



Self Care

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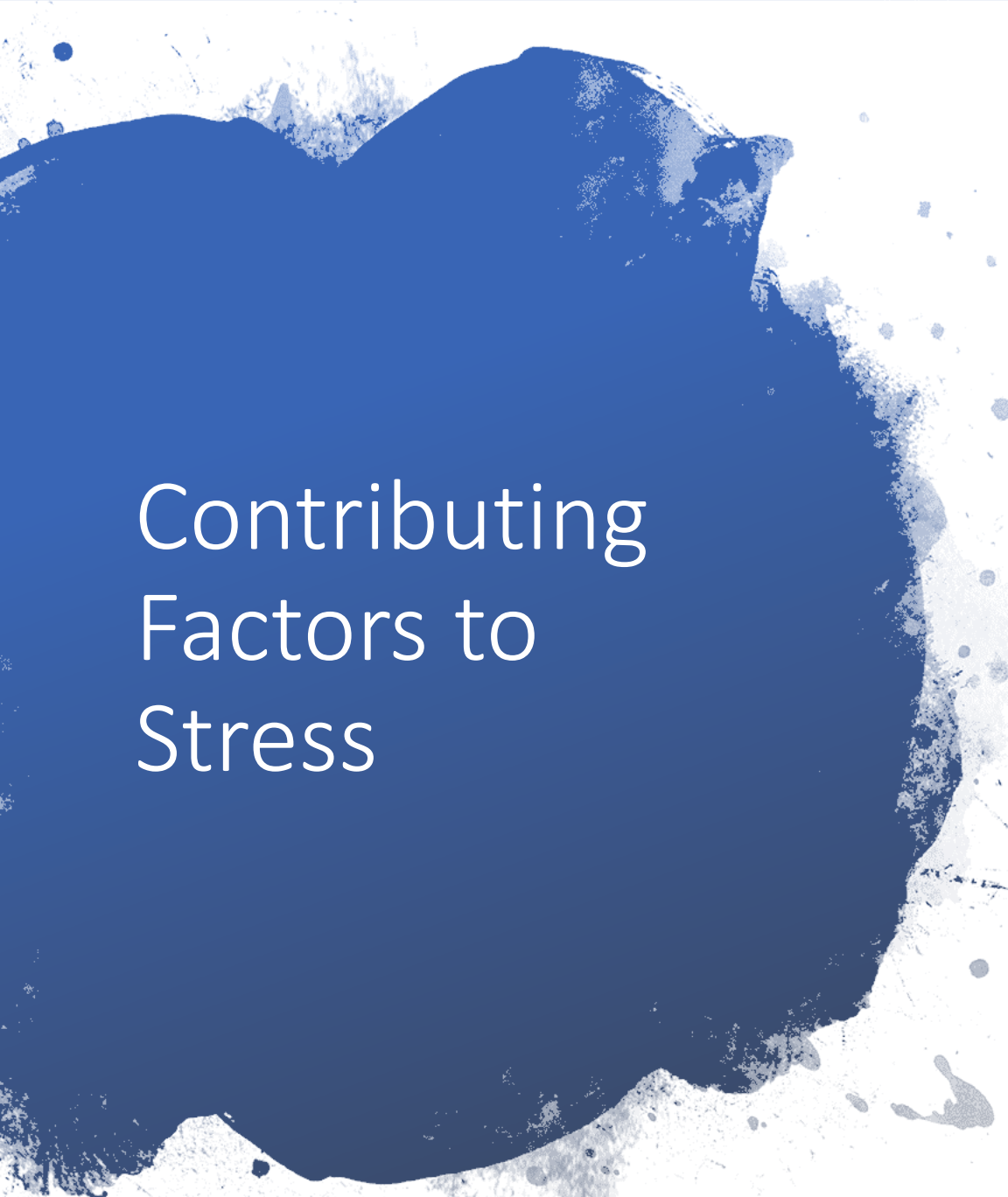
Chat Question:

What would you say is currently one of the biggest sources of stress in your life?

When was
your last
stress test?

Well, I
went to work
yesterday.





