



CARING FOR YOURSELF WHILE CARING FOR OTHERS

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INTRODUCTIONS

WHO ARE YOU? NAME, ROLE

WHAT IS ONE THING YOU ARE HOPING TO GET FROM THIS WORKSHOP?

IF YOU WERE GOING TO WEAR FUN SOCKS, WHAT WOULD BE ON THEM?

TODAY'S AGENDA



**Skill sets and attributes often
found in helpers**



**Reflective writing and
Turn and talk**



**Resources—including
things to practice**

A BIT ABOUT HELPERS

HELPING PROFESSIONS ARE JOBS WITH DUTIES THAT INVOLVE DIRECT OUTREACH TO INDIVIDUALS, IMPROVING THEIR QUALITY OF LIFE. THESE CAREERS ADDRESS ISSUES AND PROMOTE GROWTH IN AN INDIVIDUAL'S WELL-BEING.

Source: [Indeed.com](https://www.indeed.com)

A BIT MORE ABOUT HELPERS

PEOPLE IN PROFESSIONAL ROLES THAT WANT TO HELP OTHERS BRINGS COMPASSION, EMPATHY AND DEDICATION TO THE WORKFORCE

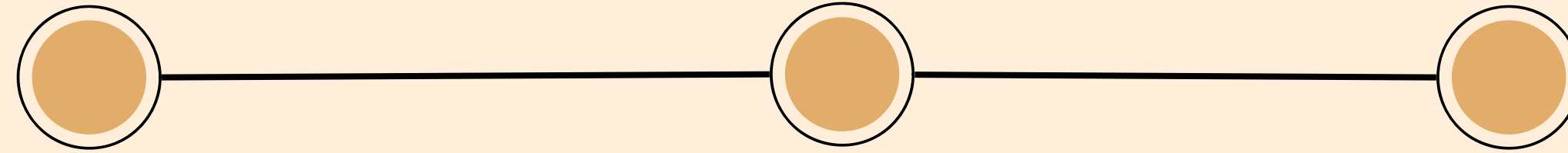
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WHAT HATS DO YOU WEAR



