



# Surviving or Thriving? The Intentional Practice of Workplace Wellness

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# Workshop Goals:

- Acknowledge the impact of our helping profession work
- Give voice to better understanding how our day-to-day experiences shape our responses to work, life & others
- Engage in practical strategies to name & claim our need for balance & health



# Self-Care: An Ethical Obligation for Those Who Care



*We are all first responders; that is, we are among the first 'outsiders' to learn that trauma is affecting students and their families. We receive some training in how to recognize student health issues, child abuse and neglect, domestic violence, and how to make referrals.*

*However, in comparison to other first responders, most educators get very little training in recognizing the symptoms of vicarious trauma nor supported in their efforts of self-care.*



# The Ripple Effect

Traumatic events are like rocks thrown into our pond.

Each rock causes a series of ripples.



# Wellness – Self Care





Vicarious Trauma: to feel through the experiences of others; an auxiliary experience of the trauma that someone else has experienced.

Secondary Trauma: vicarious trauma that manifests as posttraumatic symptoms (physical and emotional) and may lead to potential burnout.







Compassion Satisfaction – The positive feelings we get when we realize that the compassion we put into working with others is resulting in some relief, growth, or healing.







Compassion Fatigue – Fatigue, emotional distress, or apathy resulting from constant demands of caring for others. The weariness that comes from caring.





Burnout – Physical and emotional exhaustion that may include a negative self-concept and job attitudes, a loss of concern and feeling for others. High levels of compassion fatigue may lead to burnout.



# The Silencing Response: One Other Sign of Vicarious/Secondary Trauma

Shutting down our empathy & demanding trauma survivors keep problems to themselves.

Consciously or unconsciously finding ways to silence those manifesting trauma symptoms.



# Self-Care

“You Can’t Teach What You  
Don’t Know...  
You Can’t Lead Where You  
Won’t Go.”





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# Four Stages of Building Awareness