Contributing Factors to Stress

- Work pressure: Quantitative aspects of workload
- Work autonomy: How much control or influence one has in their work
- Mental load: Demands of concentration and attention from work and family
- Emotional load: How demanding emotionally clients, family, colleagues are
- Home Life: Family relationships, level of support
- Political Climate: Stressful for all parties
- Pandemic: No longer a crisis, now chronic issue PATIENCE IS HARD

Risks of Parental Burnout:

Difficulty managing personal and professional life

Amount of time for oneself

Level of education/competency as a parent

Ability to enjoy time with children

Amount of activities children are in

Ability to set limits with children

Ability to express and manage emotions

Perception of control in one's life

Level of outside support

Financial stability

Supportive coparent

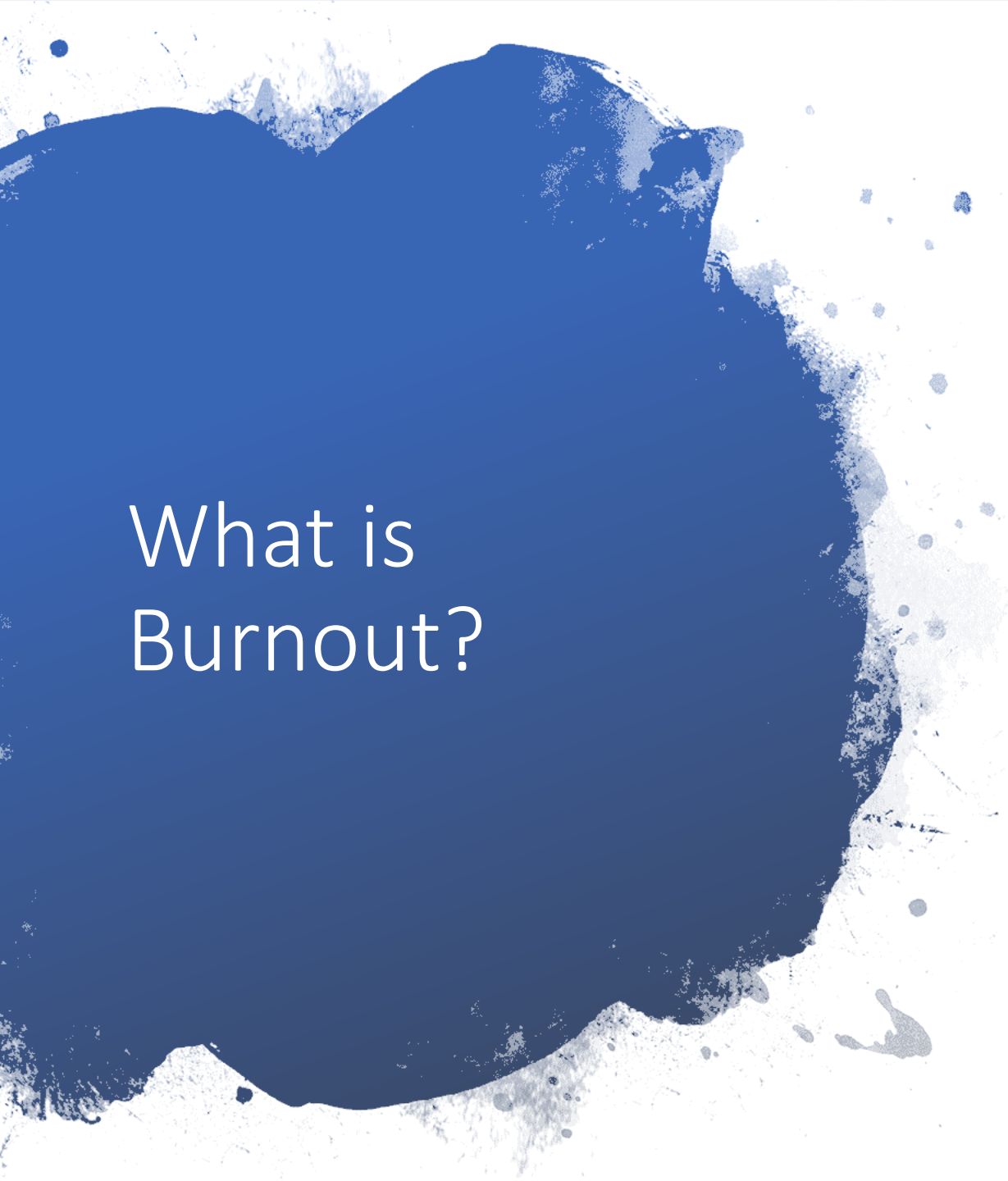
Mental health issues

Our own perception!

Caregiving Conundrum:

- You can both love your children, and they can be exhausting.
- Children can be both a source of self-fulfillment and stress.