BENEFITS OF HELPING



Increase happiness

Fulfills helpers' sense of purpose

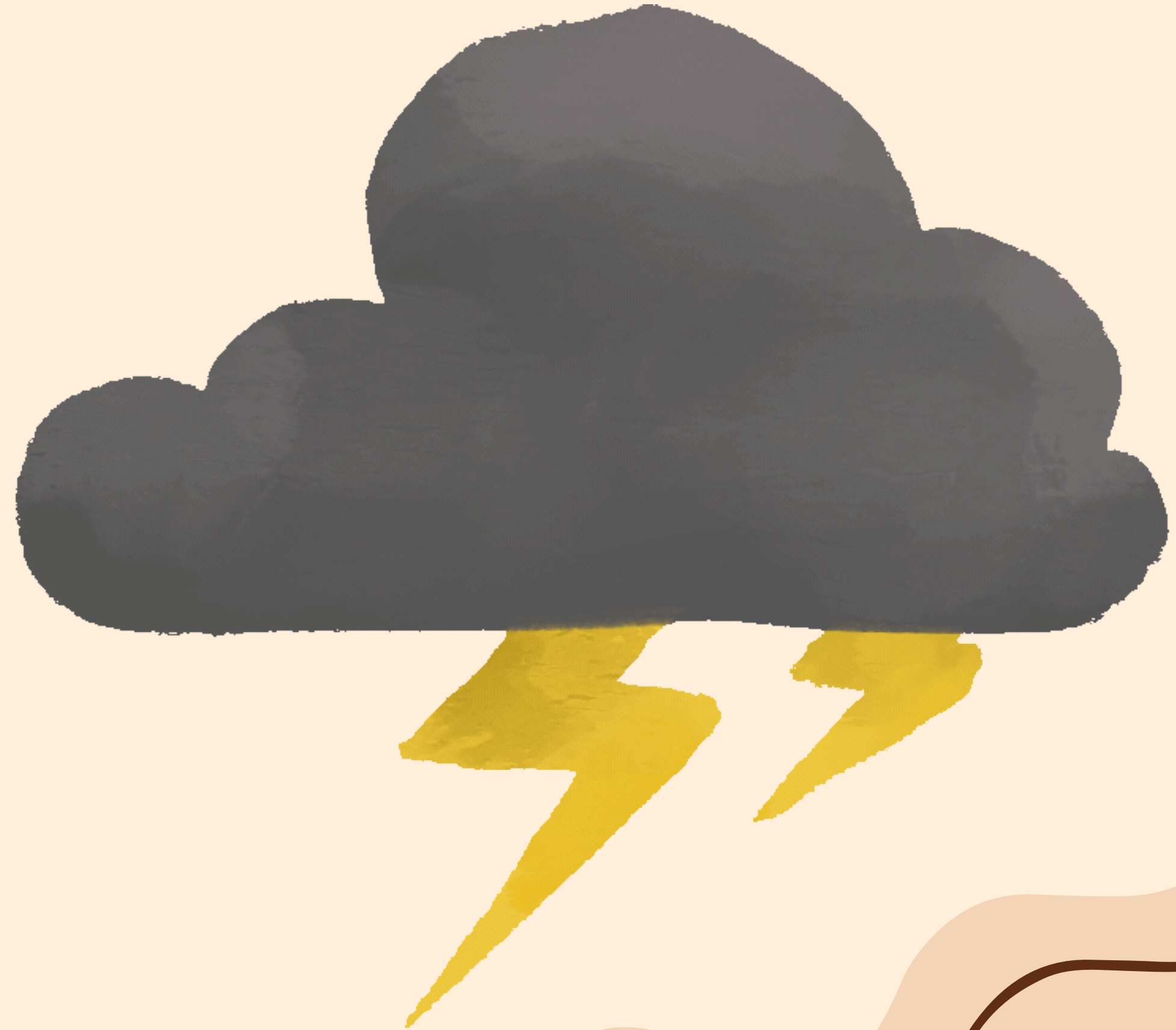
Belonging to a community or other group

ACTIVITY



Take a minute to jot down your thoughts in response to this question? What do I gain from helping?

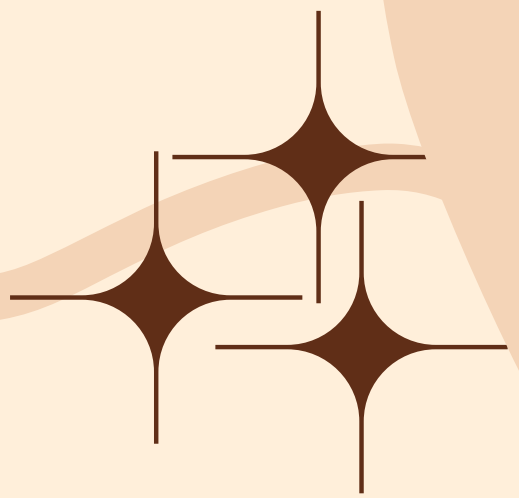
Just as there are benefits to helping, there are ways that it can be challenging. Let's think of some of the challenges of being in a helping profession. Take a few moments to write these down.





SUPPORTING OTHERS REQUIRES ENERGY

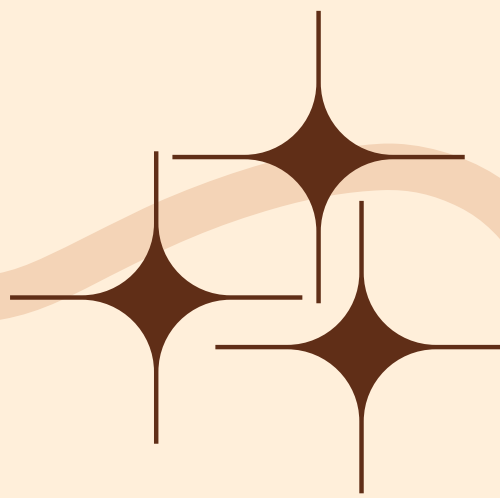


- You can't predict when a major incident will arise
 - You may answer the same or similar inquiries regularly
-
- There is the hazard of taking on too much responsibility for others and a subsequent pressure to fix it.
- 



