Self-Care:

Taking Care of Ourselves to Sustain the Health of our Communities

2017 National Health Care for the Homeless Conference & Policy Symposium
June 23, 2017, 10:30-11:30am EDT

Sonia Lee, MPH
Health Outreach Partners

Health Outreach Partners
HEALTHY PEOPLE. EQUITABLE COMMUNITIES.

Health Outreach Partners

WWW.OUTREACH-PARTNERS.ORG

WE SUPPORT HEALTH OUTREACH PROGRAMS by providing training, consultation, and timely resources.

OUR MISSION IS TO BUILD STRONG, EFFECTIVE, AND SUSTAINABLE HEALTH OUTREACH MODELS by partnering with local community-based organizations across the country in order to improve the quality of life of low-income, vulnerable and underserved populations.

WE SERVE Community Health Centers, Primary Care Associations, and Safety-net Health Organization

Health
Outreach
Partners

Learning Objectives

At the end of the workshop, participants will be able to:

- Define the concept of self-care

- Delineate self-care practices at the individual and organizational level

- Identify at least one self-care strategy to adopt or integrate at the organizational level

Health
Outreach
Partners

ICEBREAKER

Health
Outreach
Partners

HEALTHY PEOPLE. EQUITABLE COMMUNITIES.

"We cannot develop and implement visionary strategies for change in the long term if we are exhausted and burned out in the short term."

-Move to End Violence Initiative

Health Outreach Partners

What is Self-care?

Any activity done voluntarily to help maintain **physical**, **mental**, or **emotional** health.

Practicing self-care can be simple and over time have significant impact on one's overall health and wellbeing.

**Health
Outreach
Partners**

Benefits of Self-care

- Increases energy

- Improves concentration

- Enhances quality of life

- Maintains motivation

- Builds self-knowledge

- Increases compassion and empathy

- Increases productivity

- Improves mental and physical health

Health Outreach Partners

Why do we need a self-care practice?

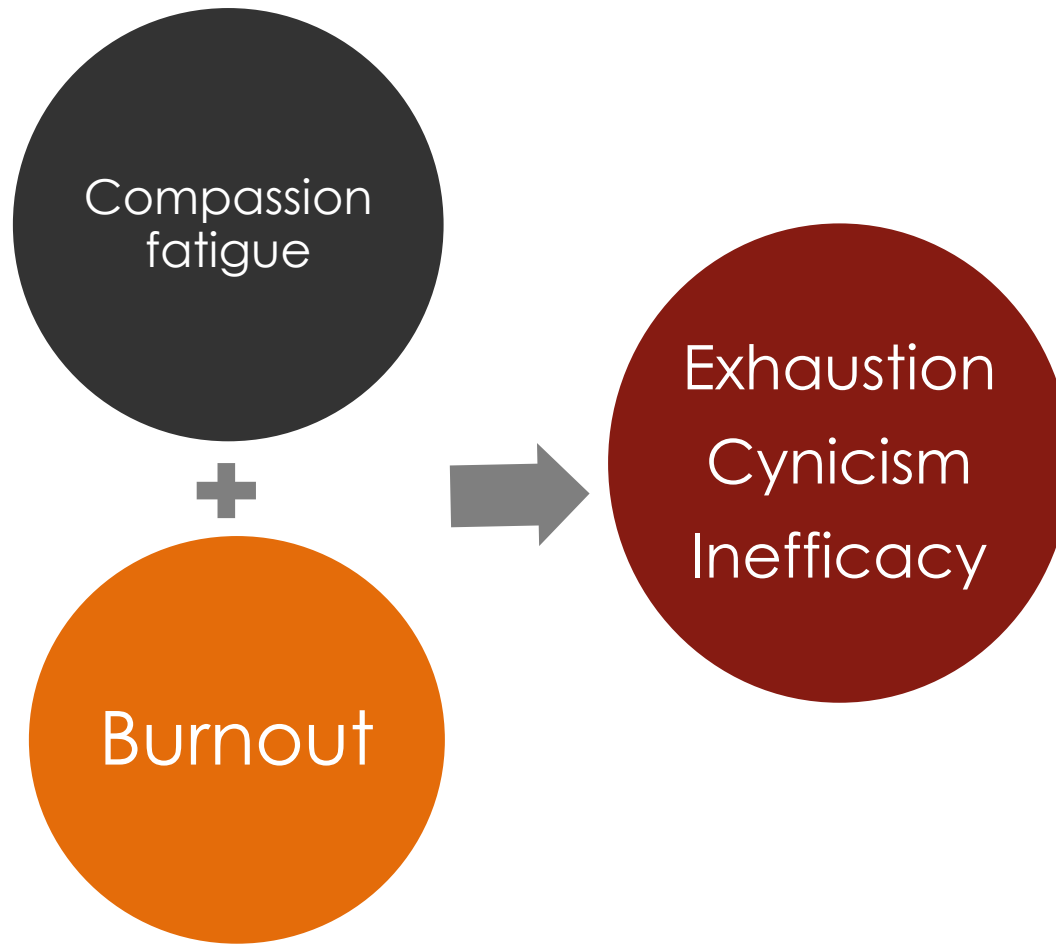# What is *burnout*?