Unconsciously  
Unaware

Consciously  
Unaware

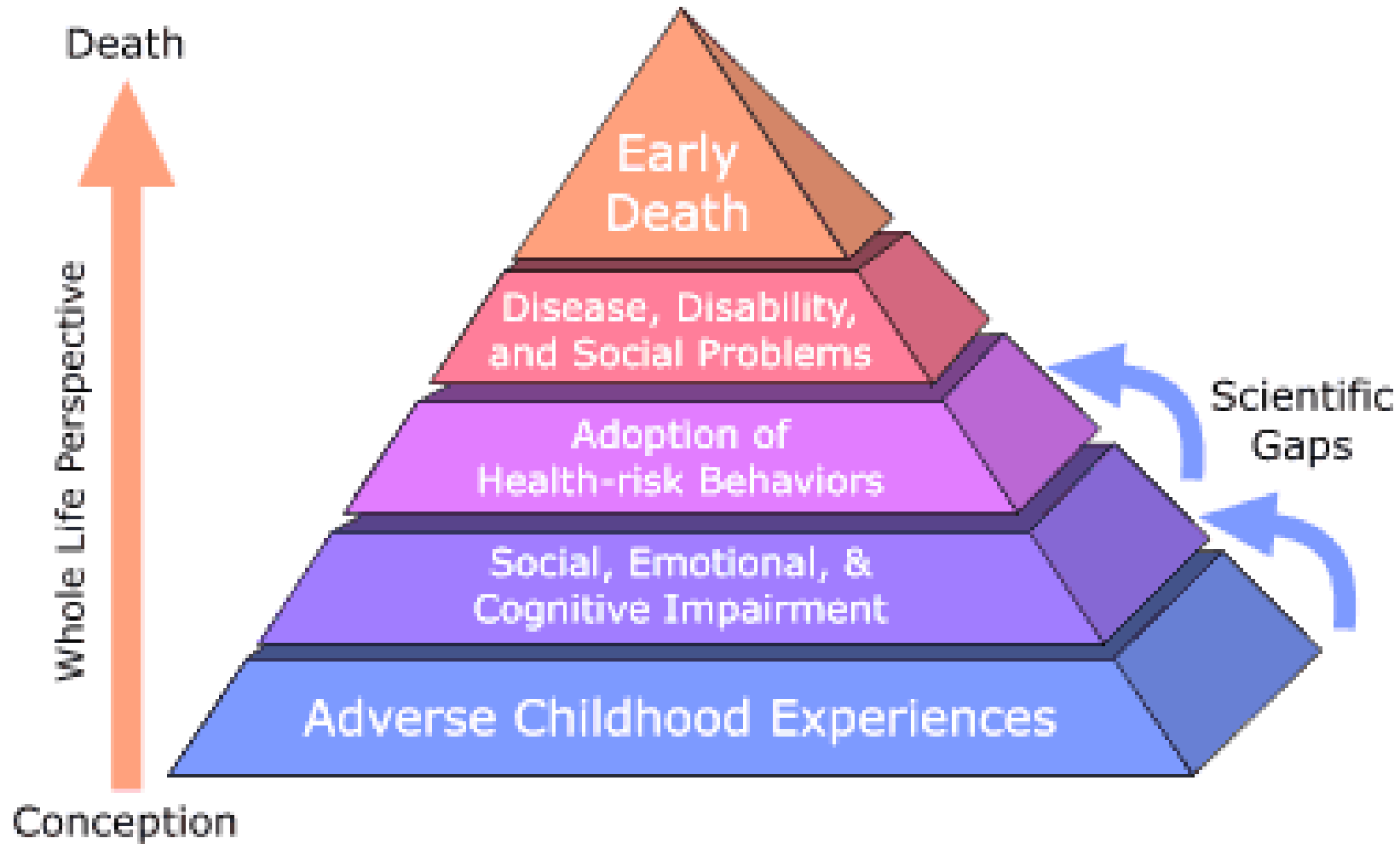
Consciously  
Aware

Unconsciously  
Aware

Adapted from Martin M. Broadwell, February 1969



# ACE Pyramid





# Mindfulness - a way of training the mind to be more alert and aware of the present, improves self-regulation

## *Decreases in:*

- Depression
- Anxiety
- Perceived stress
- Substance use
- Fatigue

## *Improvements in:*

- Emotion regulation
- Executive functioning
- Response inhibition
- Cognitive control
- Working memory



(Himmelstein et al., 2011; Vøllestad et al., 2011, Chambers et al., 2008; Oberle et al., 2012; Sahdra et al., 2011; Tang et al., 2007; Zylowska et al., 2008).



# “Just Breathe”



## Prevention & Self-Care

- The Professional Quality of Life Scale (ProQOL R-IV).
- [http://www.proqol.org/ProQol\\_Test.html](http://www.proqol.org/ProQol_Test.html)
- Also available in many other languages.
- And it's FREE



