



# Self Care For Helping Professionals

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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.”


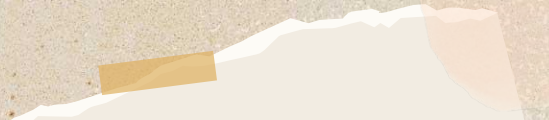
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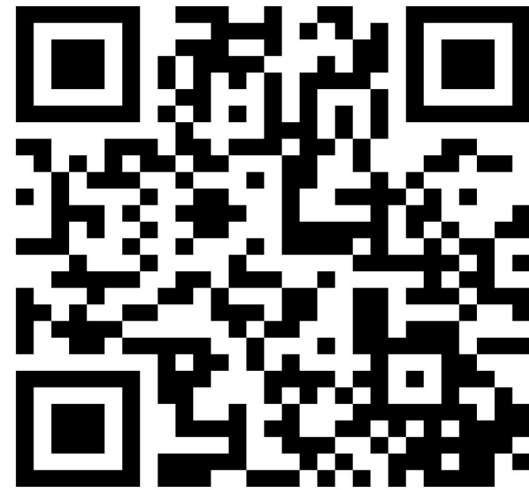


# WELCOME & AGENDA

## Today's Agenda:

- Group Survey
  - Introduction to Self-Care
  - The Eight Types of Self-Care
  - Self-care Activity
  - Generational Differences in Self-Care
  - Self-care for Teams and Organizations
  - Wrap-Up
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*Let's Get to  
Know Each  
Other*



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# What is Self-Care?

- Self-Care is an intentional or deliberate action that supports our overall wellbeing, and specifically, our mental, emotional, spiritual, and physical health.
- Self-Care was first popularized by the medical community.
- Civil rights activists popularized the concept and promoted self-care within their community.



# Why is Self-Care Important?

Fostering a self-care regime can promote:

- Better health
- Increased satisfaction with life and work
- Improved relationships
- Decreased stress
- Increased self-resilience



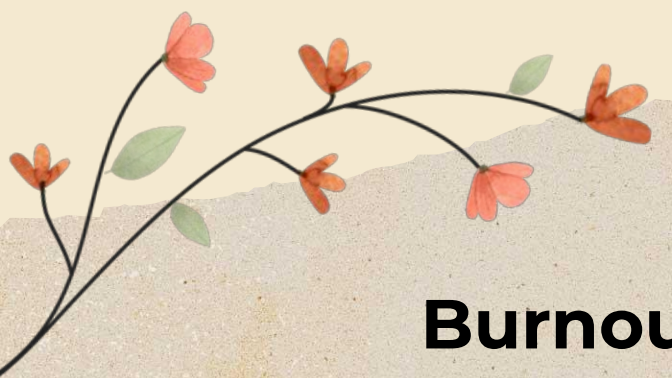
# *The Big B: BURNOUT*

**NEWLY QUALIFIED SOCIAL WORKER**




**SAME WORKER ONE YEAR LATER**





**Burnout can result from a stressful or toxic work environment, responsibility overload, the “second shift,” academic load, societal pressures, etc.**





# Signs of Burnout

## *Emotional*

- Helplessness
- Detachment
- Sense of Failure or self doubt
- Loss of motivation or satisfaction

## *Physical*

- Headaches
- Stomach cramps
- Fatigue
- Lack of Sleep
- Frequent illness

## *Behavioral*

- Lack of performance
- Procrastination
- Withdraw
- Substance use to cope
- Outbursts

# *Coping with Burnout*

- Lean on your support systems
- Evaluate your priorities
- Reframe your home, work, and social life
- Nourish your creativity and take up a hobby
- Get physical
- Practice healthy diet and sleep habits
- **PRACTICE SELF-CARE**



# *The Eight Types of Self-Care*



- Physical
- Emotional
- Social
- Spiritual
- Personal

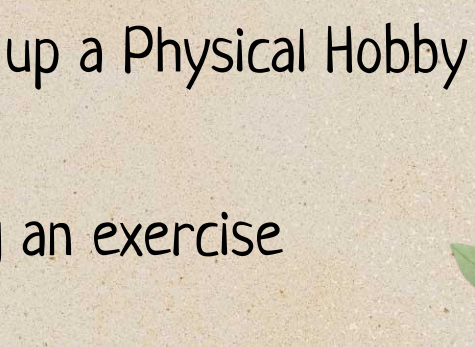
- Home Environment
- Financial
- Work, School, & Caregiving






# Physical Self-Care

This form of self-care centers on activities and behavior that promote & maintain physical wellbeing & health.

- Exercise
  - Good Sleep Practice
  - Eating a Healthy Meal
  - Drinking water
  - Sitting outside
  - Meditation & Yoga
  - Going for a Walk
  - Taking a Shower or Bath
  - Taking up a Physical Hobby
  - Hiking
  - Joining an exercise class
- 



# *Physical Self-Care Cont.*

How can we implement Physical Self-Care into a routine?

