

Beyond Burnout

Prioritizing Health,
Restoring Self-Care &
Reclaiming Wellness



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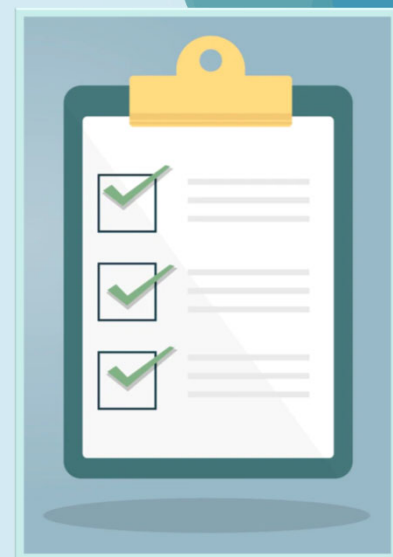
Trauma & Addiction Specialist

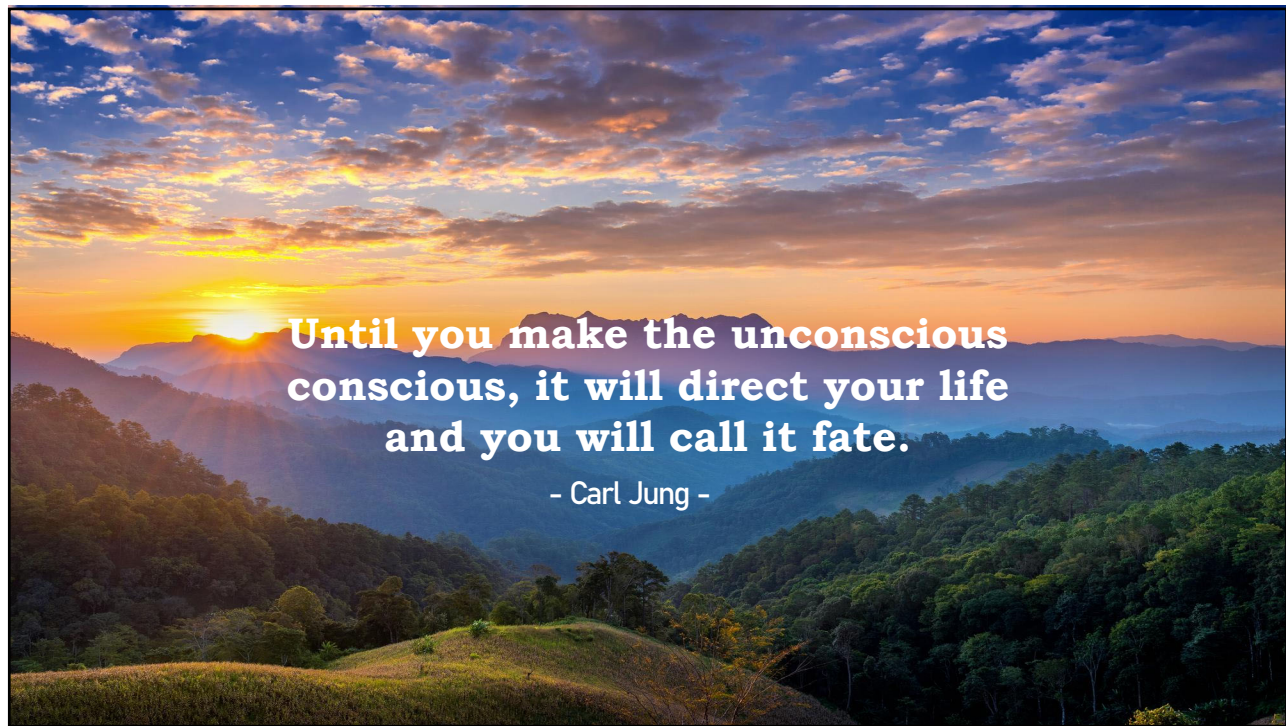
Mental Health Trainer & Public Speaker



Learning Objectives

- Attendees will be able to identify physical, emotional, and psychological impacts of stress, trauma, and burnout.
- Attendees will be able to name and describe the components and characteristics of quality self-care, as well as strategies for enhancing self-care and wellness.
- Attendees will learn exercises, strategies, and tools for nervous-system regulation, stress-reduction, and relaxation.







WORKING in HEALTHCARE during a GLOBAL PANDEMIC...

- Emotional Exhaustion
- Trouble with Sleep
- Physical Exhaustion
- Work-related Dread
- Compassion Fatigue
- Lack of Emotional Support
- Secondary Traumatic Stress
- Work - Life Balance

High Reports of:

- Acute Stress Disorder
- Anxiety
- Burnout
- Depression
- Post-Traumatic Stress Disorder (PTSD)



Sources: Tsamakidis, et al. (2021) and Mental Health America 2020 Survey



An abnormal
reaction to an
abnormal
situation, is
normal behavior.

- Viktor Frankl -



BURNOUT

burnout burn-out | \ 'bɜrn-,aüt  \

: exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration

: a person suffering from burnout

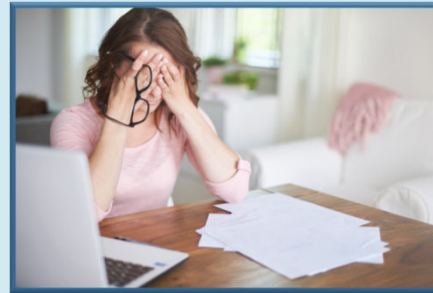
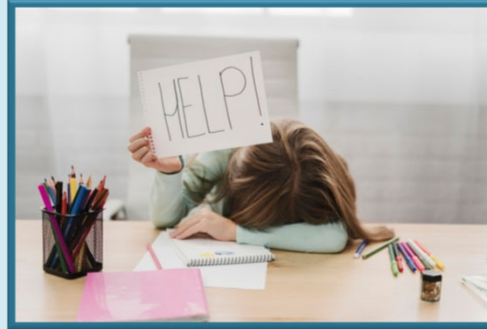


Source: Nagoski & Nagoski 2019; APA.org; InformedHealth.org

BURNOUT

1. Emotional Exhaustion
2. Mental Distancing
(Cynicism or
Depersonalization)
3. Reduced Sense of
Efficacy (Accomplishment or
fulfillment)

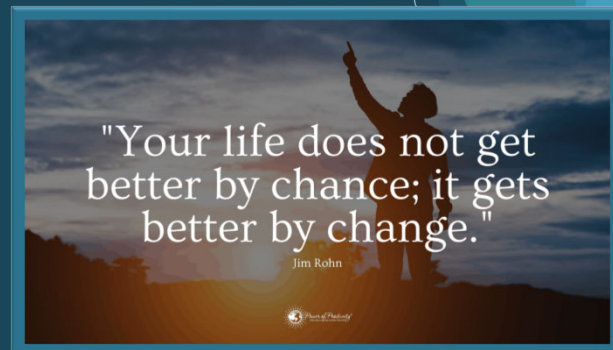
*What are YOUR "Burnout
Signs & Symptoms"?*



Source: Nagoski & Nagoski 2019; APA.org; InformedHealth.org

EMPOWERING YOU!