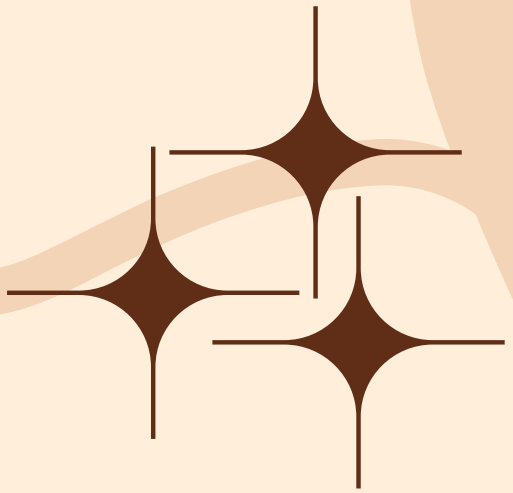
SUPPORTING OTHERS REQUIRES ENERGY

What are some examples of types of interactions that require energy? When you answer, please tell me if it requires a little energy, a medium amount or A LOT of energy.

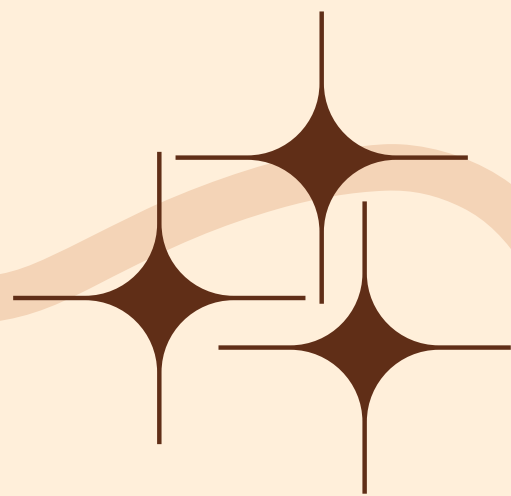


WHEN HELPING BECOMES STRENUOUS

How do you know if helping others has become unhelpful to you? Often you can make adjustments here to recover.



**TAKE TIME
TO DO THE
CHECK IN**





WHAT IS BURNOUT? A BURNOUT SELF TEST



**YOU SHOULD HAVE A TOOL KIT!
WHAT IS IN YOURS?**

**THERE ARE TOOLS WE CAN USE TO PREVENT
GETTING TO BURNOUT, TO HELP IF WE ARE
ALREADY HERE, OR IF WE ARE ON OUR WAY
HERE**



**This is not shameful, it requires
adjustments and can be episodic. Covid
example.**

essentials **CHECK LIST**

CARING FOR YOURSELF

1. Start with the body
2. Pinpoint the problem
3. Look to the future
4. Try to make a better match
5. If improving current situation doesn't work, make big decisions
6. Delegate
7. Diversify your time

7 WAYS TO RECOVER FROM BURNOUT | PSYCHOLOGY

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/HOW-TO-BE-YOURSELF/202105/7-WAYS-TO-RECOVER-FROM-BURNOUT](https://www.psychologytoday.com/us/blog/how-to-be-yourself/202105/7-ways-to-recover-from-burnout)



