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CHW Self –Care: Focusing on You While Giving Back to the Community

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Learning Objectives



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- By the end of the course, the CHWs will be able to recognize the risk factors associated with burn-out.
- By the end of the course, the CHW will be able to identify mental illnesses connected to burn-out.
- By the end of the course, the CHWs will be able to identify three ways to practice self-care.



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Topics of Discussion

- Burnout Syndrome
- Mental illnesses connected to burnout syndrome
- What is self-care?
- Self-care best practices
- Taking action

Burnout Syndrome

Definition

- A special type of job stress
- A state of physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work.¹
- Signs and symptoms:
 - Exhaustion
 - Alienation from (work-related) activities
 - Reduced Performance²



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Consequences of Burnout



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- Can be significant and include:
 - Excessive Stress
 - Fatigue
 - Insomnia
 - A negative spillover into personal relationships or home life¹

Illnesses Associated with Burnout Syndrome



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- Mental Illnesses
 - Depression
 - Anxiety
 - Alcohol or substance abuse/addiction
- Physical Illnesses
 - Heart Disease
 - Type 2 Diabetes, women
 - Stroke
 - Obesity¹

Burnout Self-Test³

Let's access our risk for Burnout Syndrome

- Please take 5 minutes to complete and score the Burnout Self-Test
- Write down your initial thoughts after reading your results
- Were you surprised at the results?



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Are you at risk?

- Lack of Control & Unclear Job Expectations
 - Can you influence decisions that affect your job?
 - Do you have all of the resources and tools needed to do your job?
 - Do you know what your organization, supervisor, clients and/or patients expect from you?
- Dysfunctional Workplace Dynamics
 - Office bully, undermining colleagues, micromanaging boss? *YIKES!!!*¹



Risk continued...

- Mismatch in Values & Poor Job Fit
 - Do your values fit with those of the organization or your boss?
 - Are you interested in the job you are doing?
- Extremes of Activity
 - Is your job monotonous or chaotic?
- Work-life Imbalance
 - Does your work take so much out of you that you are left "on E" for your family and friends?¹

What is Self-Care?

Self-care is defined as
care provided “for you, by you.”

- Taking time to do activities that nurture *YOU*
- Taking proper care of yourself
- Treating yourself as kindly as you treat others⁴



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Self-Care Best Practices

- Talk openly with a trusted friend/counselor
- Spend time outside
- Get enough sleep
- Eat a healthy diet
- Exercise
- Meditate or pray
- Journal
- Learn something new



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Taking Action

Sama Vritti or “Equal Breathing”

How it's done: To start, inhale for a count of four, then exhale for a count of four (all through the nose, which adds a natural resistance to the breath).

When it works best: Anytime, anyplace—but this is one technique that's especially effective before bed.



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Additional References



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Thank you

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