What is Burnout?

- “Exhaustion from one’s parental role”
 - Emotional “can’t cope anymore”
 - Cognitive “can’t think properly”
 - Physical “fatigue, illness”
- Emotional exhaustion, depersonalization, and decreased sense of personal accomplishment.
- Prolonged response to chronic emotional and interpersonal stressors on the job, as defined by dimensions of exhaustion, cynicism, and inefficacy.
- Can often be chronic.
- Not “baby blues” or postpartum.
- Beyond just being “stressed”
 - Burnout includes feeling empty, devoid of motivation, and hopelessness, as though you are drowning in responsibilities and “all dried up.”

Stress

Characterized by over-engagement

Emotions are overactive

Produces urgency and hyperactivity

Loss of energy

Leads to anxiety disorders

Primary damage is physical

VS

Burnout

Characterized by disengagement

Emotions are blunted

Produces helplessness and hopelessness

Loss of motivation

Leads to depression

Primary damage is emotional

On the Road to Burnout (Compassion Fatigue):

Every day is a bad day.

Caring about your work or home life seems like a waste of energy.

You're exhausted all the time.

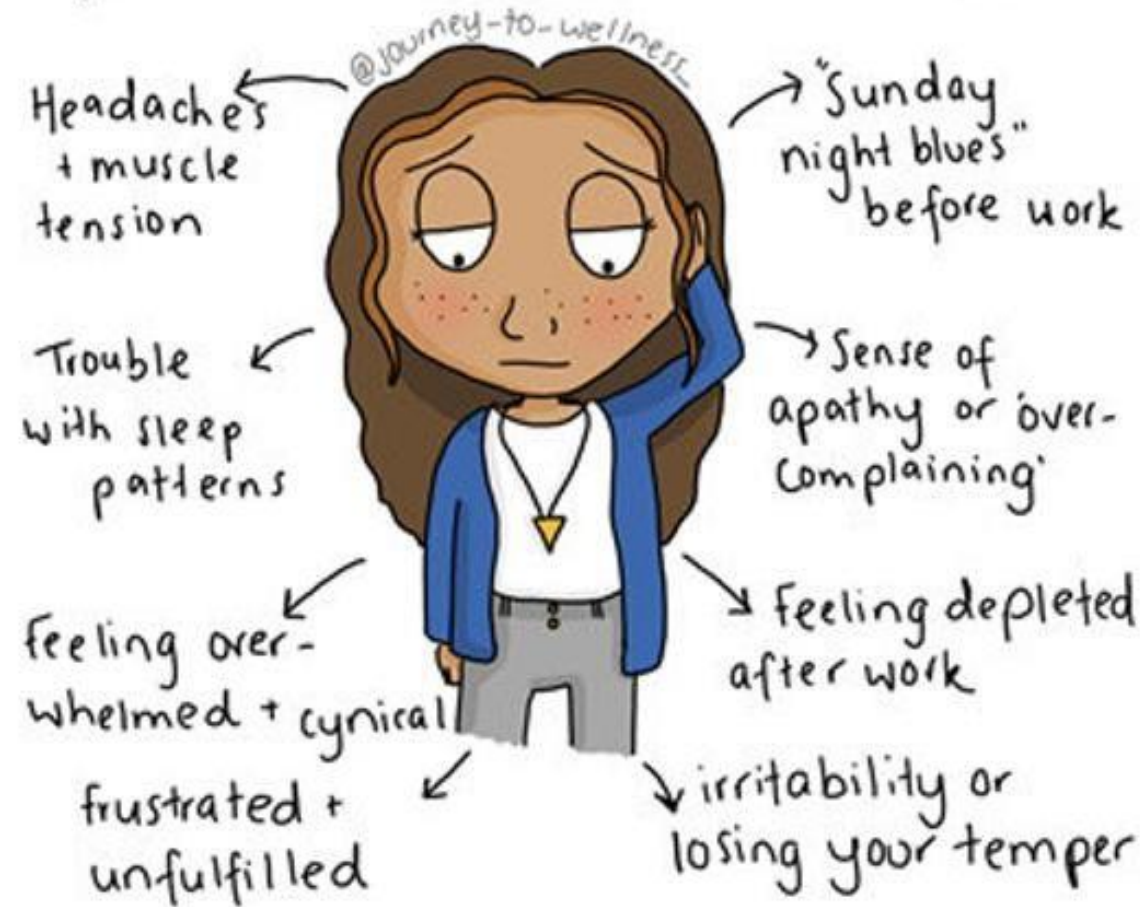
You dread your daily tasks or going to work.