- Make a plan
  - Stick to a routine
  - Remember 10 minutes of self-care is still self-care
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# *Emotional Self-Care*

Awareness of your emotional and mental health needs and implementing self care tools to process your emotions in a positive manner that benefit your well-being.


- Mindfulness
- Meditation
- Talking to a therapist
- Listening to music
- Journaling
- Setting Boundaries





# Emotional Self-Care Cont.

Strategies to help create an emotional self-care routine can include:


- Creating a schedule that includes breaks and carves out time for meditation
  - Making mental health a priority
  - Establishing a mental wind-down routine and building in time for journaling
  - Take a mental health day
- 



# *Social Self-Care*



This form of self-care focuses on activities and behavior that cultivate and nurture relationship.

- Planning Dates
  - Calling friends
  - Unplugging
  - Checking in on friends
  - Evaluating relationships
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# Social Self-Care Cont.

Implementing social self-care can be achieved by:



- Giving yourself permission to have fun
- Scheduling time with others
- Setting boundaries with your time
- Prioritizing time with people who fill your bucket
- Striving for balance and practicing self-compassion





# *Spiritual Self-Care*

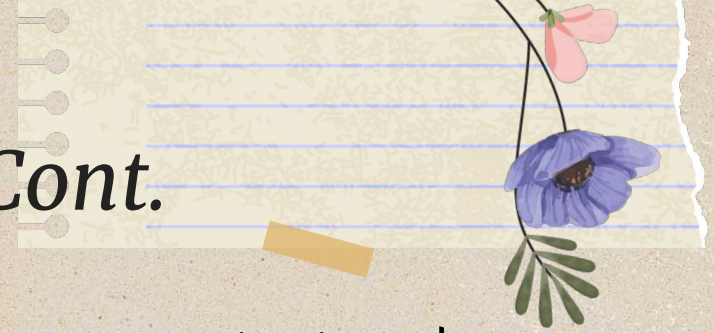
Spiritual self care is focused on a person's spiritual or religious beliefs and values.

- Creating a prayer practice
  - Spending time with your spiritual or religious community
  - Practicing forgiveness
  - Creating a meditation or mindfulness practice
  - Being in nature or other environment that promotes peace and time for reflection
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# *Spiritual Self-Care Cont.*

Strategies to help create a spiritual self-care practice include:

- Scheduling time for a spiritual activities
- Exploring new spiritual practices
- Joining a church, meditation group, or other spiritual community
- Building in time to unplug and connect



# *Personal Self-Care*

This type of self-care is all about YOU, gaining a deeper sense of self, and doing things that you enjoy.

- Setting boundaries
- Investing in yourself
- Exploring new interests
- Engaging in hobbies
- Enjoying treats or personal indulgences





## *Personal Self-Care Cont.*

Ways to build a personal self-care practice include:

- Engaging in activities that promote self awareness
- Creating a schedule that builds in time for personal activities
- Signing up for classes and activities
- Taking time for things that bring you JOY



# Home Environment Self-Care



Home environment self-care focuses on the space in which you live and how to create a space that supports safety, comfort, and functionality.

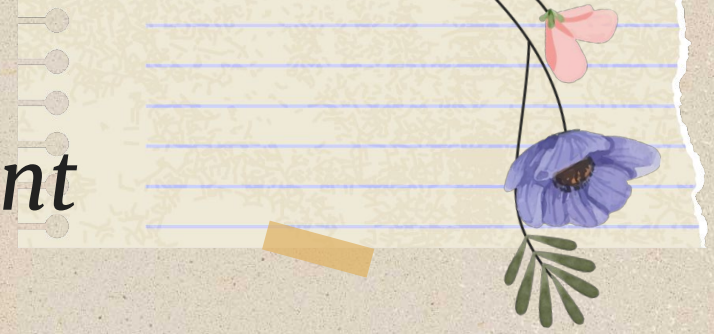
- Clean and organize your space
- Reduce clutter
- Creating a safe and secure home
- Creating a comfy and cozy space: think Hygge.
- Set boundaries with others who may visit your space



# Home Environment Self-Care Cont.

Home environment self-care can be achieved by:


- Assessing how your home environment makes you feel
- Adapting your environment to meet your needs
- Creating space for work that is separate from “living” space





# *Financial Self-Care*

This area of self-care is about money, finances, and related goals.

- Setting financial goals
  - Creating and sticking to a budget
  - Saving for special events, vacation, or something you want
  - Saving for retirement and planning for your future
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# *Financial Self-Care Cont.*

Strategies for building a financial self-care practice include:

- Talking to a financial advisor
- Contributing to a 401k or other retirement fund
- Creating a budget
- Including “fun” money in your budget



# Work, School, and Caregiving Self Care



The focus on work, school, and caregiver self-care is about our responsibilities to self and others.


