



# Self-Care for Service Providers


Presented by:

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welcome

# Learning Objectives

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- Participants will learn about work and personal stressors that impact wellness.
- Participants will understand the effects of burnout and compassion fatigue.
- Participants will explore ways to practice self-care.

Take   
care of  
yourself

# Work Stressors

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- Commuting
- Working from home
- Work/life balance
- Workplace culture
- Bullying/harassment
- Lack of support
- Job insecurity





# Work Stressors

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- Increase workload/demands
- Organizational/management changes
- Lack of awards/recognition
- Interpersonal conflict
- Discrimination
- Micromanagement
- Lack of control



# Personal Stressors

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- Job loss
- Major changes at work
- Financial issues
- Legal challenges
- Children
- Moving/Buying a home
- Getting married



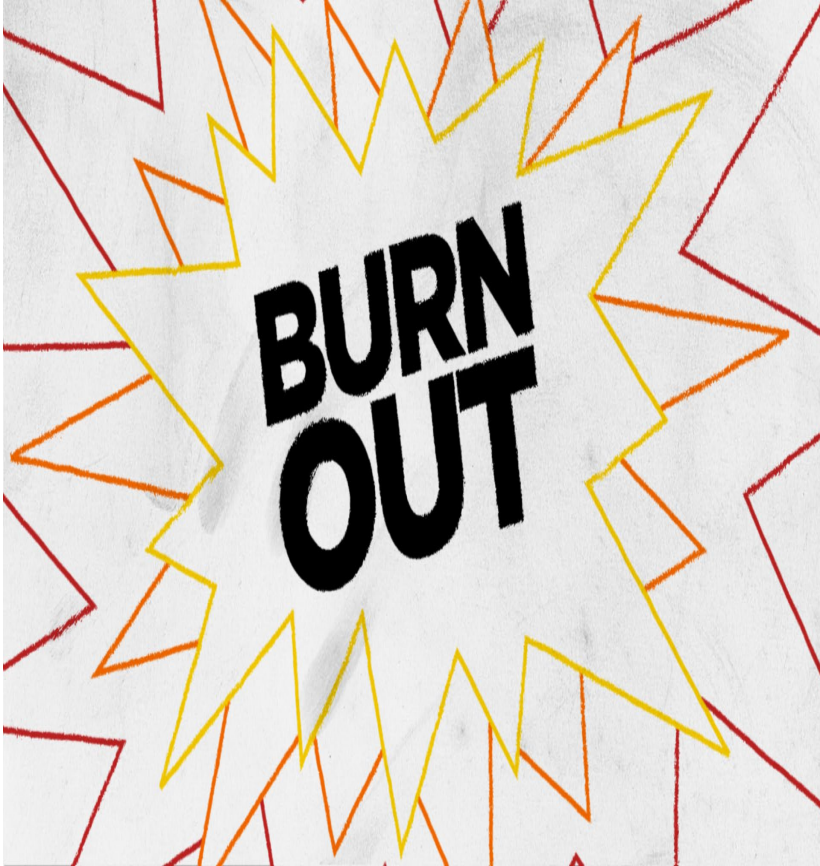
# Personal Stressors

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- Pregnancy/birth of a child/adoption
- Death of a loved one
- Divorce/Separation
- Medical issues (self or others)
- Empty nester
- Relationship issues







- Occupational hazard that can impact physical and emotional health (Maslach 2016; Testa 2015)
- Emotional exhaustion
- Due to work related stress
- Impacts personal life
- Factors
  - Lack of social support
  - Taking on too much at one time
  - Lack of work/life balance
  - Being in a helping profession
  - Loss of control

# Compassion Fatigue

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- “A function of bearing witness to the suffering of others” (Figley, 2002)
- Factors
  - Caregiving for aging parents
  - Caring for someone ill or disabled
  - Ignoring your own needs
  - Lack of support
  - Poor boundaries
  - Sense of responsibility and perfectionism
  - Working with intense populations (death, grief, trauma)
  - High risk experiences (being threatened at work, working in a dangerous environment)



