Self Care for the Healthcare Professional

Self Care & Prevention of Burnout

By Katie Tietz, MS, OTR/L
Objectives

- To provide participants with the time and space to explore their own risk and protective factors surrounding burnout, secondary trauma stress and compassion fatigue

- Identify self care strategies and passionate pursuits to foster resiliency and ameliorate risk
Who we are as Providers

- People oriented
- Empathetic
- Put others first
- Some of us may be ‘people pleasers’
- These qualities are all wonderful (and likely what attracted us to our profession) - but they also put us at an elevated risk for burnout
Where Are You Now?

- Professional Quality of Life Scale (PROQOL)
  - Available online www.proqol.org
- Measures 3 areas of professional risk
  - 1. Compassion Satisfaction
  - 2. Burnout
  - 3. Secondary Trauma Stress
Burnout

- Depletion of our resources, both physical and psychological, caused by our desire to achieve certain standard and expectations that are often impossible to humanly achieve.

- Physical or mental collapse caused by overwork or stress.

- What are your expectations?
Secondary Trauma Stress

- The emotional duress that results when an individual hears about, or experiences in some way, the firsthand trauma experiences of another
- Work related, secondary exposure to extremely or traumatically stressful events
- Be mindful of ‘Sliming’ your family and friends!
Compassion Fatigue

- Indifference to charitable appeals on behalf of those who are suffering; experienced as a result of the frequency or number of such appeals

- “The cost of caring” - Dr. Charles Figley

- Displays of chronic stress resulting from the care giving work we choose to do
Red Flags

- Anger & feelings of powerlessness
- Negative self talk
- Impatient
- Poor self care
- Apathetic (no longer find activities pleasurable)
- Appetite/exercise changes
- Avoidance behavior
Protective Factors

• Strategies to foster resiliency and ameliorate risk of burnout, secondary trauma stress & compassion fatigue:
  • Self Kindness - nurture yourself in the workplace
  • Mindfulness - breath work and meditation
  • Notice if we are triggered by things at work
  • Movement and exercise (try bi-lateral movements)
  • Healthy eating and healthy sleeping
  • The path to wellness: Awareness
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<th>Self Care (Daily)</th>
<th>Passionate Pursuits (May/May not be daily)</th>
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Let’s Make a List!
Practice: Deep Breathing & Visualization
Resources

- “Self Care for the Healthcare Professional” by Katie Tietz, MS, OTR/L
- “Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma” by Babette Rothschild
- Insight Timer (Free App for Guided Imagery and Meditations)
- www.compassionfatigue.org
- www.self-compassion.org by Dr. Kristen Neff
Thank You!

**Contact Information**

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"Self care is 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." - Eleanor Brown