- Reclaiming Your Wellness
- Taking your Power Back
- Empower you with...
 - Knowledge
 - Tools
 - Ideas
 - Resources



RESILIENCY



RESILIENCY TRAITS

Resourceful

Willing to Seek Help

Good Problem-Solving Skills

"There IS something I can do"

Social Supports Available

Connected With Others



Resiliency Traits, *cont...*

- Self-Aware
- Realistic
- Keep Calm Under Stress
- Optimistic
- Empathic
- Finds Meaning
- Self-love, self-compassion



Building Resilience

1. KNOW / Name Your Strengths
2. Naming & Accepting...
 - Your Feelings
 - The Experiences You've Had & Impacts
 - Your Beliefs, Thoughts & Perspectives
3. List Your Supports – Add to the List!
4. Reach Out!
5. Foster Connections & Relationships
6. Practice Gratitude
7. Positive Self-Talk

“I am Strong. I am Capable. I Matter.”
8. Take Time to Grow Coping Tools / Skills



POST-TRAUMATIC GROWTH

1. Greater appreciation of life
2. Greater appreciation & strengthening of close relationships
3. Increased compassion and altruism
4. The identification of new possibilities or a purpose in life
5. Greater awareness and utilization of personal strengths
6. Enhanced spiritual development
7. Creative growth



Tedeschi & Calhoun 2004; Tedeschi & Calhoun 1996; Tedeschi & Calhoun 1995

Self care is
how you
take your
power back.

Lalah Delo



Self-Care Considerations

BE INTENTIONAL

- Know your goals
- How will you get there?
- How will I stay on track?
- Reminders
- Routines
- Habit stacking



Self-Care Considerations, *cont....*

Self-Care MUST Include...

Self-Compassion

(vs judgement & criticism)

- Self-Awareness
- Self-Acceptance
- Kindness towards self

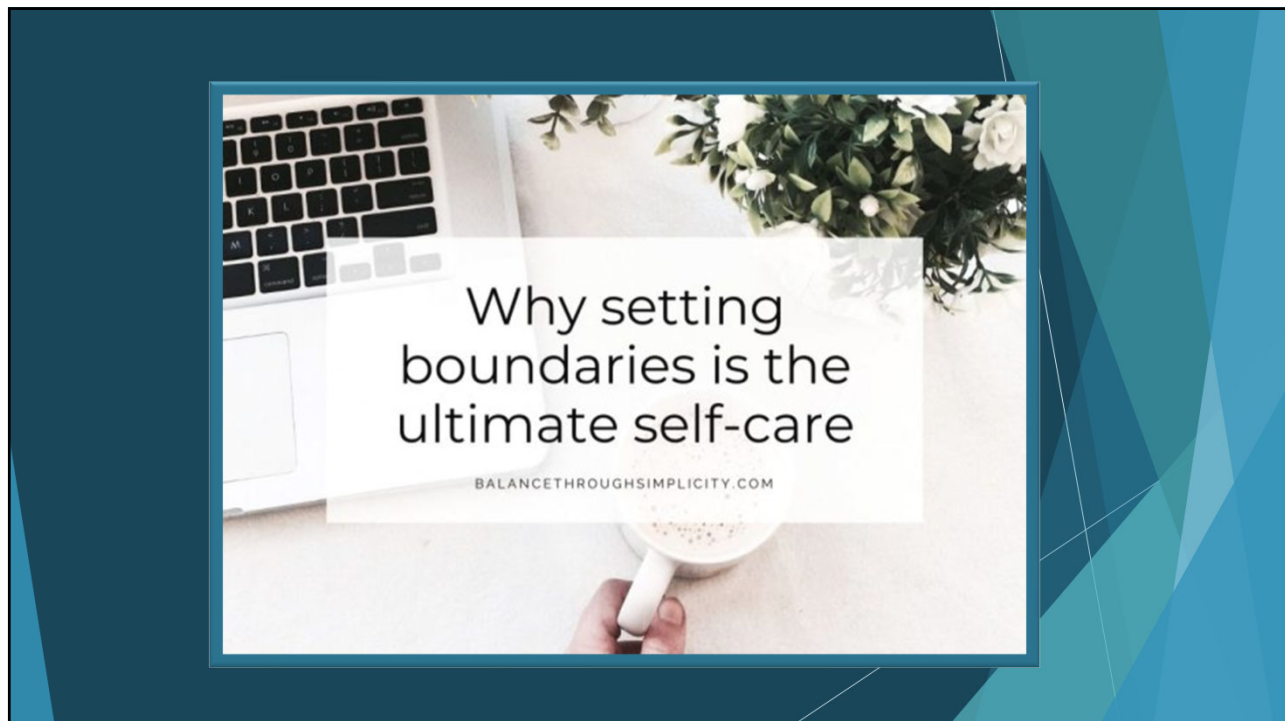


Self-Compassion Quiz
www.self-compassion.org









SETTING BOUNDARIES

- Protective barriers
- Rules or limits we set
- Healthy, Normal & Necessary
- Various Types:
 - Physical
 - Emotional
 - Material
 - TIME & ENERGY



Source

"Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others."

- BRENÉ BROWN

BOUNDARIES IN ACTION...

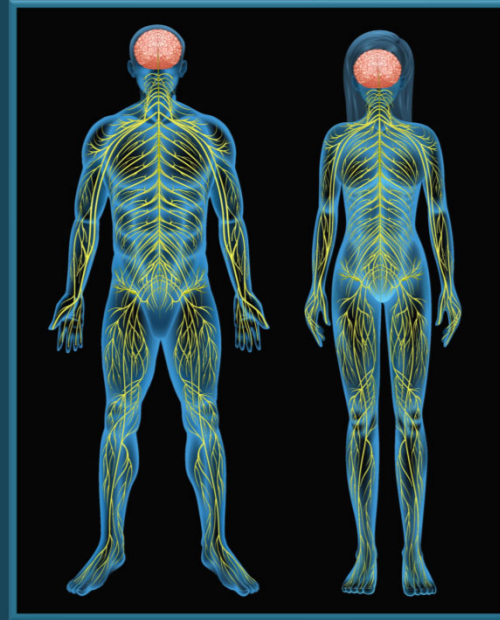


- I appreciate the invite, but I won't be able to make it.
- I can see that you are upset, and I would love to support you, however I don't have the capacity right now.
- I'd rather not discuss _____ right now.
- I am busy right now. I will reach out to you when (if) I am available
- This is not a topic I am comfortable discussing. Please do not bring it up again.