# Impact on us

- Loss/Increase of sleep
- Loss/Increase of appetite
- Struggle with concentration/loss of focus
- Indecisiveness
- Guilt/Shame
- Sadness
- Poor concentration
- Unwanted thoughts
- Nightmares
- Irritability
- Guilt/shame
- Anger
- Stress
- Isolation from others
- Increase alcohol/Substance use
- Nausea
- Fatigue
- Headache
- Sadness
- Struggles with sleep
- Tension
- Purposeful avoidance

# How the impact shows up

- Anxiety or “nervous energy”  
Always busy or on the go
- Withdrawing from others and isolating but calling it “focusing on myself” or “minding my business”
- Struggles with sexual performance (low libido)
- Seems to have it all together but struggles in areas most don't see
- Avoidance
- Procrastination
- Taking on more than you can handle and hiding behind the “I'm busy” façade
- Lack of self care
- Lack of boundaries
- Compartmentalizing
- Procrastination
- Overextending self



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*Ways to Practice  
Self-Care*





SELF  
CARE  
ISN'T  
SELFISH



Self-Care is  
essential

# Self~Awareness

- The ability to understand your thoughts and feelings
- Understanding how you (thoughts, feelings, behaviors) impact others
- How others (thoughts, feelings, behaviors) impact you
- Understanding your vulnerabilities

“How are you?”

Broken. Useless. Alone. Clueless.  
Confused. Betrayed. Fragile. On the verge  
of tears. Depressed. Anxious. About to  
break down. Really give up. Pathetic.  
Annoying. I'm just a burden. Distant.  
Lonely. Bitter. Heartbroken. Lonely.  
Rejected. Crushed. I feel like I'm going to  
just fall apart at any moment. Empty.  
Defeated. Never good enough.

Nothing destroys self-worth, self-acceptance and self-love faster than denying what you feel. Without feelings, you would not know where you are in life. Nor would you know what areas you need to work on. Honor your feelings. Allow yourself to feel them.

Iyanla Vanzant



*Focus*



WHAT *you* CAN

*Control*



**BOUNDARIES ARE THE DISTANCE AT  
WHICH I CAN LOVE YOU AND ME  
SIMULTANEOUSLY.**

**-Prentiss Hemphill**





Lean into your circle

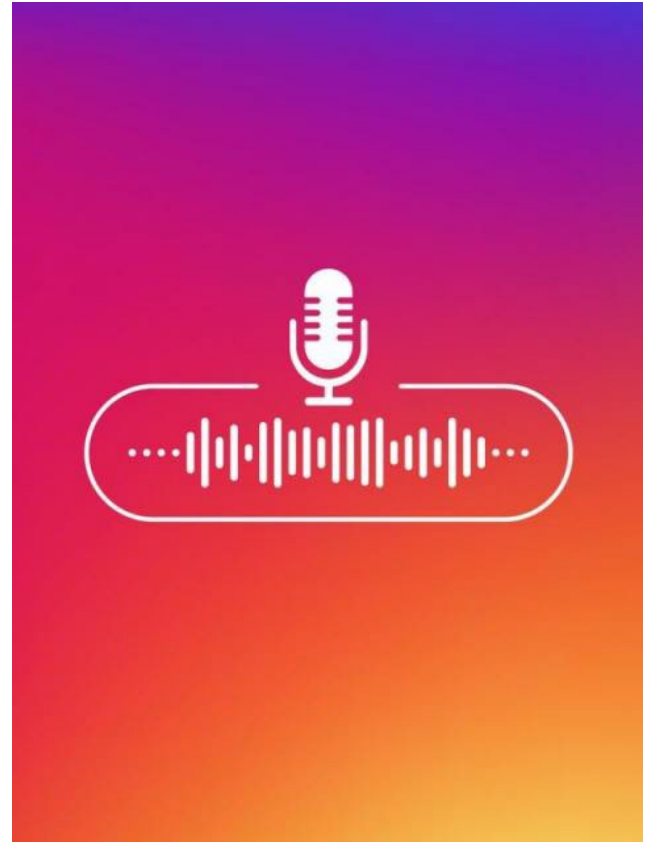
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Take a news/Social media  
break

sometimes i think about deleting all my  
social media but then i know i'll just be  
like this all day





Find something you enjoy

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It's ok to not  
be ok

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# Don't forget about your physical health

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NOT TONIGHT,



IM READING



Find something you enjoy



*Spiritual*

Wellness



# Therapy

Therapist are not  
here to judge.