- Practicing and using time management
- Setting boundaries
- Learning and building skills
- Spending time with a mentor
- Scheduling breaks
- Learning to say “No”
- Being intentional with your time, space, energy, and who you spend time with





# *Work, School, and Caregiving Self Care Cont.*

Work, School, and Caregiving Self Care can be achieved by:

- Setting professional, academic, and personal goals
  - Creating a schedule and using a planner or calendar
  - Identifying your support network and asking for help
  - Attend individual or group supervision
  - Join a support group
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# *The Benefits of Self-Care*

- Improved overall well-being
- Increased mood and sense of happiness
- Reduced stress
- Improved relationships
- Increase in productivity
- Feel healthier and better physically
- Increase in satisfaction in different spheres of life






Let's  
Practice

# 10 Minute Break






# Self Care at Work

- Workplace culture is how “people in the organization behave and the attitudes and beliefs that inform those behaviors” (Yohn, para. 4, 2021).
  - Attitudes about work and priorities vary among generations.
  - Older generations carry more stigma about “sensitive” topics and have historically prioritized health and wellness less compared to younger generations.
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# Generational Differences in Self-Care

Generations currently represented in the workforce:

- The Silent Generation, born 1925-1945
  - The Baby Boomers, born 1946-1964
  - Generation X, born 1965-1980
  - Millennials, born 1981 to 1996
  - Generation Z, born 1997 to 2012
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# *The Silent Generation*

- This generation accounts for 2% of the workforce.
- Characteristics associated with the Silent Generation include: dependable, loyal, traditional values, & direct communication.
- Silent Generation employees can be motivated when given opportunities to contribute to the organization & shown respect.



# Baby Boomers

- Baby Boomers account for 25% of the workforce.
- Known in the workplace for their sense of duty, being “workaholics,” and being team players.
- 65% of Baby Boomers intend to work beyond retirement age (65).
- Work culture is not as important to this generation.
- They do value flexibility and the opportunity to mentor others.






# Generation X





- Gen X represents 33% of the workforce & will outnumber Baby Boomers by 2028.
- In the workplace, Gen X employees are associated with flexibility, independent, and value culture.
- Avenues for professional & personal growth & providing a flexible work schedule are valued by Gen X employees.



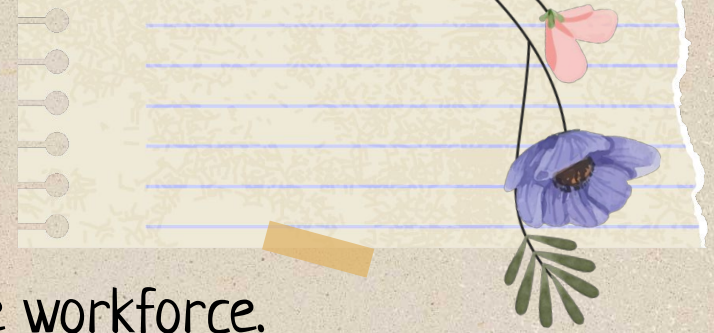


# Millennials- the Wellness Generation

- Millennials will account for 75% of the workforce by 2025.
  - This generation is known for its competitive nature, open-mindedness, and focus on achievement.
  - Millennials value work culture and the caliber of their leadership matters to them.
  - Research supports the notion that Millennials have higher emotional intelligence and are more willing to talk about health, mental health, and wellbeing.
  - Health and wellness is ranked as the second most important thing to Millennials after family.
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# Generation Z

- Generation Z comprises 5% of the workforce.
- This generation is known for their global yet pragmatic worldview, comfort with technology, and entrepreneurial nature.
- Gen Z values culture, diversity, creativity, and individuality.
- They can be motivated by a workplace culture that resonates with their values & through opportunities to collaborate & interact regularly with their boss.
- Concerns about mental health rank high as a priority.






# Team Self Care

Four steps to fostering self care with your team:

- Encourage Good Habits
- Incorporate mindfulness
- Honor Your Staff's Time
- Lead by example and encourage others to do the same



# Organizational Self Care




Strategies that organizations can implement to foster employee self care include:

- Set “stop doing” goals
- Plan potlucks and work lunches that include healthy food options
- Take advantage of free learning courses
- Schedule walking meetings
- Offer flexible work schedules
- Encourage employees to use their health insurance and other benefits