Most of your day is spent doing tasks you find mind-numbingly dull or overwhelming.

You feel nothing you do makes a difference or is appreciated.

Recognized by the World Health Organization

SIGNS of BURNOUT



Chat Question:

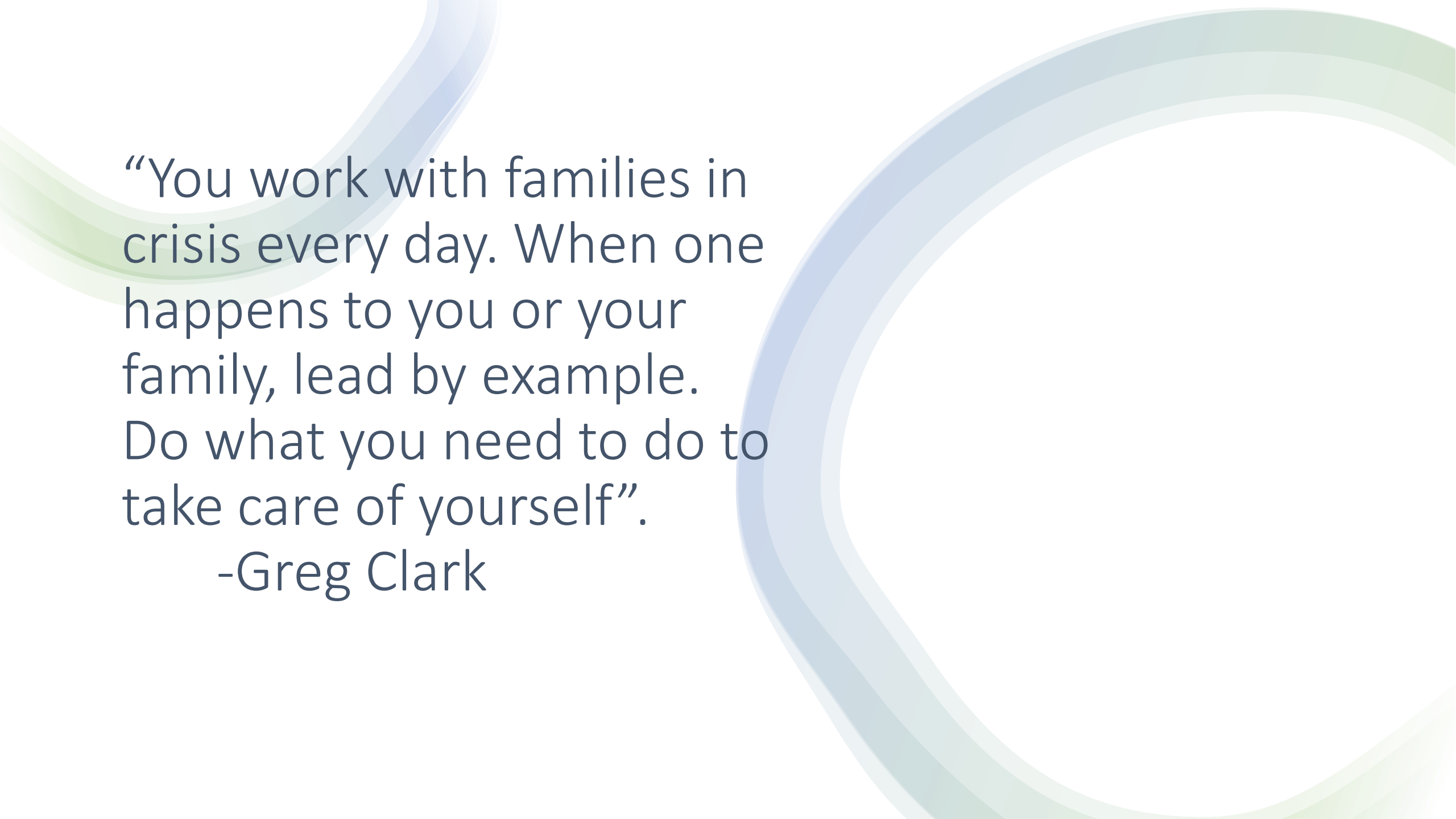
What is one sign you are struggling caregiving related stress?



Why does it matter?