# Creating Your Own Plan



## I commit to the following my self-care strategies:

**Physical** – Things I do to improve my body.



**Emotional** – Things I do to deal with my feelings in a healthy way.



**Intellectual** – Things I do improve my mind.



**Social** – Things I do in relation to others and the world around me.



**Financial** – Things I do to spend and save responsibly.



**Occupational** - Things I do to find satisfaction in my work.



**Environmental** – Things I do to occupy positive places & spaces.

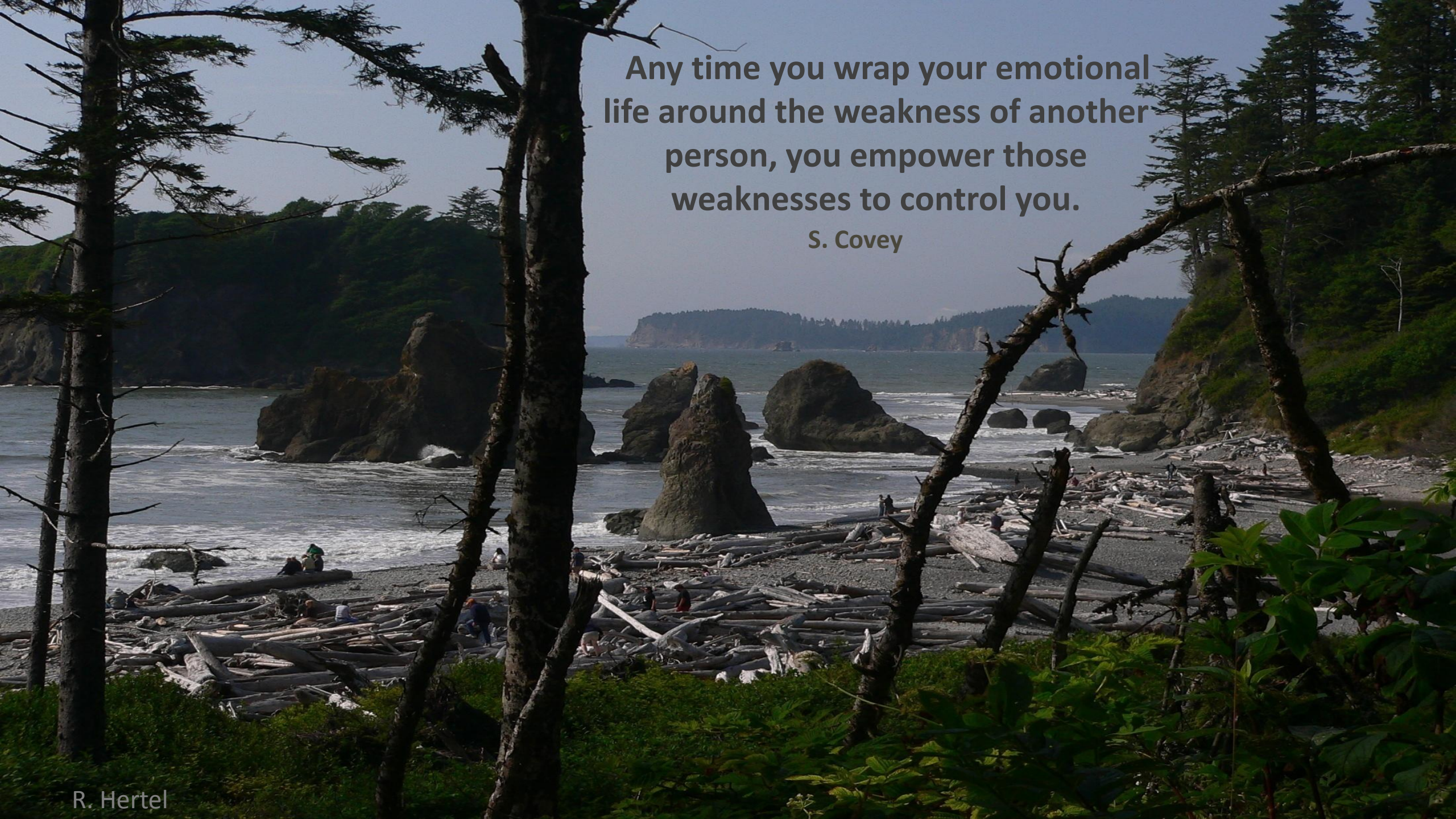


**Spiritual** – Things I do to gain perspective on my life.

© Mona M. Johnson, 2013





A scenic view of a rocky coastline. In the foreground, several trees with dark trunks and green foliage frame the scene. The middle ground shows a beach covered in a large amount of driftwood, with several people walking along the shore. The ocean is visible, with waves breaking against large, dark rock formations. In the background, a forested hillside rises above the water. The sky is a pale, clear blue.

Any time you wrap your emotional  
life around the weakness of another  
person, you empower those  
weaknesses to control you.

S. Covey





Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.


Viktor E. Frankl



In any great undertaking, it is not enough for you to depend simply upon yourself.      Isna-la-wica (Teton Sioux)








The key is not to prioritize  
what's on your schedule,  
but to schedule your  
priorities.

S. Covey






Things which matter most  
must never be at the mercy of  
things which matter the least.

J. Goethe





**You can do nothing to inspire another if  
you do not inspire yourself first.**

S. Rinpochet



True enjoyment comes from activity of the mind and exercise of the body; the two are united.

A. Humboldt






**People who cannot find time for recreation are obliged sooner or later to find time for illness.**

J. Wanamaker





A photograph of a small, fast-moving stream in a dense forest. The water is white and frothy as it flows over moss-covered rocks and a large, fallen log. The surrounding vegetation is thick and green, with some autumn-colored leaves scattered on the rocks and branches. The scene is captured from a slightly elevated angle, looking down the length of the stream.

What we have done with  
our lives makes us who  
we are when we die  
and everything,  
absolutely everything,  
counts.

S. Rinpochet



## REMINDER

Evaluation form can be found by clicking on the **Session icon**, selecting the session and scrolling down to select **Evaluation Form**.

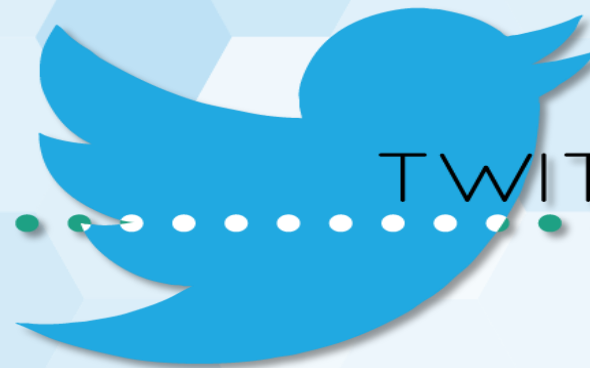
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