Self-Care: Taking Care of Ourselves to Sustain the Health of our Communities

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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
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
ICEBREAKER
“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
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.
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
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

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

Compassion fatigue

Burnout

Exhaustion
Cynicism
Inefficacy
Light Stretch
Group Activity
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
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
Organizational Self-Care
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
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
How does your organization currently support employees to practice self-care?
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
Organizational Self-care Practices

- Post the health center’s self-care statement in visible areas
- Integrate questions about self-care as part 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
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.
Thank you!