- Impacts children and families negatively.
- Lower productivity.
- Become emotionally distant from our children.
- Risk increases in the “sandwich generation”
- Increased risk of mental health and physical health issues.





“You work with families in crisis every day. When one happens to you or your family, lead by example. Do what you need to do to take care of yourself”.

-Greg Clark

KATBAGCOMICS #27

EASY SELF-CARE!!



EAT HEALTHY! EXERCISE! GET OUTSIDE!

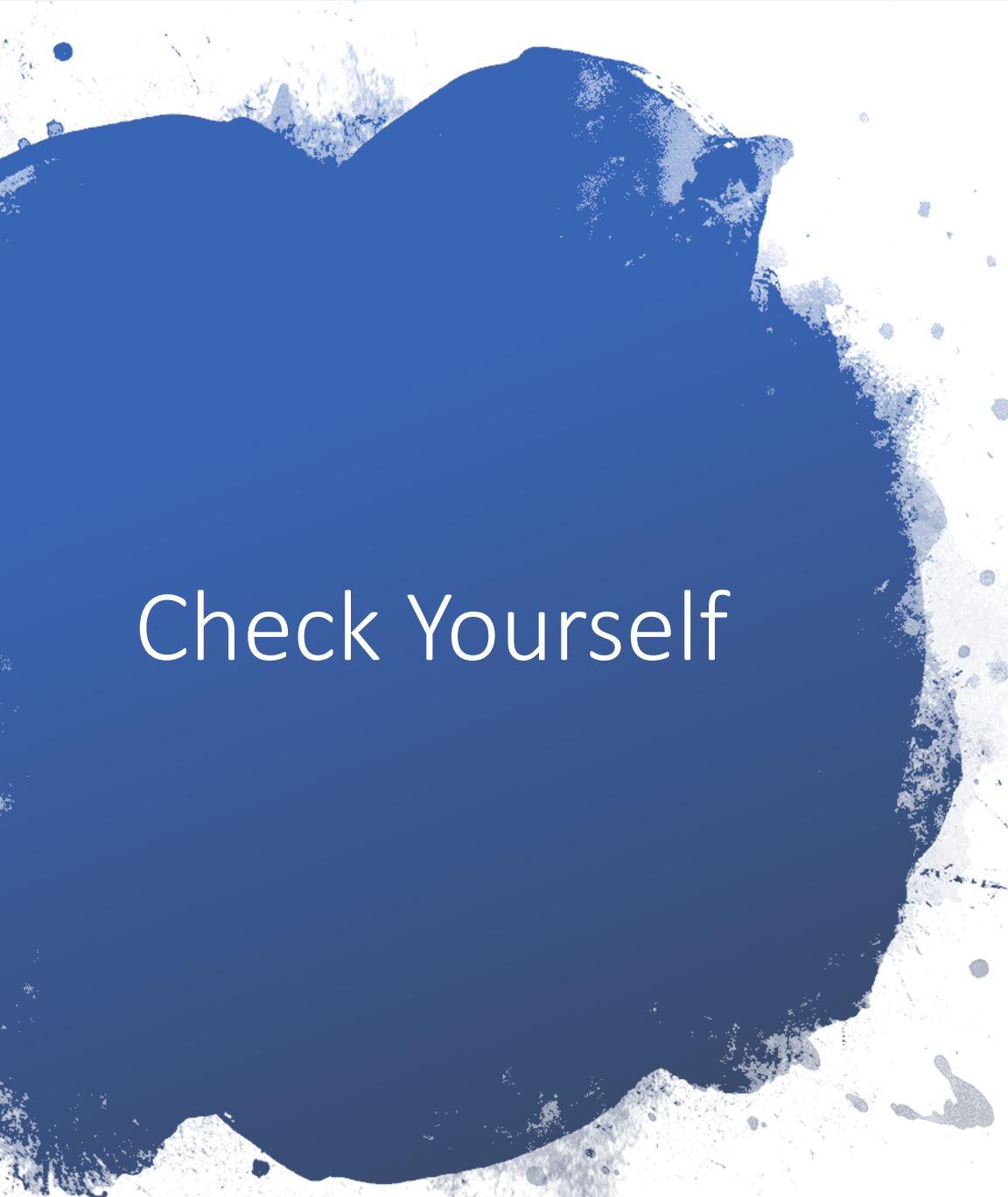
THAT DOESN'T SOUND SO HARD!