THE SKILLS

Journaling

Mindfulness

Breathing exercises

Spirituality

Exercise

Time Out

Change of Scene

Obtain a helper of your own



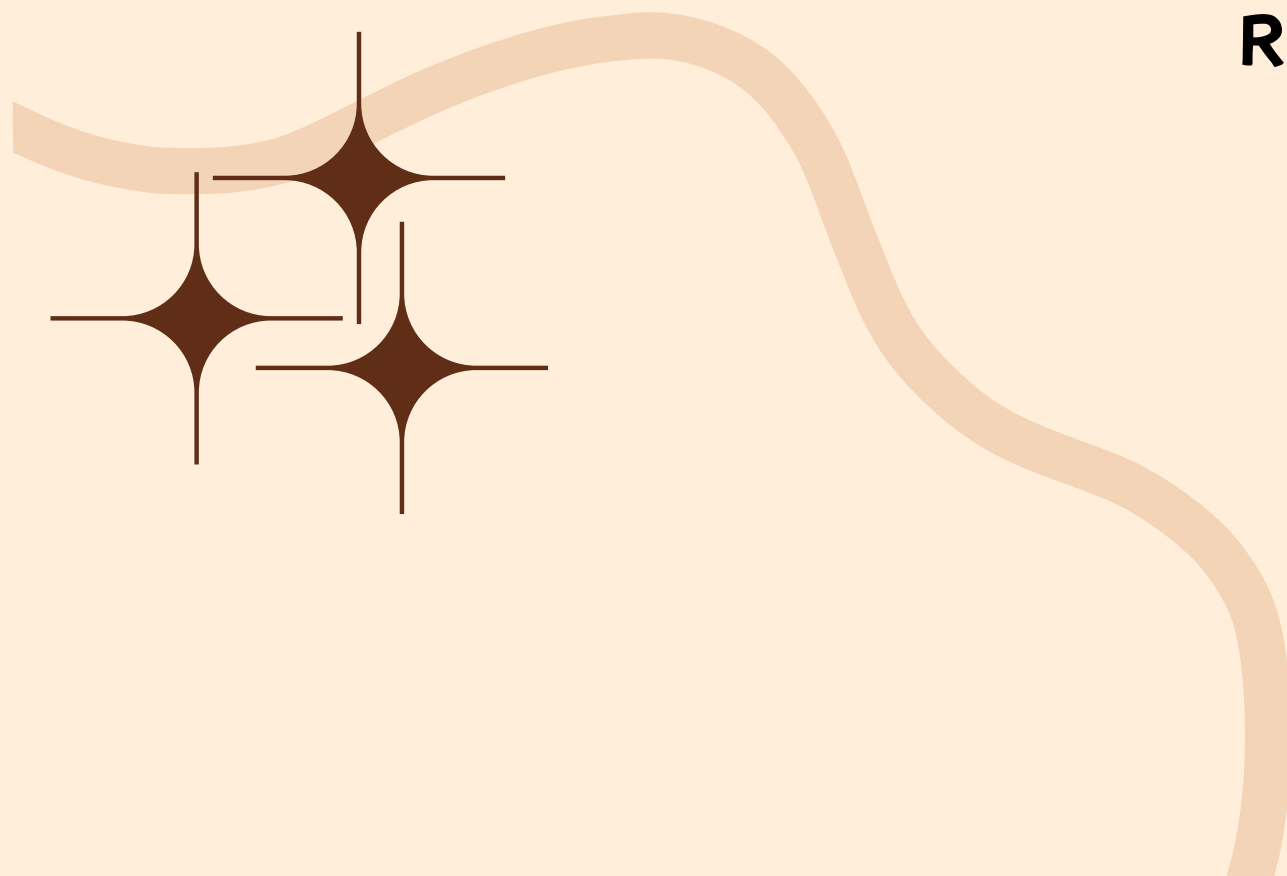


Journaling:

Writing Wrongs (Journal for Joy)