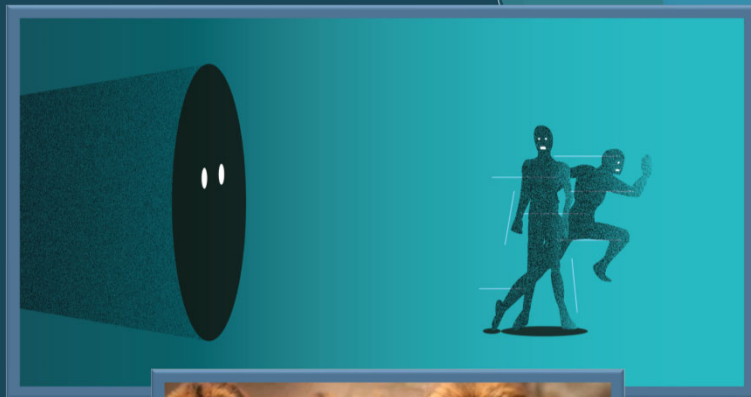
Understanding The Impacts



THE HUMAN NERVOUS SYSTEM



SYMPATHETIC NERVOUS SYSTEM RESPONSE



- Response to Threat
- “Fight or Flight”
- Freeze & Fawn
- Adaptive
- Helps Us Survive Threats

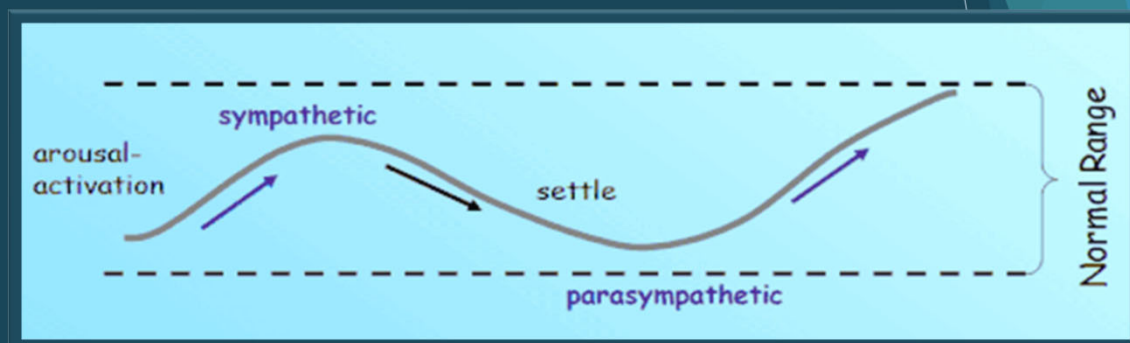


Walk

FIGHT	FLIGHT	FREEZE	FAWN
<ul style="list-style-type: none"> • Argumentative • Temper • Angry outbursts • Aggressive • Dominates & controls others • Demands perfection • Pursues power & control • Impulsive • Pronounced sense of entitlement • “Bully” • Incessant criticizing and raging 	<ul style="list-style-type: none"> • Panic & anxiety • Workaholic • Obsessive thoughts • Compulsive Behaviors • Obsessive Behaviors • Always on the go & staying busy • Over worrying • Perfectionist & overachiever • Hyperactive • Over-analytical 	<ul style="list-style-type: none"> • Depression • Dissociation • Brain fog • Avoids human contact • Detached • Struggles with making decisions • Hibernating • Lifeless/ feeling dead inside • Spaced out • Isolation • Hides from the world • Achievement-phobic 	<ul style="list-style-type: none"> • People pleasing • Codependent • Has a hard time standing up for themselves or saying “no” • Lack of boundaries • Defers to others in decision making • Avoids conflict • Highly concerned with fitting in • Easily exploited by others

