

TOP 5 TIPS FOR SELF-CARE: HOPE MATTERS

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Definition of Self-Care

The Oxford Living Dictionary, defines self-care as “(t)he *practice of taking action* to preserve or improve one’s own health...well-being and happiness, in particular during periods of stress” (“self-care,” n.d.-b).

- **Limit negative outcomes** by *guarding against*, coping with, or reducing stress and related adverse consequences that may develop in demanding work-related settings.
- **Promote broad positive outcomes** by maintaining or enhancing well-being and overall functioning.
- Self-care is about *taking proactive steps* to enhance resilience and overall well-being.



‘It is now widely recognized that indirect exposure to trauma involves an inherent risk of significant emotional, cognitive, and behavioral changes in the clinician.’ Bride et al., 2007, p.155

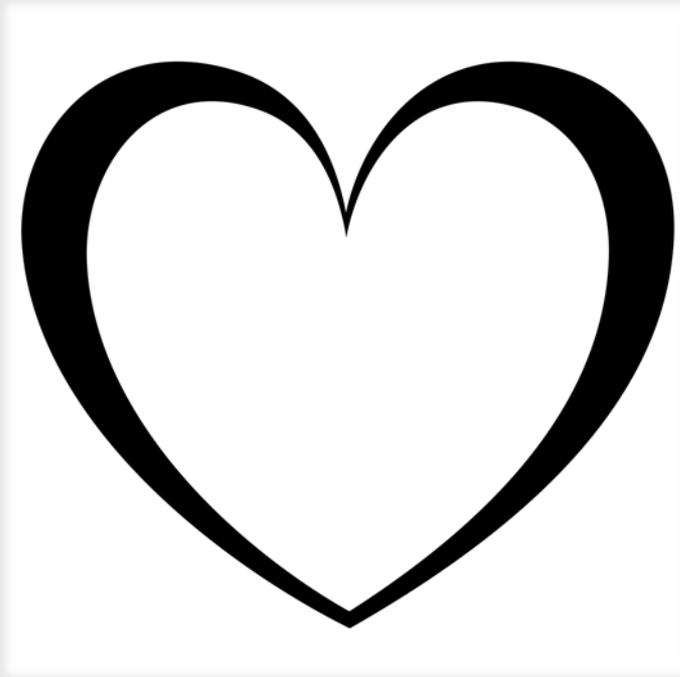
Clinicians take in some level of their clients’ pain by:

- *facilitating sessions*
- *listening to stories*
- *collecting data as part of their efforts to intervene and identify issues*
- *providing treatment services with kindness and empathy*



Compassion Fatigue is the emotional and physical fatigue experienced by professionals due to their chronic use of empathy in helping others in distress.

Compassion Fatigue



- The most *insidious* aspect of *compassion fatigue* is that it *attacks* the very core of what brings helpers into this work: *their empathy and compassion for others.*

TIP 1. Calm Yourself – Self-Talk – *You Can*

- Learning new skills or new ways to do your job is always difficult. Within a public health emergency it can be even harder
- Practice, Practice, Practice using videoconferencing technology
- Watch videos on how to use the technology
- Review Fact Sheets shared by experts and CoE on PHI
- While the Office for Civil Rights gave notice about enforcement discretion...
 - *always act in the best interest of your patient/client/peer*
 - *initiate/implement virtual services following stricter guidelines*
- Document and start each case note with **Due to the COVID-19 public health emergency**



TIP 2. Self-Compassion

- Research on Self-Compassion has been rapidly growing (Neff & Dahm, 2014)
- Neff proposed that Self-Compassion involves **THREE** components:
 - extending **KINDNESS** and understanding to oneself rather than harsh self-judgment
 - seeing one's experiences as part of the larger human experience rather than as separating and isolating (**SENSE OF COMMON HUMANITY**)
 - holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them (**MINDFULNESS**) (Neff, 2003b p. 225)
- These components interact to foster compassion focused inward (Neff, 2003b)
- Self-Compassion is **NOT** self-centeredness, it helps to cultivate feelings of compassion for others (Gilbert & Procter, 2006; Neff, 2003a)
- Cultivating Self-Compassion has been shown to stimulate brain activity that evokes empathy and compassion for others (Longe et al., 2009)