NOPE



@katiehoggden



Check Yourself

- www.mindtools.com
- <https://en.burnoutparental.com/suis-je-en-burnout>
- http://www.zurinstitute.com/burnout_resources.html
- Maslach Burnout Self Inventory
- <http://connectability.ca/Garage/wp-content/uploads/presentations/mindfulness/Burnout-self-test.pdf>

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting
your needs and
practicing
self-care.

Feeling okay.

How can you
make your
day a tiny bit
better?

Struggling.

Practice triage.
What area of your
life is suffering the
most right now?
Focus on that one
area today.



Feeling good!

How can you
maintain the
levels you're
currently at?

Meh.

How can you
love on your
-self today? Be
extra kind to
yourself.

I'm empty.

Pinpoint what's
draining you and try
to create a boundary
& then do one thing
that fills you up.



What do we do
about it?



What is Self Care?

- Recognizing our need to take care of ourselves
- Necessary for regular human function
- Intentional
- Mental, emotional, physical, social, spiritual

SELF CARE IS INTENTIONAL

“Buying more underwear and dishwashing soap is not self-care.

Sitting down to eat a meal or having a cup of hot coffee is not self-care.

Going to the bathroom is not self-care.

Chasing after a toddler at the park is not exercise you can call self-care.

Taking a sick day when you're sick is not self-care.

Also, frankly, folding laundry while listening to an audiobook is not self-care. It's just multitasking.”

TYPES OF SELF-CARE



PHYSICAL

- Moving your body
- What you eat
- Amount of sleep
- Physical wellbeing

EMOTIONAL

- Understanding your feelings
- Coping mechanisms
- Expressing yourself

SPIRITUAL

- Discovering what you believe
- Creating a practice
- Meditation + prayer

PRACTICAL

- Budgeting
- Household chores
- Organization
- Safety + security

Types of Self-Care

SOCIAL

- Meeting social needs
- Good support system
- Boundaries

PERSONAL

- Creating core values
- Positive hobbies
- Life goals
- Time alone

SOCIAL MEDIA

- No endless scrolling
- Positive feed
- Good boundaries
- No comparisons

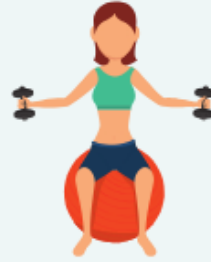
PROFESSIONAL

- Work boundaries
- Positive work environment
- Continued learning

SELF CARE DURING A CRISIS



MEDITATION



STAY ACTIVE



AVOID NEWS



AVOID PEOPLE
PLEASING



TALK TO LOVED ONES



THINK REALISTICALLY
– DON'T PANIC

FIND MORE ON: [BUTFIRSTJOY.COM](https://butfirstjoy.com)



TAKE A SOCIAL MEDIA BREAK
If not, choose your content wisely

Use Technology for Good

- Apps:
 - Calm or calm.com
 - Slumber
 - Strides: Habit Tracker- set and track your own goals
 - 7 Second Daily Meditation- scheduled around your day
 - The Mindfulness App (3-30 minutes guided)
 - Moodpath- for depression and anxiety
 - Mood App- Journal
 - Cognitive Diary CBT- coaching for cognitive behavioral therapy
 - We Parent- coparenting
 - Kindertelfoon- mental health for kids
 - Mindfulness Bell- stress management

YOGA WITH ADRIENE



Self Care for your Physical Space

- Having coping items easily accessible
- Reduce visual clutter (creates less for our brain to process)
- Choose colors carefully
- Plants
- Incorporate preferred sensory experiences
- Visual reminders of what motivates you or brings you meaning