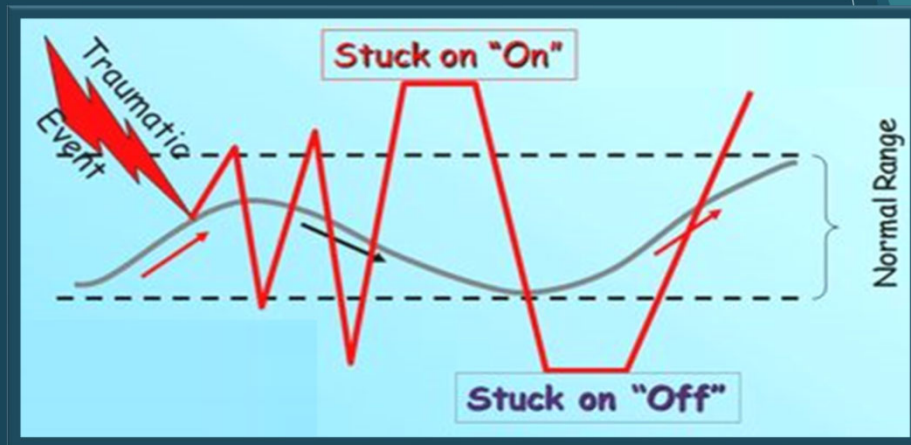
Walk

A HEALTHY NERVOUS SYSTEM

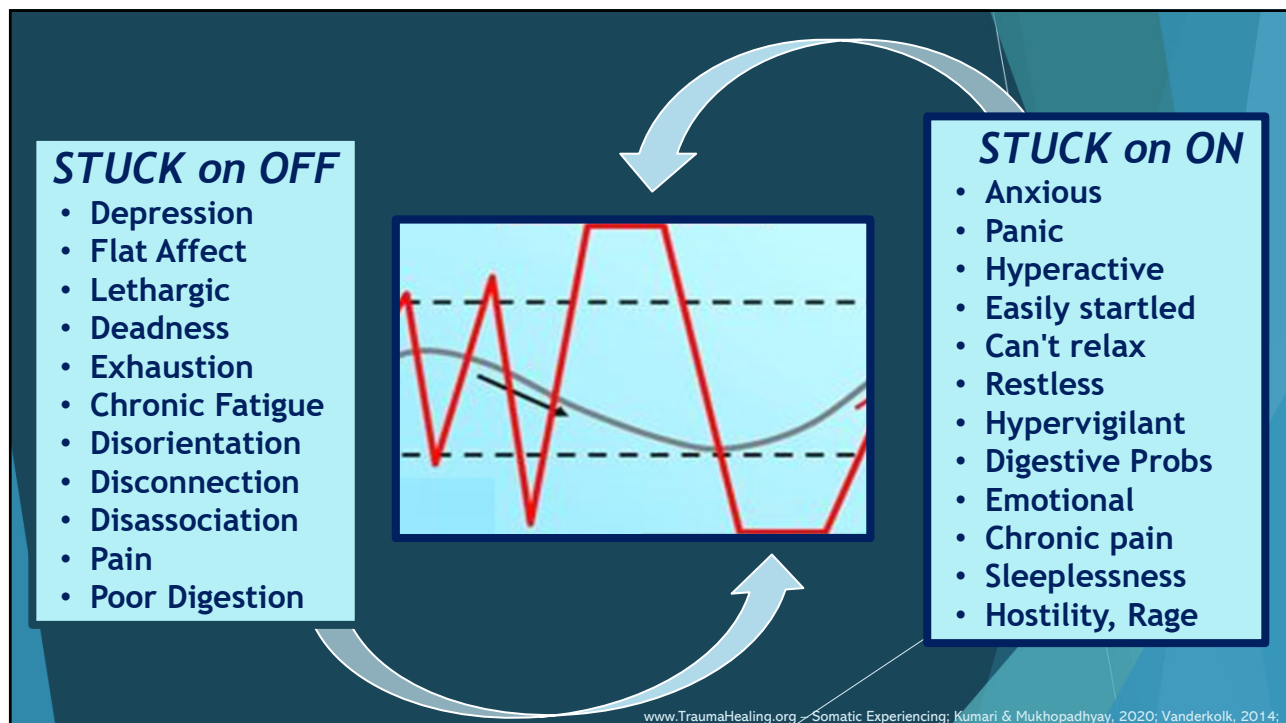


www.TraumaHealing.org – Somatic Experiencing; Kumari & Mukhopadhyay, 2020; Vanderkolk, 2014;

A DYSREGULATED NERVOUS SYSTEM

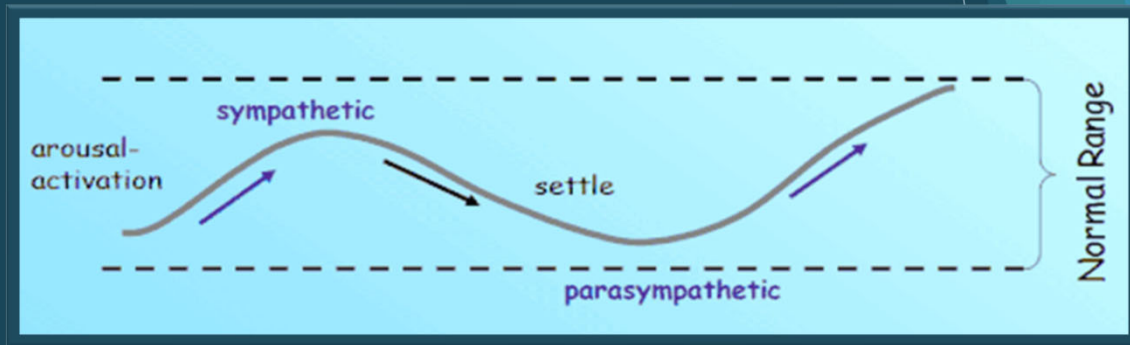


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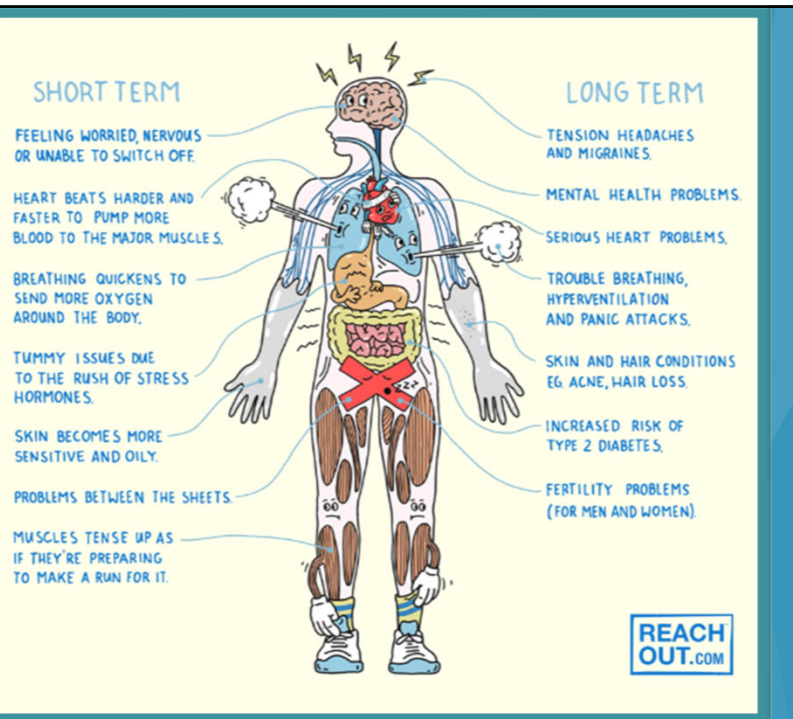
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A HEALTHY NERVOUS SYSTEM