A state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress.[1]

Health Outreach Partners

What is *compassion fatigue?*

A condition characterized by the gradual lessening of compassion over time due to the ongoing stress of care and giving from work performed on a regular basis.[2]

Health Outreach Partners

Compassion fatigue

+

Burnout

→

Exhaustion
Cynicism
Inefficacy

Health Outreach Partners

11

Light Stretch

Group Activity

Health
Outreach
Partners

HEALTHY PEOPLE. EQUITABLE COMMUNITIES.

Activity: Storytelling

1. Get into groups of 2-3.

2. Take 5 minutes to reflect on the following:

   – Reflect on a time you may have felt burnout. Describe the situation.
   – Reflect on a time you may have experienced compassion fatigue. Describe the situation.
   – How did you overcome that situation?
   – What keeps you healthy during the work week?

3. Share group experience with larger group

Health
Outreach
Partners

Self-care Practices

"I take breaks periodically, from the computer and I walk around the center making sure my co-workers are alright. I greet our patients with my best smile because I know everyone has a battle to fight."

- Read a good book
- Exercise
- Mediate or pray
- Play with your pets
- Learn breathing techniques
- Talk to and visit family and friends
- Play games
- Go hiking

- Take a social media break
- Grow a garden
- Build something
- Take a 10 min walk
- Turn off computer/cellphone
- Eat fruits and veggies
- Keep up with annual health exams

Health
Outreach
Partners

What is Organizational Self-care?

A broad organizational approach to foster a healthy and supportive work culture and environment for all employees that aims to:

1. Reduce burnout and compassion fatigue
2. Improve job satisfaction
3. Encourage the growth of staff and the organization

Health
Outreach
Partners

Benefits of Organizational Self-care

- Create a culture of quality performance and team collaboration

- Improve employees' productivity

- Retain staff and decrease turnover

- Prevent or ameliorate work stresses

- Reduce burnout and compassion fatigue

- Promote job satisfaction and work-life

Health
Outreach
Partners

How does your organization currently support employees to practice self-care?

Health
Outreach
Partners

HEALTHY PEOPLE. EQUITABLE COMMUNITIES.

Building an Organizational Culture of Self-care

- Conduct inventory of organizations existing cultural practices

- Gather input from staff on what self-care means and what is needed to create a supportive work environment

- Develop a collective vision and definition of self-care for your organization

Health Outreach Partners

20

Organizational Self-care Practices

- Post the health center's self care statement in visible areas

- Integrate questions about self-care as par of regular staff meetings

- Set self-care norms and encourage healthy practices

- Implement group wellness breaks

- Create self-care pledges

- Avoid back-to-back meetings

- Training for management and staff on assessing/addressing burnout and stress

- Seeking organizational discount for gyms, wellness centers

Health
Outreach
Partners

Self-Care Pledge

Given everything we've learned today take a moment to reflect and create a pledge to yourself on how you can increase your own self-care.

Sonia Lee, Senior Manager, Client Services and Communications

sonia@outreach-partners.org

Health
Outreach
Partners

Thank you!