TIP 3. Develop a Self-Care Plan that includes:

- *Exercise*
- *Nutrition*
- *Sleep*
- *Creative endeavors*
- *Spiritual activities*
- *Social support*



4 coping strategies that help social workers manage compassion fatigue:

- *Have a clear self-care plan*
- *Participate in activities or hobbies that restore energy*
- *Have a work-to-home transition plan that is part of the plan*
- *Put a plan in place quickly*



TIP 4. Try a Little Mindfulness

Mindfulness

- ‘state of being present through attention and awareness without judgment or other common filters’ (Martin-Cuellar et al., 2018)

Mindfulness Training (Martin-Cuellar et al., 2018, pg 360)

- *‘Reduced clinicians’ experiences of stress, negative affect, rumination, and anxiety’ (McGarrigle & Walsh, 2011; Schomaker & Ricard, 2015; Shapiro et al., 2007)*
- *‘Is linked with a clinician’s ability to know when they need to take time away or engage in “self-care,” which may serve as a buffer to the experience of compassion fatigue and heighten feelings of compassion satisfaction’ (Figley, 1995; Thieleman & Cacciatore, 2014; Valent, 2002; Thomas & Otis, 2010)*
- *‘Mindfulness plays a significant role as a protective factor. This corroborates with previous research that suggests that clinicians benefit from a mindful presence, which impacts their work with clients’ (Christopher & Maris, 2010; Greason & Welfare, 2013)*

10 Mindfulness Techniques to Practice at Work



- Set an intention at the beginning of the day
- Make your work meaningful
- Learn to be present
- Take a meditation break
- Focus on one task at a time
- Practice having a growth mindset
- Embrace your feelings
- Take lunch to eat lunch
- Stretch
- Write down your accomplishments

Need Some Ideas? Visit the Greater Good Science Center Website



Body Scan Meditation

Feeling tense? Feel your body relax as you try this practice.

Moderate



Compassion Meditation

Strengthen feelings of concern for the suffering of others.

Moderate



Mindful Breathing

A way to build resilience to stress, anxiety, and anger.

Casual



Raisin Meditation

Cultivate mindfulness, reduce stress, and enjoy everyday pleasures.

Casual



Self-Compassion Break

A healthier way to deal with stressful situations.

Casual



Walking Meditation

Turn an everyday action into a tool for mindfulness and stress reduction.

Casual



Loving-Kindness Meditation

Strengthen feelings of kindness and connection toward others.

Moderate



Savoring Walk

How a stroll outside can help build lasting happiness.

Moderate



TIP 5. PROMOTE HOPE & COMMUNITY

- Be aware of your language - Use optimistic, person-first language
- Allow yourself to talk about COVID-19; Focus on facts
- Big Book – **HOPE** is mentioned 43 times
 - “Our *hope* is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, “Yes, I am one of them, too; I must have this thing.”
- **Hope** is one of SAMHSA’s 10 Guiding Recovery Principles
- Remind yourself that you are part of an **IMPORTANT COMMUNITY**
- Advocate for workplace-based supports, process-oriented supervision, peer support, and applying trauma-informed principles in the workplace



Bressi & Vaden, 2017; Fallot & Harris, 2009

Top 5 TIPS



- Tip 1. Calm Yourself – Self-Talk – You Can
- Tip 2. Self Compassion
- Tip 3. Develop a Self Care Plan
- Tip 4. Try a Little Mindfulness
- Tip 5. Promote Hope & Community

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

Doe Zantamata



Refueling of the light should be done regularly through self-care activities.

Gentry & Baranowsky, 2013

Additional Resources

- PSATTC's Compassion Fatigue Curriculum Infusion Package <http://uclaisap.org/html2/compassion-fatigue-behavioral-workforce-cip.html>
- MPATTC's Compassion Fatigue Online Series <https://attcnetwork.org/centers/mountain-plains-attc/compassion-fatigue-online-series-opioid-epidemic-increasing-knowledge>
- CeATTC's Self-Care Curriculum <https://drive.google.com/file/d/0B9ywu77vFpW1bkNZbXRjTIh0a1pFZW4zVXd6dWtNREFHX1Fr/view>

THANK YOU FOR YOUR TIME!

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