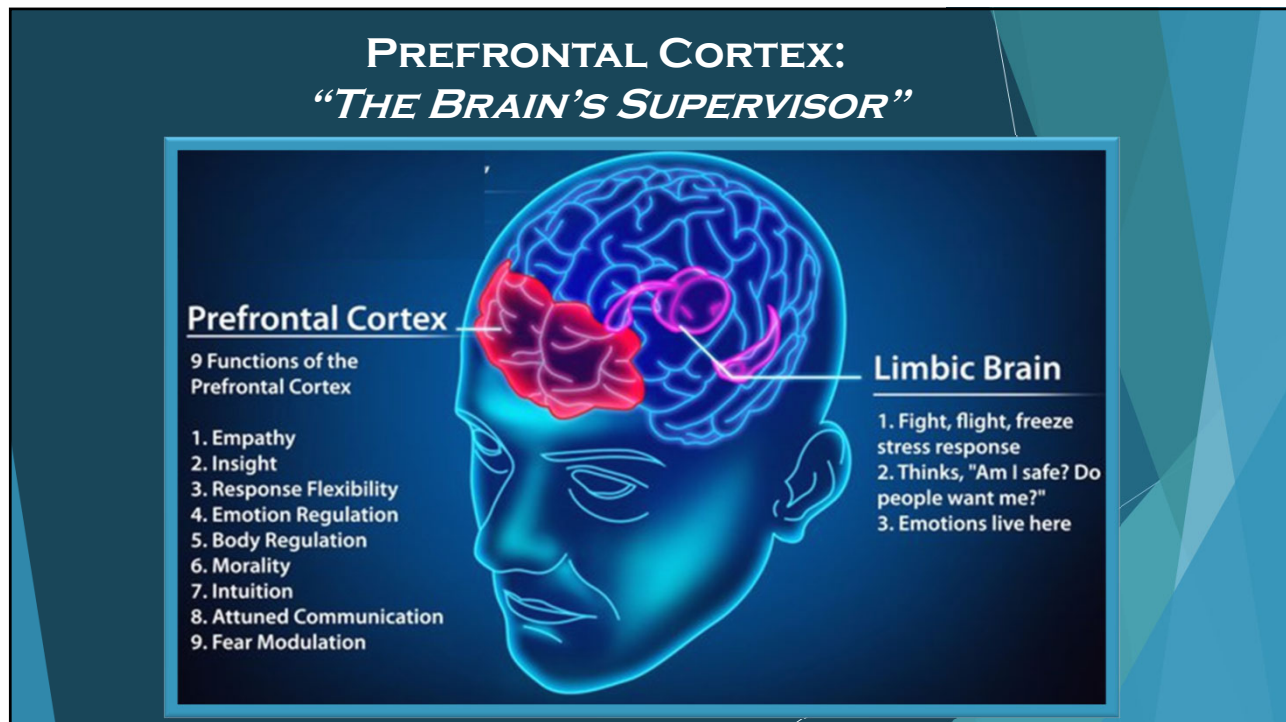


www.TraumaHealing.org – Somatic Experiencing; Kumari & Mukhopadhyay, 2020; Vanderkolk, 2014;

WHAT STRESS DOES TO THE BODY...



Lovallo 2015; Thoits 2010; Feletti et al 2019



HACKING YOUR SYSTEM: BILATERAL STIMULATION

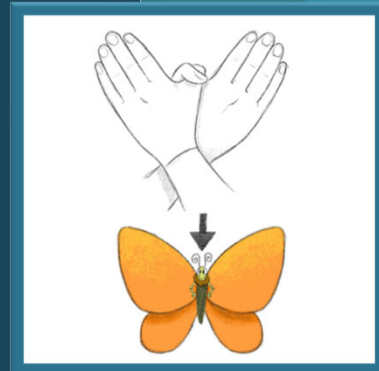
- Activity that involves visual, auditory or tactile stimuli
- Stimuli → Rhythmic Left-Right Pattern
- Activates both hemispheres of the brain



Source: The Parnell Institute for EMDR www.parnellemdr.com

BILATERAL STIMULATION

- Tapping alternate sides of the body
- Tapping a drum with alternating hands
- “Butterfly Hug”
- Walking (left-right movement)
- Eye Movements
- Walking



Source: The Parnell Institute for EMDR www.parnellemdr.com

Emotional Freedom Technique (EFT) “Tapping”

- Relaxation Technique
- Form of Acupressure
- Sequence of Fingertip “Taps”

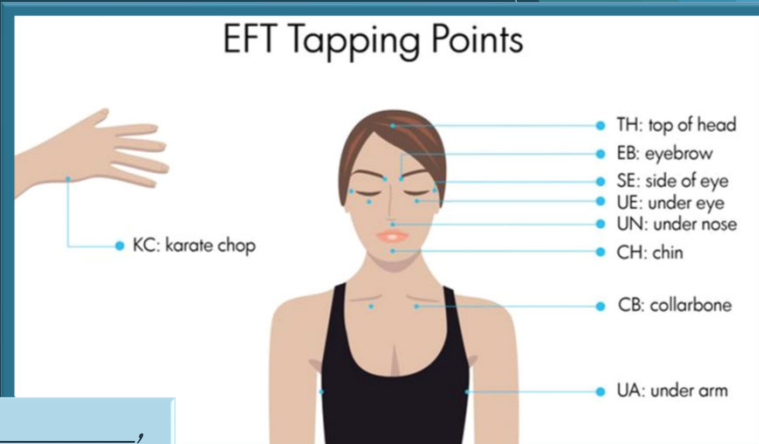
- Reduce Anxiety
- Reduce Stress
- Manage Overwhelm
- Cope with Emotions
- Regulate Nervous System
- Grounding



Source: www.emofree.com ; Boath, et al. (2013); Boath et al. (2017)

EFT / “Tapping”

1. Identify the Issue
2. Test the Intensity 0 – 10
3. Set Up Phrase
Acknowledge the problem
Accept yourself in spite of it
4. Tapping Sequence
5. Test the Intensity Again



*“Even though I have this _____,
I deeply and completely accept myself”*

Source: <https://eftinternational.org>



HEALTH, HEALING & LAUGHTER

HEALTH, HEALING & LAUGHTER

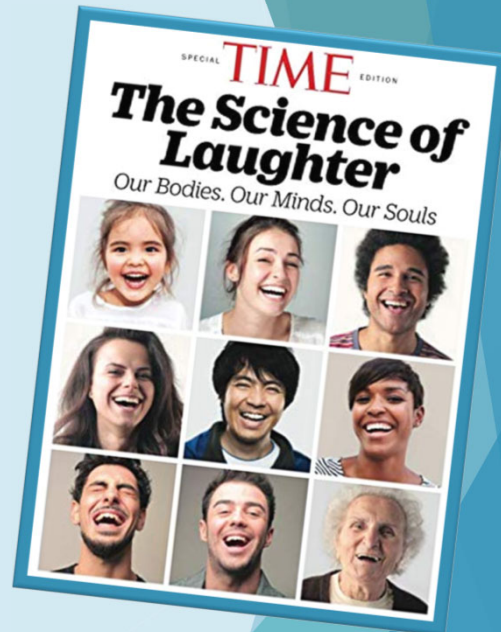
- Relieves your stress response
- Stops release of stress-hormones (i.e., cortisol)
- Triggers production of dopamine
- Increased endorphins
- Improved mood
- Decrease your heart rate
- Decrease blood pressure

 This slide contains the same list of health benefits as above and includes a smaller version of the "The Science of Laughter" cover image on the right side. The cover image is identical to the one in the top slide, showing a 3x3 grid of diverse people laughing.

Sources: Savage (2017); Yim (2019); Seward (2021); Nagoski (2019); www.mayoclinic.org

CONTINUED...

