Improve your Stress Management and Well-being through Self-Care

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Today’s Presenter

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Objectives

Define
- burnout, stress and stressors

Understand
- warning signs of stress and burnout

Learn
- best practices for responding to stress and recognizing your triggers

Discover
- your own self care plan and additional wellness resources
Burnout

Physical, emotional and mental exhaustion caused by long-term involvement in emotionally demanding situations.
Burnout an "occupational phenomenon"

The World Health Organization describes burnout as:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job;
- feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.
Do these sound familiar?

I’ll use my free time to take care of that problem.

There aren’t enough hours in the day.

UGH! I don’t have time to be sick! Who will take care of...

My {insert need here} is just going to have to wait...

I’ll get to that tomorrow...

My doctor's appointment can wait until...
Audience question
What are some signs you aren’t prioritizing your self-care?
Signs you Aren’t Taking Care of Yourself

• Drag yourself out of bed and have trouble getting started
• Become cynical or critical
• Irritable or impatient with friends, family or co-workers
• Lack of energy
• Lack satisfaction from your achievements
• Using food, drugs or alcohol to feel better or to simply not feel
• Sleep habits or appetite changed
• Headaches, muscle pain or other physical complaints
Risk Factors of Burnout

• Inadequate health and safety policies
• Poor communication and management practices
• Limited participation in decision-making or low control over one’s area of work
• Low levels of support for employees
• Inflexible working hours
• Unclear tasks or organizational objectives
THE STRESS ARC
maintaining motivation without burnout

Stress occurs when perceived pressure on an individual exceeds ability to maintain resilience.
Audience question
What are some examples of events at work or home that cause stress?
Stressors vs. Stress

**STRESSORS** are what activate the stress response in your body. They can be anything you see, hear, smell, touch, taste, or imagine could do you harm.

**External stressors**—work, money, family, time, cultural norms and expectations, experiences of discrimination, and so on.

**Internal stressors**—self-criticism, body image, identity, memories and The Future.
Stressors vs. Stress

**STRESS** is the neurological and physiological shift that happens in your body when you encounter one of these threats.

It’s an evolutionary adaptive **response** that helps us cope with things like, say, being chased by a hippo. When your brain notices the hippo, it activates a generic “stress response” to help you survive.
Self-Care Tool Box
Physical Activity

• If you experience stress most days, then you have to move your body.

• You need to run, swim, dance, walk! Any type of physical movement for 20 minutes to 60 minutes every day.
Deep Breathing/Seeking Solitude

• Deep, slow breaths

• Finding some solitude (like taking a walk alone) to just think
Positive Social Interactions/Helping Others

• Participate in positive social relationships that provide a sense of belonging

• Do good for others daily. It can be big, or it can be small.
Emotional Self-Care

- Laughter
- Affection
- Crying
Mental Self-Care

• Activities that help you feel clear-headed and able to engage in the different aspects of your life

• Creative Expression

• Make Time for Hobbies
Self-Care Tool Box

- Physical Movement
- Deep Breathing
- Positive Social Interactions
- Emotional Self Care
- Mental Self Care
IF YOUR COMPASSION DOES NOT INCLUDE YOURSELF, IT IS INCOMPLETE.

BUDDHA
What does self-care look like for you?

SELF-CARE
BODY ★ MIND ★ SOUL

BODY

MIND

SOUL
Self Care Challenge

TODAY

1. Identify ONE thing you can do each day
2. Identify ONE thing you could do to make that change happen – Add it as an appointment in your schedule
3. Take a deep breath and start!
4. If it doesn’t work, try something else
5. Lather, Rinse, Repeat Steps 1 – 4
Mental Health Resources

- Montgomery County Hotline
  - 301-738-2255
- American Foundation for Suicide Prevention
  - afsp.org
- Centers for Disease Control and Prevention (CDC)
  - cdc.gov
- Mental Health America
  - mhanational.org
- National Alliance on Mental Illness (NAMI)
  - nami.org/home
- Substance Abuse and Mental Health Services Administration
  - samhsa.gov
Workplace Health Initiatives

- Workplace Health Resource Center
- Worksite Health ScoreCard
- Center for Workplace Mental Health: Employer Resources
- American Heart Association Workplace Mental Health Resources
References

https://my.clevelandclinic.org/health/articles/11874-stress

https://www.apa.org/helpcenter/stress-kinds


Ryan Holiday, Meditations on Strategy and Life

Burnout, The Secret to Unlocking the Stress Cycle, Emily Nagoski, PhD, Amelia Nagoksi, DMA
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Evaluation

4 Steps to Reading QR Codes

Open your device’s camera app.

Hold up the camera so that the QR code steadily appears in the viewfinder. (Do not take a picture!)

Wait 2-3 seconds for the on-screen notification that will pop up when your device automatically recognizes the QR code.

Tap the notification and you will be taken to the destination of the QR code.