

Telehealth Learning Series

for SUD Tx and Recovery Support Providers



Top 5 Tips for Self-Care: Hope Matters

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Definition of Self-Care

The Oxford Living Dictionary, defines self-care as “(t)he practice of taking action to preserve or improve one’s own health...well-being and happiness, in particular during periods of stress” (“self-care,” n.d.-b).

SELF CARE

- **Limit negative outcomes** by guarding against, coping with, or reducing stress and related adverse consequences that may develop in demanding work-related settings.
- **Promote broad positive outcomes** by maintaining or enhancing well-being and overall functioning.
- **Self-care** is about taking proactive steps to enhance resilience and overall well-being.

‘It is now widely recognized that indirect exposure to trauma involves an inherent risk of significant emotional, cognitive, and behavioral changes in the clinician.’ Bride et al., 2007, p.155

Clinicians take in some level of their clients’ pain by:

- facilitating sessions
- listening to stories
- collecting data as part of their efforts to intervene and identify issues
- provide treatment services with kindness and empathy

Compassion Fatigue is the emotional and physical fatigue experienced by professionals due to their chronic use of empathy in helping others in distress.



Figley, 1995; Newell et al., 2016; Stamm, 2010; Turgoose & Maddox, 2017

The most insidious aspect of compassion fatigue is that it attacks the very core of what brings helpers into this work: their empathy and compassion for others.




TIP 1. Remain Calm – You Got This

- Learning new skills or new ways to do your job is always difficult and within a public health emergency it can be even harder
- Practice, Practice, Practice using the videoconferencing technology
- Watch videos on how to use the technology
- Review Fact Sheets shared by experts and CoE on PHI
- While the Office for Civil Rights gave notice about enforcement discretion...
 - always act in the best interest of your patient/client/peer
 - initiate/implement virtual services following stricter guidelines
- Document and start each case note with **Due to the COVID-19 public health emergency**

See TIP 2

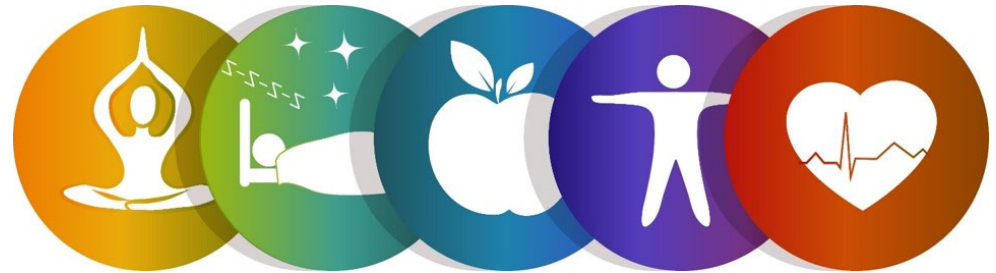


TIP 2. Self-Compassion

- Research on Self-Compassion has been rapidly growing (Neff & Dahm, 2014)
 - Neff proposed that Self-Compassion involves **THREE** components:
 - extending **KINDNESS** and understanding to oneself rather than harsh self-judgment
 - seeing one's experiences as part of the larger human experience rather than as separating and isolating (**SENSE OF COMMON HUMANITY**)
 - holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them (**MINDFULNESS**) (Neff, 2003b p. 225)
 - These components interact to foster compassion focused inward (Neff, 2003b)
 - Self-Compassion is **NOT** self-centeredness, it helps to cultivate feelings of compassion for others (Gilbert & Procter, 2006; Neff, 2003a)
 - Cultivating Self-Compassion has been shown to stimulate brain activity that evokes empathy and compassion for others (Longe et al., 2009)
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TIP 3. Develop a Self-Care Plan that includes:

- Exercise
- Nutrition
- Sleep
- Creative endeavors
- Spiritual Activities
- Social Support



3 coping strategies found to have helped social workers manage compassion fatigue:

- Have a clear self-care plan
- Participate in activities or hobbies that restore energy
- Have a work-to-home transition plan that is part of the plan
- Put a plan in place quickly

TIP 4. Try a Little Mindfulness

Mindfulness

- ‘state of being present through attention and awareness without judgment or other common filters’ (Martin-Cuellar et al., 2018)

Mindfulness Training (Martin-Cuellar et al., 2018, pg 360)

- ‘Reduced clinicians’ experiences of stress, negative affect, rumination, and anxiety’ (McGarrigle & Walsh, 2011; Schomaker & Ricard, 2015; Shapiro et al., 2007)
- ‘Is linked with a clinician’s ability to know when they need to take time away or engage in “self-care,” which may serve as a buffer to the experience of compassion fatigue and heighten feelings of compassion satisfaction’ (Figley, 1995; Thieleman & Cacciatore, 2014; Valent, 2002; Thomas & Otis, 2010)
- ‘Mindfulness plays a significant role as a protective factor. This corroborates with previous research that suggests that clinicians benefit from a mindful presence, which impacts their work with clients’ (Christopher & Maris, 2010; Greason & Welfare, 2013)

Quick Exercises & Tips for Using Mindfulness at Work

Mindfulness Exercises

- Five Senses
- 3 Minutes Breathing
- Body Scan
- Self Compassion Pause
- Mindfulness in Meetings



Pressley Ridge, n.d.

https://togetherthevoice.org/sites/default/files/bbitraining/innovative_strategies_-_mindfulness_document_1.pdf


TIP 5. PROMOTE HOPE & COMMUNITY

- Be Aware of Your Language - Use Optimistic Language
- Allow Yourself to Talk about COVID-19; Focus on Facts
- Big Book – **HOPE** is mentioned 43 times
 - “Our **hope** is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, “Yes, I am one of them, too; I must have this thing.”
- **Hope** is one of SAMHSA’s 10 Guiding Recovery Principles
- Remind Yourself that You are Part of an **IMPORTANT COMMUNITY**
- Advocate for workplace-based supports, process-oriented supervision, peer support, and applying trauma-informed principles in the workplace

Top 5 TIPS

- **Tip 1. Remain Calm – You Got This**
- **Tip 2. Self Compassion**
- **Tip 3. Develop a Self Care Plan**
- **Tip 4. Try a Little Mindfulness**
- **Tip 5. Promote Hope & Community**



A person's hand is visible on the right side of the frame, holding a glowing lantern. The lantern is the central focus, emitting a warm, golden light. The background is a dark, deep blue sky, suggesting twilight or night. The person is wearing a dark jacket, and the overall mood is contemplative and hopeful.

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

Doe Zantamata

Refueling of the light should be done regularly through self-care activities.

Gentry & Baranowsky, 2013

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