- Enhances intake of oxygen-rich air
- Stimulate circulation
- Aids muscle relaxation
- Stimulates your heart, lungs & muscles
- Lower inflammation
- Increased blood flow
- Relives physical pain



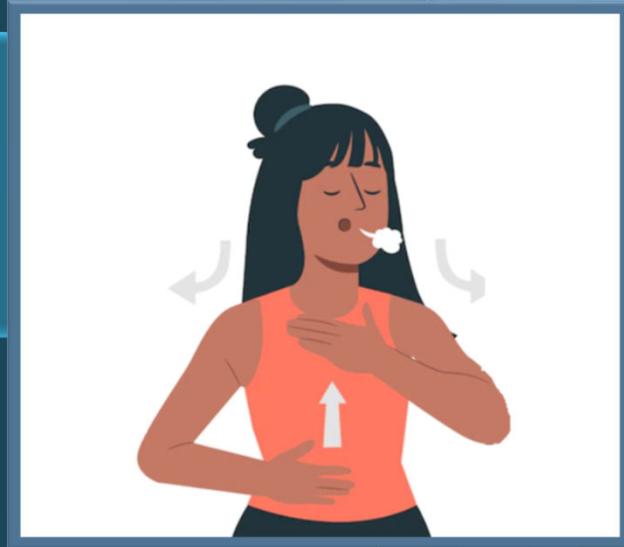
Sources: Savage (2017); Yim (2019); Seward (2021); Nagoski (2019); www.mayoclinic.org

HEALTH, HEALING & LAUGHTER

- REAL, Belly-Laughter does the trick!
- Laughing WITH someone is best
- Plan to laugh
- Be INTENTIONAL

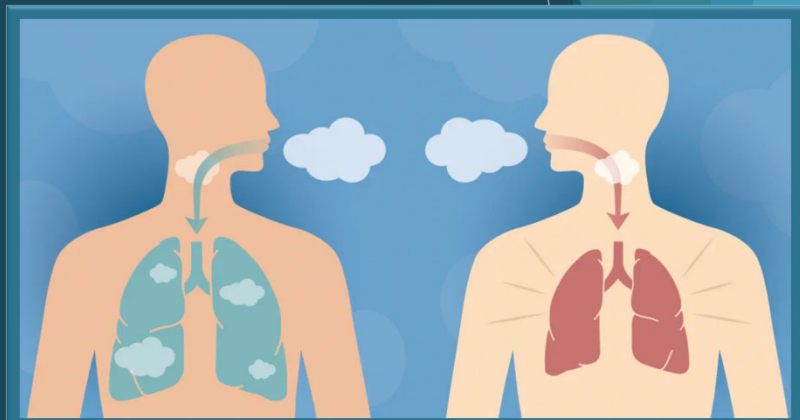


Breathing with Intent



HACKING YOUR SYSTEM: BREATH

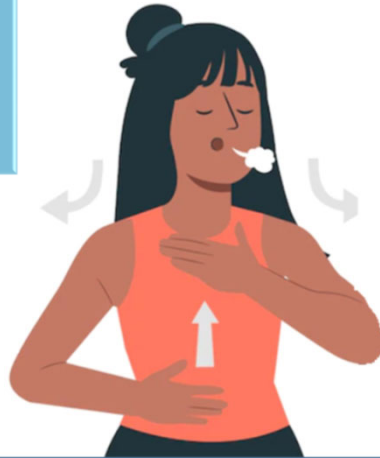
“
Never underestimate the healing power of breath
”



DEEP BREATHING *for a State of Calm*

INHALE

Slowly (6-8 sec)
Through Nose
Fill Belly with Air
Abdomen Expands



EXHALE

Slowly (6-8 sec)
Through Pursed Lips
Belly Releases Air
Abdomen Fall Inward

Sources: Zaccaro et al 2018; Nagoski & Nagoski, 2019

2:1 BREATHING

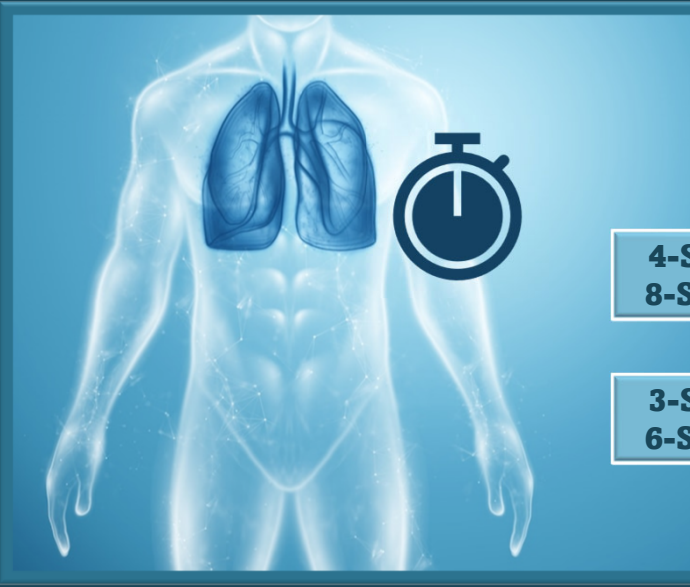
- Breathing Technique for Relaxation
- Exhale TWICE as long as Inhale
- Reduces “fight or flight” response
- Regulates Body & Mind



- Inhalation emphasizes sympathetic activity (Stress, fight/flight branch)
- Exhalation stimulates the parasympathetic activity (relaxation, /rest)
- Adjusting the ratio of inhalation to exhalation → Adjusts the relative emphasis given to sympathetic or parasympathetic activity in each breath cycle

Sources: Adhana, et al. (2013)