REGISTER: Thursday, April 3, 6:00pm

REGISTER: Friday, April 11, 12:00pm





Mindfulness—example 10 min. guided meditation on spotify

Breathing exercises—box breathing

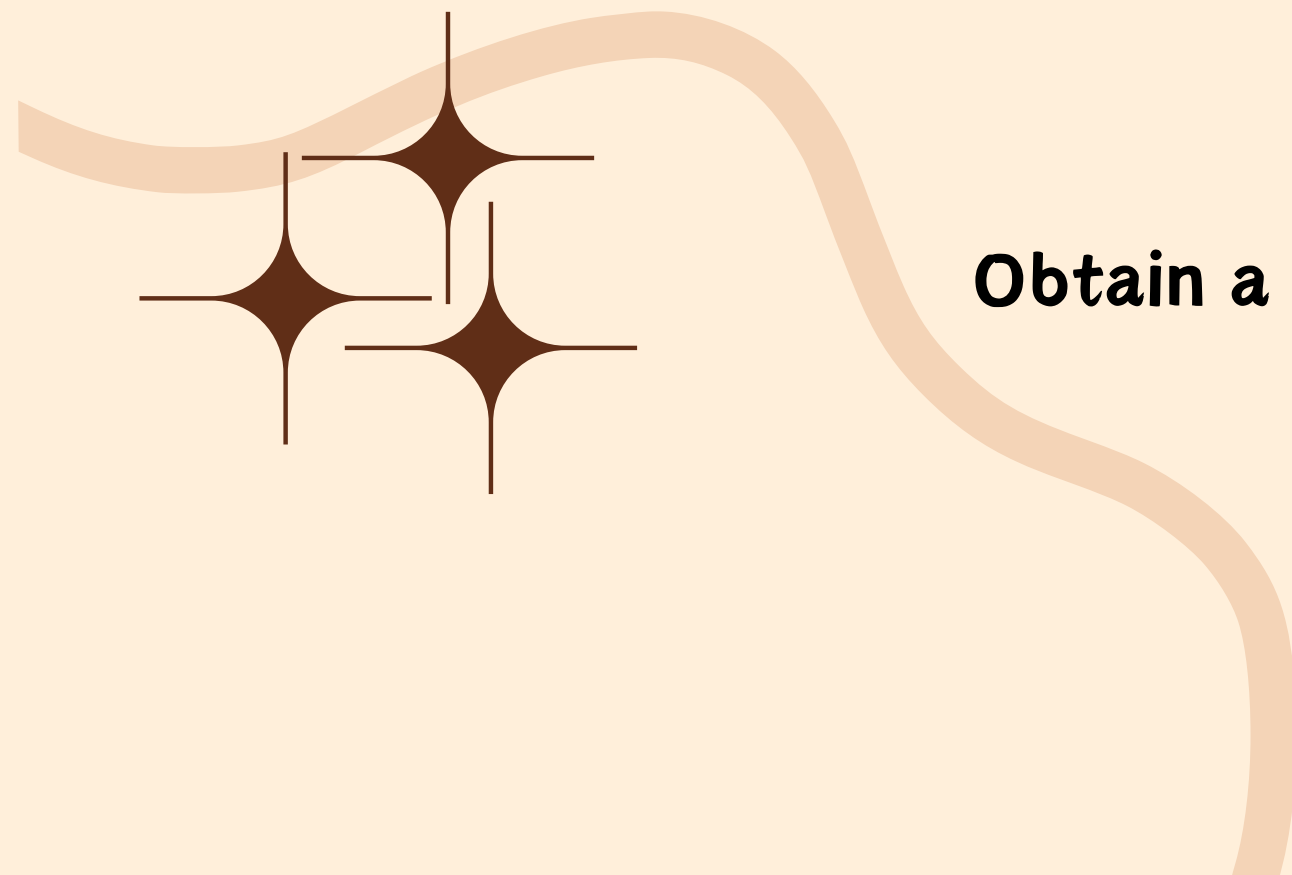
Spirituality

Exercise—somatic yoga

Time Out—not just for kids!

Change of Scene

Obtain a helper of your own—EAP is a good place to start



THE TAKEAWAYS

1. Boundaries and Limits are Important

2. Work Life Combo

**3. Caring is super power and kryptonite—
and you have tools to help reduce the
likelihood of it turning into kryptonite**

Psychology Today: What those in the Helping Professions Want You to Know about Self Care



QUESTIONS & DISCUSSION



THANK YOU