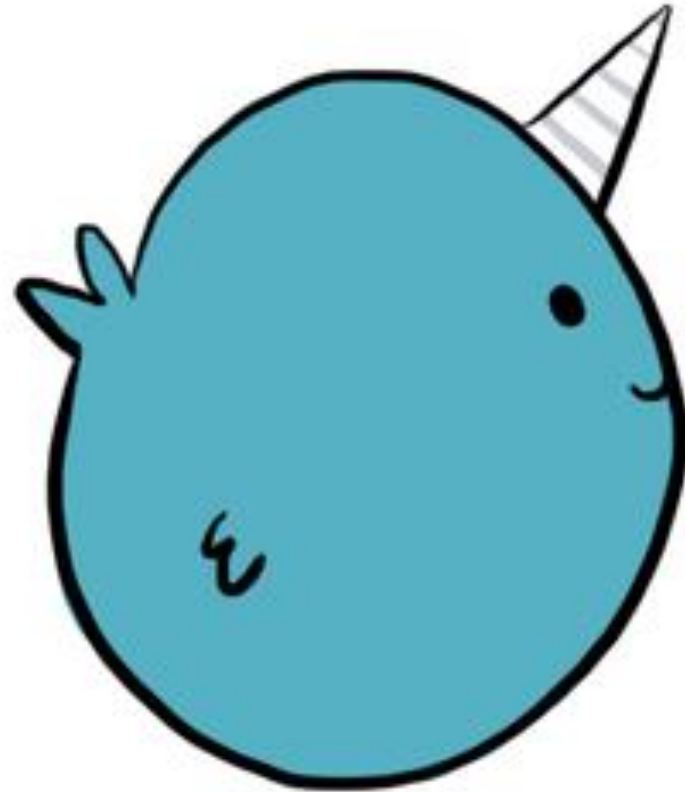


Reduce number of toys!

- Fewer toys kids have, the more they play with.
- Less toys means more creativity.
- Saves money
- Reduces visual clutter
- Avoid toys in the bedroom, improves sleep



What does your
self talk say
about you?



YOU DESERVE TO
BE AS NICE TO
YOURSELF AS YOU
ARE TO OTHER
PEOPLE.



MRS. FROLLEIN



How do you want to
be in this moment?



EMERGENCY CARE WALL

for sadness

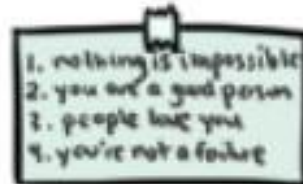


for loneliness



best friend's
phone #

for self-doubt



list of reasons
why you can

for anger



calming
music

for worry



comfort
blanket

for other



Stressor	Coping Skill
Frustrated with my child	Collaborative play with my child Reading favorite book together Flip through photo albums
Overwhelmed with daily demands	Shop online Meal plan Reduce mundane choices Unsubscribe
Financial	Take credit cards out of wallet Review budget Seek financial counseling No new non-essential purchases



"Your X-ray showed a broken rib,
but we fixed it with Photoshop."

Chat question:

What is one self-care tool
you use to deal with
caregiving related stress?

Find moments of
Joy in your day:

Comments from a 5 year old:

“Aw, Buffering!!”

-whenever he's frustrated, impatient, or has
to wait

Recovery Strategies



Slow down & take breaks

You need time to rest, reflect, and heal



Get support

Friends, family, supervisors, colleagues



Re-evaluate your goals and priorities

Take time to think about your goals, hopes, and dreams
Are you neglecting something that is truly important to you?

Micro Level



Leave the office or
home for lunch



Music



Sound machine



Chocolate



Grounding



Get moving



Rest breaks



Ability to interrupt
tasks at will

Leaving the office for lunch is the
new vacation day.



your  cards
someecards.com



Meta Level Breaks

- “Me-ternity leave”
- Time off vs. Vacation
- Know when to leave
- Change tasks



Self-Care

B	I	N	G	O
Fed myself	Exercised	Got a massage	Took time for myself	Danced
Practiced gratitude	Played with an animal	Did a hobby	Meditated or prayed	Spent time in nature
Went for a walk	Talked with a friend	FREE SPACE	I showered today	Took a nap
Took quiet time out	Played an instrument	I did nothing	Read for fun	Brushed my teeth
Brushed or did my hair	Listened to music	Bathed	I wrote down my feelings	Stretched

SELF-CARE BINGO

Self-Care Bingo is a game you play with yourself to take better care of yourself. Our advisors assure us that playing with yourself counts as self-care, so BONUS! The best part is YOU decide what self-care activities the symbols represent for you. I ask you: IS THERE A BETTER GAME ANYWHERE?

How To Play:

1. Decide on end-of-the-day/week rewards for achieving BINGO x 1-4 and BLACKOUT.
2. Keep your SCB card handy to remind you to play.
3. Do all the things in a row and cross them out until you WIN!



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Lots of Mental Health options in the area,
telehealth is expanding as well

MYTHS ABOUT SELF-CARE

-  Self-care is an indulgence
-  Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
-  Self-care is selfish
-  When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
-  Self-care is a one-time experience
-  Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
-  Self-care is time consuming
-  Self-care does not require you to take out a huge chunk of time from your busy day.