2:1 BREATHING



**Exhale
2x Longer
than Inhale**

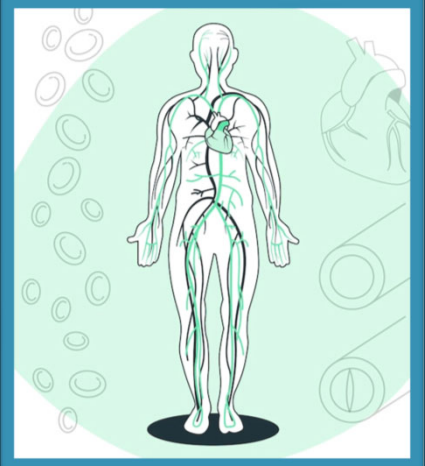
**4-Second Inhale
8-Second Exhale**

**3-Second Inhale
6-Second Exhale**

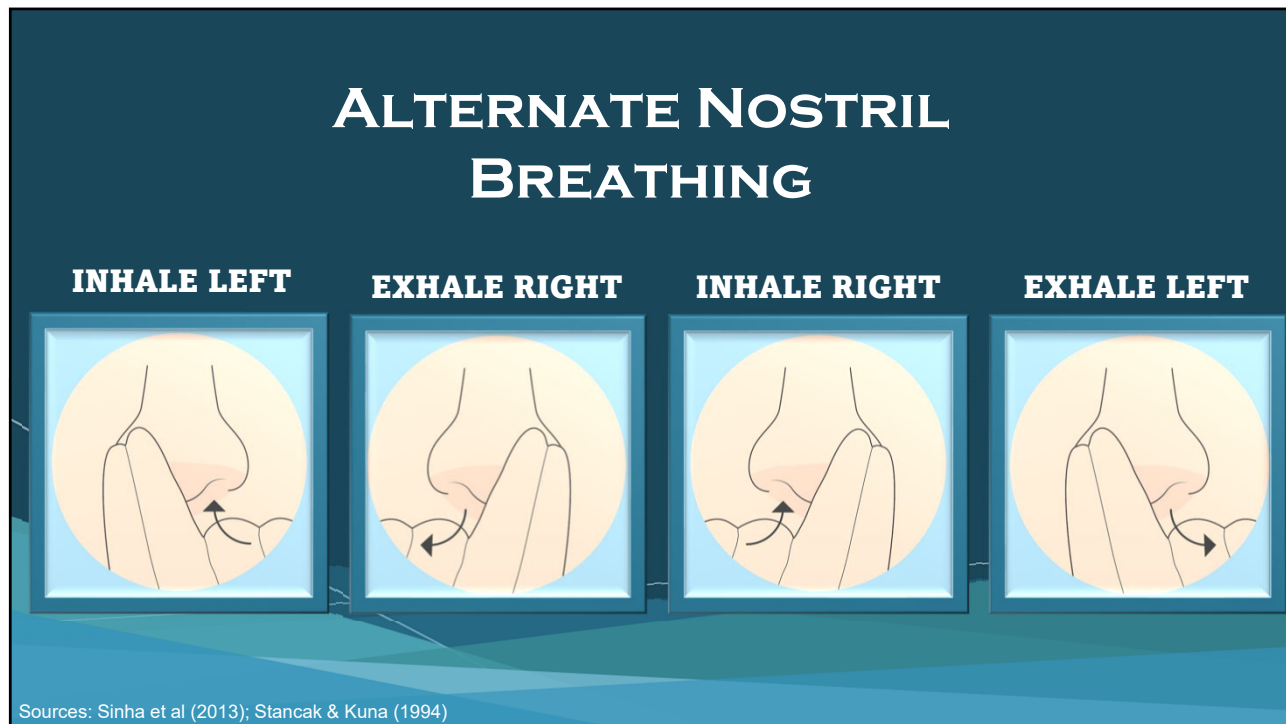
Source

ALTERNATE NOSTRIL BREATHING

- Breathing Practice
- Using 1 Nostril at a Time
- Engages “Rest & Repair” State
- Induces Relaxation Response
- Engages Multiple Parts of Brain
- Balances Nervous System
- Decreases Fear & Anxiety
- Lowers Stress Response Activity Over Time
- Lowers Blood Pressure



Sources: Sinha et al (2013); Stancak & Kuna (1994)



Coping & Relaxation



HACKING YOUR SYSTEM: GROUNDING EXERCISES



Grounding

Speak the Present...

- ▶ Bring yourself into the here & now
- ▶ “I am _____ and I am _____ years old. Right now, I am in/at _____, I am wearing _____, I am sitting in this chair and I feel my feet on the ground...”

Rainbow Grounding

- ▶ Focus on the present & your environment
- ▶ Look around & name something you can see that it RED
- ▶ Orange... Yellow... Green... etc...

Use an “anchoring phrase”

- ▶ “I am safe. I am okay.”
- ▶ “Although this feels overwhelming, I know I can handle it and I am okay.”
- ▶ “This will pass. I am okay.”



- Sit in a comfortable chair
- Close eyes
- Take 3 deep breathes
- Push feet firmly into ground
- Move throughout body
- Feet - to top of head
- Focus on body sensations

“Chair Grounding” Exercise

- Can you feel your feet inside your shoes?
- What does your clothing feel like, as it lays on your body?
- How does your body feel sitting in the chair?
- Can you feel your back against the chair?
- Notice the sensations of your arms resting on the chair. Are they supported? Do they hang off the side?
- What is the texture of the chair?



REACHING FURTHER...

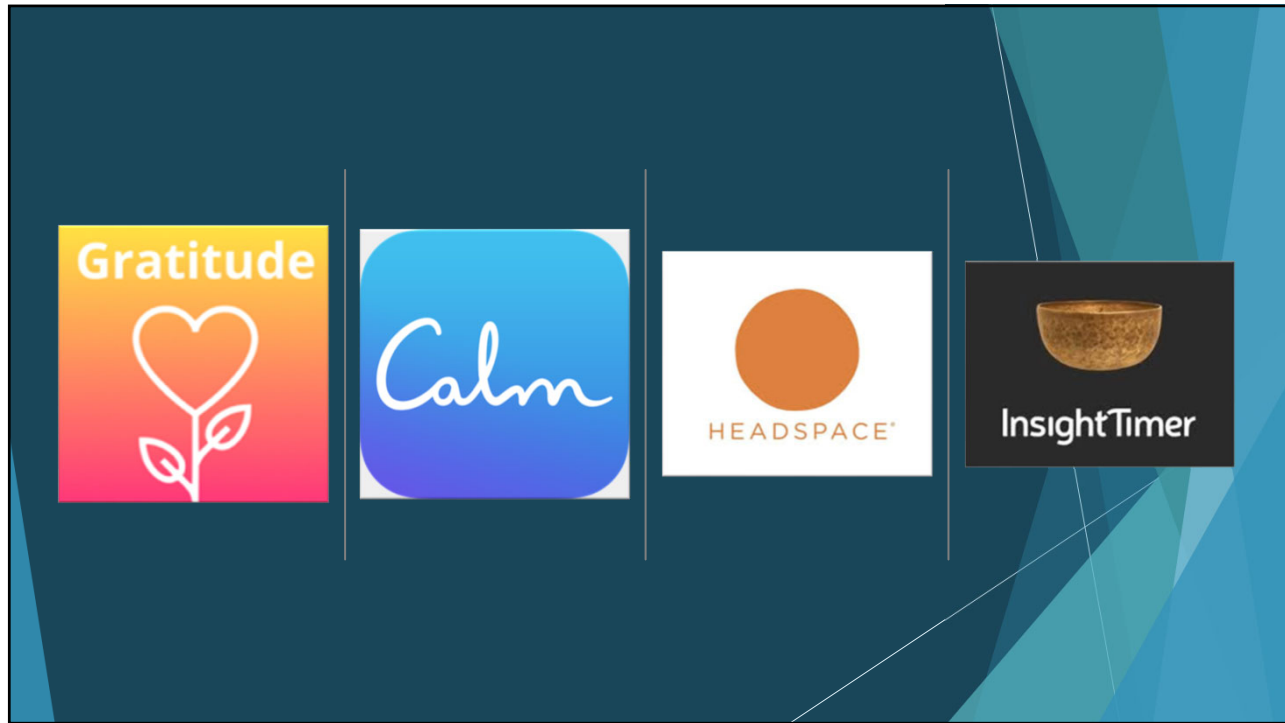
- Honest self-assessment
- Acceptance & compassion
- It's okay to not be okay
- What areas am I struggling?
- What do I need?
- Tools, Exercises, Books, Resources, more?
- Outside supports

