress

• In small groups, discuss how you know that you are feeling stress.

• Think about:
  • What is the first sign you are feeling stress?
  • How would someone else know you are experiencing stress?
Self-Care Tools

• Relaxation Breathing
  • Slowly inhale through your nose for 5 seconds
  • Focus on pushing the air into your diaphragm
  • Breathe out slowly for 5 seconds
  • Repeat sequence

• Progressive Relaxation Sequence
  • See handout
Self-Care Tools Continued

• Exercise Schedule
  • Plan out for each week when you will be exercising and pack a gym bag ahead of time.
  • Think about what time of day is most likely to work for you.
  • Include friends or family members.
• Healthy Sleep Plan
  • Make time to wind down before bed
  • Limit screen time in the evenings
• Supports in Place at Work
  • Identify what your unit or clinic do to encourage self-care
  • Social events, reduction of unnecessary stress, discussions of self-care and burnout
• Meditation
Self-Care Plans

• Best to develop a self care plan that is holistic
  • Proper diet
  • Exercise
  • Rest and routine
  • Healthy relaxing activities

• Stay positive and be kind to yourself
Self-Care Activity

• In small groups, work on developing 1-2 individual self-care goals.
• Goals are more likely to be successful when they are specific.
• Examples:
  • I will pack a healthy lunch two days a week. To do this, I will wake up 10 minutes earlier to have time to make lunch.
  • I will use relaxation breathing once a day after my lunch break.
  • I will go for a walk three days a week after work.
  • I will do a social activity with a friend once a week.
  • I will bring a water bottle to work and drink it throughout the day.
Creating Work Cultures that Promote Self-Care

• In your same groups, discuss how self care activities could be integrated into your work setting.

• Think about:
  • How do you recognize that you are feeling stress?
  • Do you recognize when teammates are feeling stress?
  • What can be done to encourage self-care on your team?
References


Thank you