

You Can't Pour From an Empty Cup

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Think of your experience with an EMPTY CUP



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An empty cup...

- Makes it difficult to quench your thirst or craving
- Makes your day a bit more stressful
- Can cause more dishes to clean
- Causes you not to reach your maximum potential
- Make you have to refill your cup

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## Objectives

- Define and discuss burnout
- Define and discuss Compassion Satisfaction – Compassion Fatigue Model
  - Professional Quality of Life
- Define and discuss and define self-care Six Dimensions of Wellness
  - The Importance of implementing it
  - How to implement it
- Discuss and develop a self-care resiliency plan
- Recap

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## How do you define:

- Health?
- Wellness?



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## Health and Wellness is ...



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What will happen if you become an empty cup?

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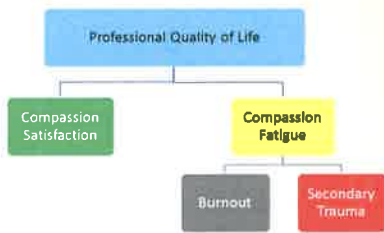
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CS- CF Model

Beth Hurdull Slarrin 2009, www.ProQOL.org

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### Compassion Satisfaction

- The positive aspects of helping
  - Pleasure and satisfaction derived from working in helping, care giving systems
- Maybe related to
  - Providing care
  - To the system
  - Work with colleagues
  - Beliefs about self
  - Altruism

Beth Hurdull Slarrin, 29 www.ProQOL.com

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## Compassion Fatigue

- The negative aspects of helping
- The negative aspects of working in helping systems may be related to
  - Providing care
  - To the system
  - Work with colleagues
  - Beliefs about self
- Burnout
- Work-related trauma

Belh Hundall Stamm, 2009. www.ProQOL.org

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## Burnout and STS: Co-Travelers

- Burnout
  - Work-related hopelessness and feelings of inefficacy
- STS
  - Work-related secondary exposure to extremely or traumatically stressful events
- Both share negative affect
  - Burnout is about being worn out
  - STS is about being afraid

Belh Hundall Stamm, 2009. www.ProQOL.org

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Where do you fall?



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## Relationships are Complex

- Multiple spheres
  - Work environment
  - "People helped" environment
  - Personal environment
- Positive (CS) & negative (CF)
- Altruism CS can override CF
- Compassion Fatigue two parts
  - Worn out (BO) common
  - Frightened, traumatized (STS) rarer but powerful

Belh Hundall Slamm, 2009. www.ProQOL.org

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## Complex Relationships



Belh Hundall Slamm, 2009. www.ProQOL.org

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## Resiliency Planning

- Individual, personally
  - The ProQOL can help you plan where to put your energy to increase our resilience
- Organizational planning
  - Can help organizations find ways to maximize the positive aspects and reduce the negative aspects of helping
- Supportive Supervision
  - The ProQOL can be used as information for discussions

Belh Hundall Slamm, 2009. www.ProQOL.org

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### ACA Code of Ethics-2014

- C.2.d. Monitor Effectiveness Counselors continually monitor their effectiveness as professionals and take steps to improve when necessary. Counselors take reasonable steps to seek peer supervision to evaluate their efficacy as counselors.
- C.2.g. Impairment Counselors monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when impaired. They seek assistance for problems that reach the level of professional impairment, and, if necessary, they limit, suspend, or terminate their professional responsibilities until it is determined that they may safely resume their work. Counselors assist colleagues or supervisors in recognizing their own professional impairment and provide consultation and assistance when warranted with colleagues or supervisors showing signs of impairment and intervene as appropriate to prevent imminent harm to clients.

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### Aspects of who we are

- Social
- Emotional
- Intellectual
- Physical
- Spiritual
- Professional




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### Dimension One- Social Wellness

- How well you relate to others
  - Relationships, respect, community interaction
- How do you connect, communication and get along with the people that you are surrounded by




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### Dimension Two- Spiritual Wellness

- This dimension helps to establish peace and harmony in our lives
- It is the ability to discover meaning and purpose in life
  - Why am I here?
  - Meaning/Values



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### Dimension Three- Emotional Wellness

- This is the dimension where are in touch with feelings and emotions
  - Feelings, emotions, reactions, cognition
- This dimension helps us to cope with emotional challenges of life



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### Dimension Four- Occupational Wellness

- This dimension involves finding fulfillment in your job and knowing that it has meaning
  - Skills, finances, balance, and satisfaction
- It is also the ability to establish between work and leisure time



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### Dimension Five- Intellectual Wellness

- This dimension considers the desire to be a lifelong learner
  - Critical thinking, creativity, curiosity
- It is the ability to be open to new experiences and ideas in order to continue growing



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### Dimension Six- Physical Wellness

- This dimension considers overall health and what you need to do to maintain a healthy quality of life
  - Body, nutrition, healthy habits
- It is the ability to take charge of your health by making conscious decisions to be healthy



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### Let's try out the wheel

- Where are you on the wheel?



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**Reflection**

- Which section of your wheel has the most color?
- Which section of your wheel has the least color?
- If this is not the first time you have filled out this assessment, how has your wheel changed? What do you attribute the changes?

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**Goal Setting**

- As a result of doing this assessment, I intend to improve my life balance by...
- My first step will be \_\_\_\_\_
- I will share my plans with \_\_\_\_\_ and will ask for their support by saying \_\_\_\_\_
- I will review my progress on \_\_\_\_\_  
Date \_\_\_\_\_

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**Reflection- Action Planning Guide**

- Remember
  - Each person is unique
  - There is no "right" or "wrong" wheel
  - Responses will vary depending on age and stage of life
- Consider the wheel you have created as a source of feedback
- Feedback is something we can choose to use or ignore

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**Self Care for Mental Health Providers**

- Caring for yourself so you can care for others
- Set healthy boundaries
- Take breaks often
- Exercise
- Know your own threshold for stress
- Find at least three activities that relieve stress for you
- Start your day on a positive note
- Find a positive support system
- Use positive coping strategies to manage emotion and distress
- Plan ahead when possible
- Seek help for your own trauma-related distress

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**Therapist Talks**

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**How to implement self care into your life**

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The mentor reaches beyond your time together



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Church and Community Family



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My SALT Family



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