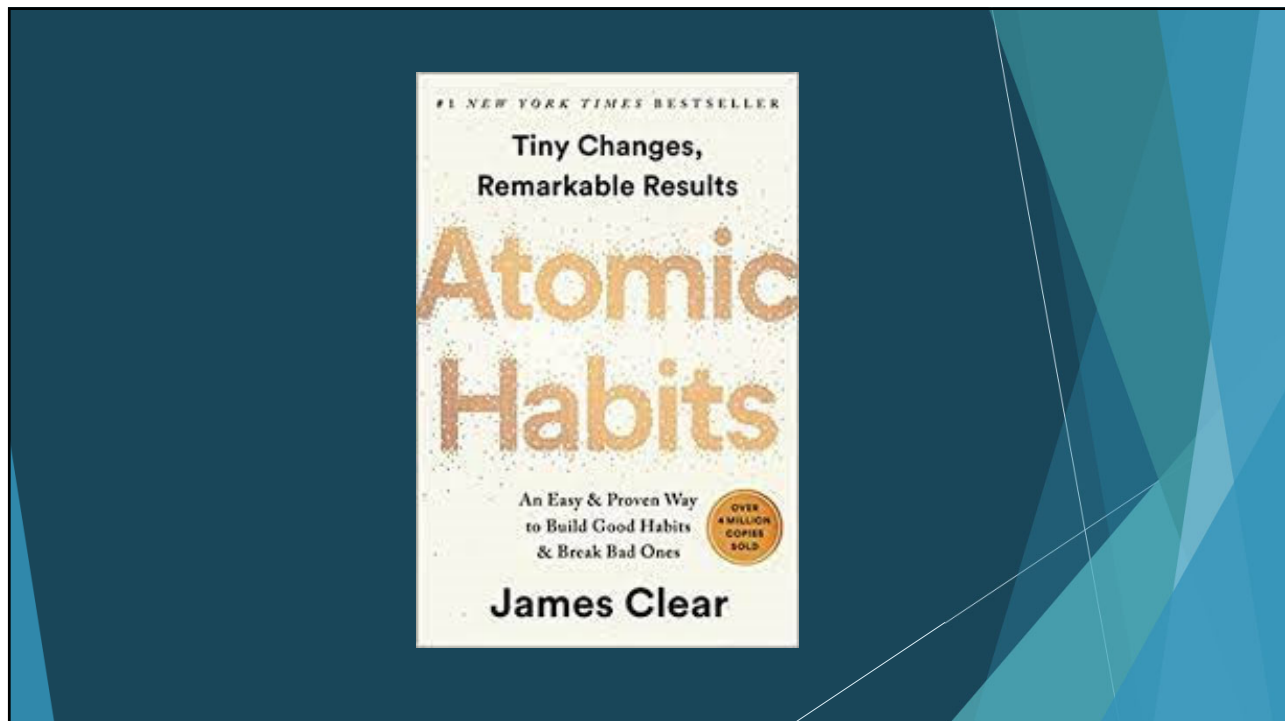
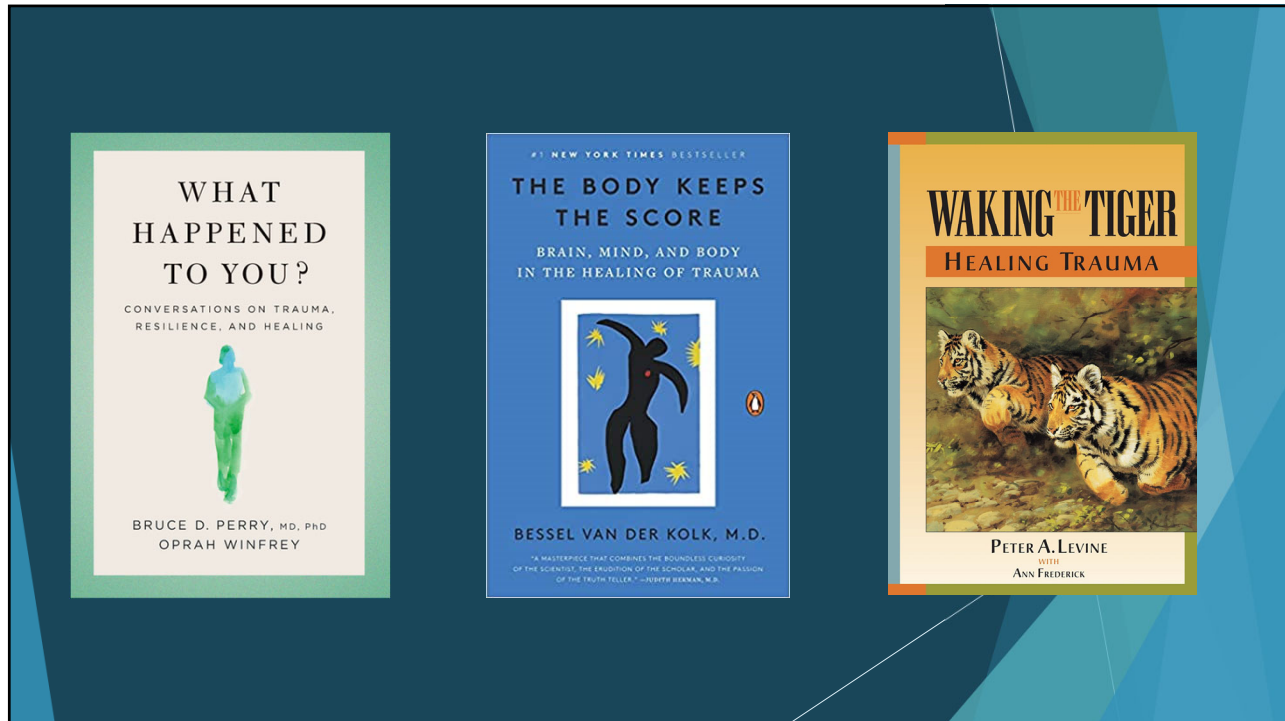


COUNSELING & COACHING



Psychology Today





HEALING THE SHAME THAT BINDS YOU
 JOHN BRADSHAW
 Expanded and Updated Edition

COMPLEX PTSD: From Surviving to Thriving
 Pete Walker
 Author of *The Tao of Fully Feeling*

TRANSFORMED BY TRAUMA
 STORIES OF POSTTRAUMATIC GROWTH
 Richard G. Tedeschi, PhD and Bret A. Moore, PsyD, ABPP with Ken Falke and Josh Goldberg

Healing the Child Within
 DISCOVERY AND RECOVERY FOR ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES
 International bestselling author CHARLES L. WHITFIELD, M.D.
 Foreword by Cardwell C. Nuckols, Ph.D.
 Expanded and Updated Edition

THANK YOU!



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