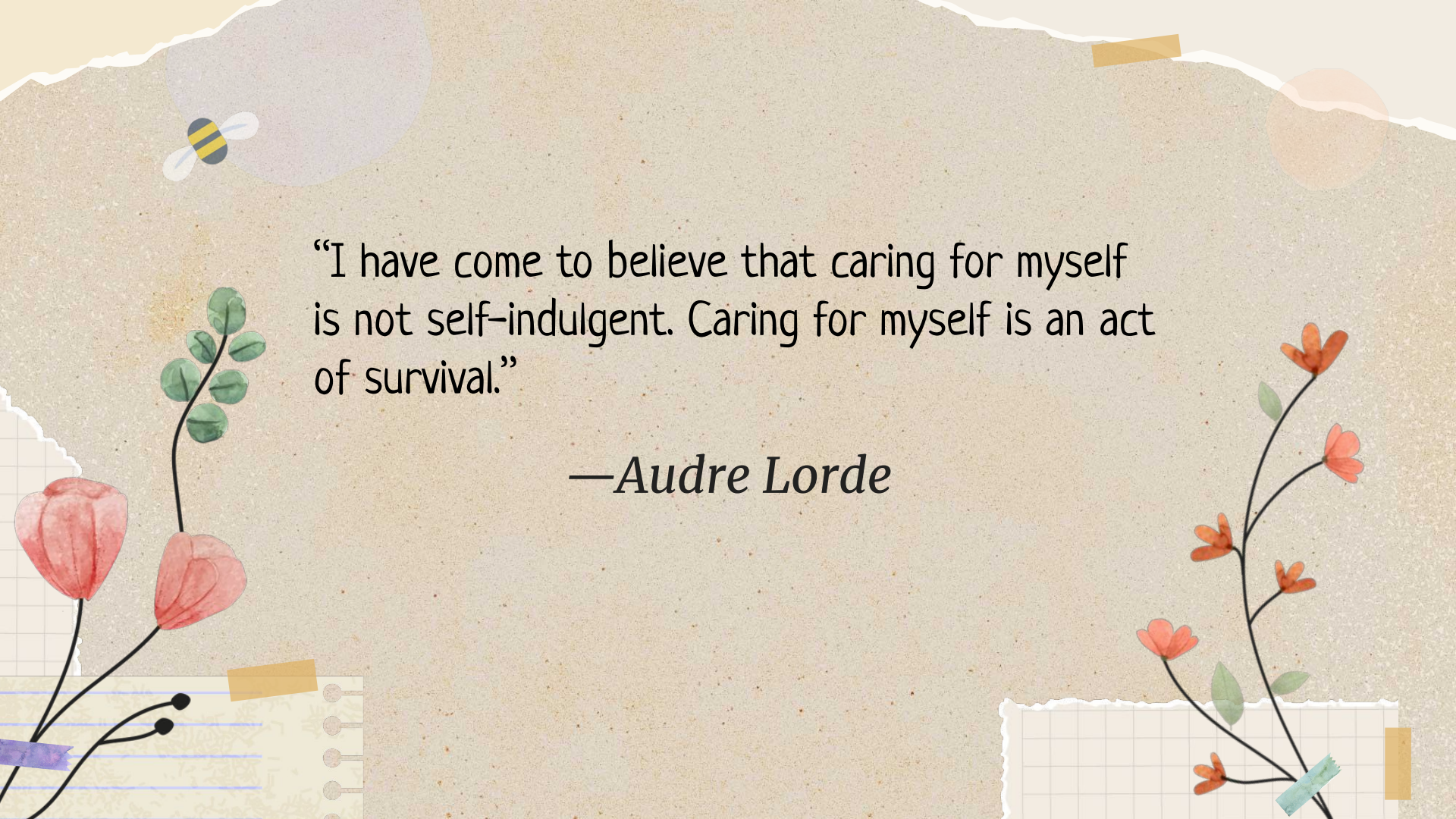
# Benefits of Team & Organizational Self-Care

- Happier employees
  - Healthier employees
  - Decreased burnout
  - Better communication
  - More engaged employees
  - Increased productivity
  - Increased connection
  - Work culture that promotes self-care, caring, and wellness that retains and attracts talent
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# Conclusion

- Setting boundaries is a self-care practice.
- It enables us to approach each day from a full vessel.
- It is an intentional and individualized practice.
- Self-care does not only apply to the self, it can be fostered in a team and organizational environment.
- Self-care is compassionate & a gift we give to yourself & can model for others.



“I have come to believe that caring for myself  
is not self-indulgent. Caring for myself is an act  
of survival.”

—*Audre Lorde*

# Thank You!

Do you have any questions?

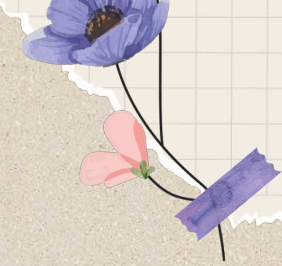
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# Resources

- [American Psychiatric Association Wellness Series](#)
  - [LinkedIn Learning: Arianna Huffington Thrive Series](#)
  - [McClellan Hospital Webinar Library](#)
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