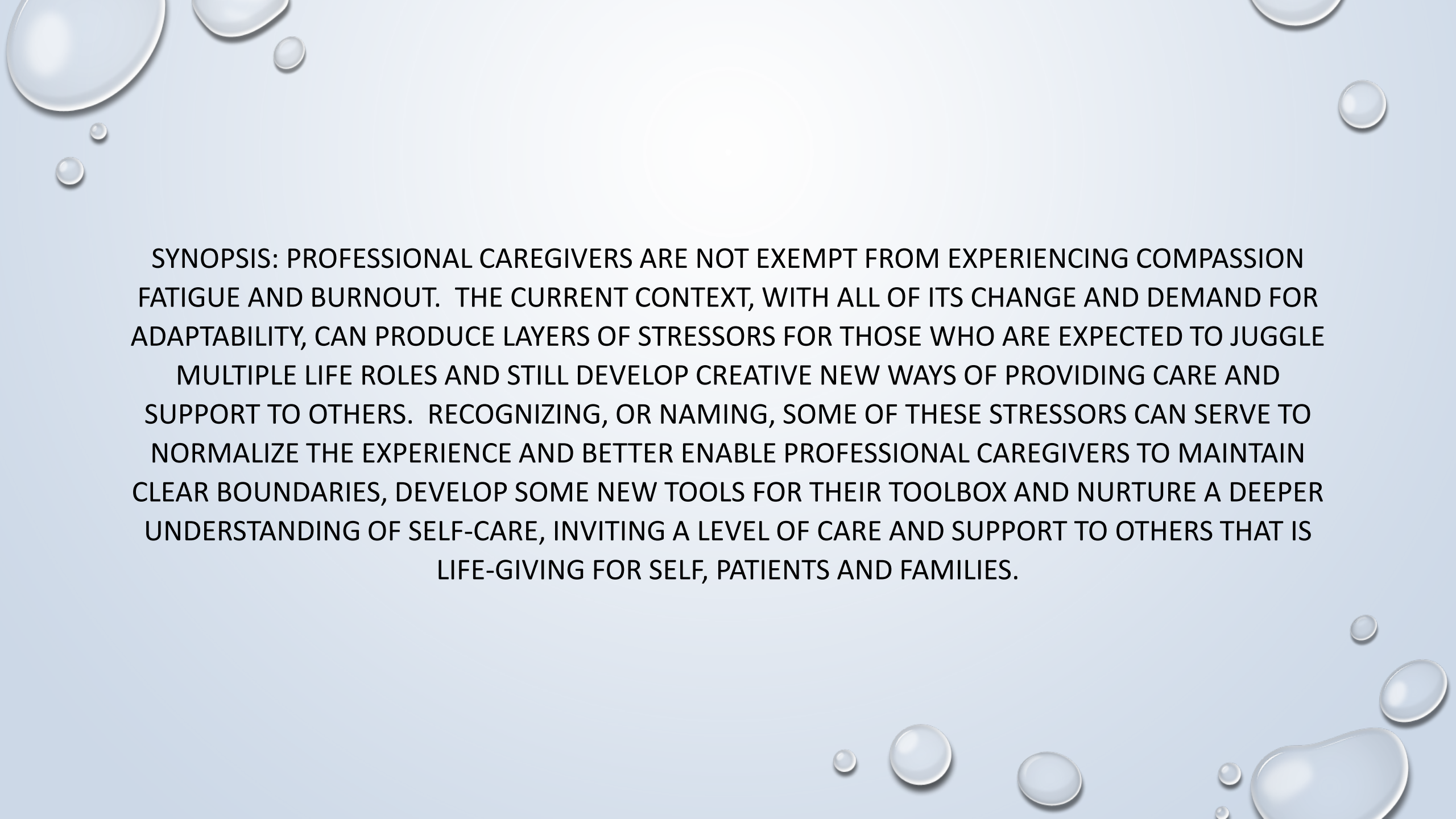




DEE DEE HAINES, BEREAVEMENT COORDINATOR AND SUPERVISOR OF SPIRITUAL CARE & MUSIC THERAPY

I DO NOT FEEL LIKE MYSELF

THE ROLE OF SELF-IMAGE AND SELF-CARE IN
CHALLENGING TIMES



SYNOPSIS: PROFESSIONAL CAREGIVERS ARE NOT EXEMPT FROM EXPERIENCING COMPASSION FATIGUE AND BURNOUT. THE CURRENT CONTEXT, WITH ALL OF ITS CHANGE AND DEMAND FOR ADAPTABILITY, CAN PRODUCE LAYERS OF STRESSORS FOR THOSE WHO ARE EXPECTED TO JUGGLE MULTIPLE LIFE ROLES AND STILL DEVELOP CREATIVE NEW WAYS OF PROVIDING CARE AND SUPPORT TO OTHERS. RECOGNIZING, OR NAMING, SOME OF THESE STRESSORS CAN SERVE TO NORMALIZE THE EXPERIENCE AND BETTER ENABLE PROFESSIONAL CAREGIVERS TO MAINTAIN CLEAR BOUNDARIES, DEVELOP SOME NEW TOOLS FOR THEIR TOOLBOX AND NURTURE A DEEPER UNDERSTANDING OF SELF-CARE, INVITING A LEVEL OF CARE AND SUPPORT TO OTHERS THAT IS LIFE-GIVING FOR SELF, PATIENTS AND FAMILIES.

OBJECTIVES

- -IDENTIFY AND MAKE USE OF TOOLS FOR A CRITICAL READ OF CONTEXT FOR SELF, PATIENTS AND FAMILIES
- -ARTICULATE THE SIGNS AND SYMPTOMS OF GRIEF AND DISCONNECTION PARTICULAR TO A CONSTANTLY SHIFTING CONTEXT
- -ARTICULATE INTERVENTIONS AND GOALS IN RESPONSE TO CONTEXTUAL DISTRESS

- -ARTICULATE THE RELATIONSHIP BETWEEN SELF-IMAGE AND SELF-CARE AND HOW EACH ARE NURTURED
- -DEMONSTRATE PRACTICAL KNOWLEDGE OF SELF-CARE PRACTICES THAT ENCOURAGE HEALTH AND WELL-BEING FOR CLINICIANS, PATIENTS AND FAMILIES


THE CONTEXT

- PT ISOLATION
- FAMILY DISCONNECTION
- LOSS OF PERSONAL RITUAL
- LOSS OF PUBLIC RITUAL
- ENDURING PANDEMIC REALITY
- POLITICAL POLARITY

- THIS IS NOT WHAT I SIGNED UP FOR
- I FEEL SO TIRED
- I FEEL SO ANGRY (TOXIC SOCIAL CLIMATE)
- I FEEL SO SCATTERED
- I CAN'T SEE LIGHT ON THE HORIZON
- SOCIAL UNREST



SIGNS AND SYMPTOMS

- SLEEP DISTURBANCE
 - CHANGES IN EATING HABITS
 - DIFFICULTY WITH FOCUS & CONCENTRATION
 - DISPROPORTIONATE RESPONSE
 - EMPTINESS
 - LACK OF SELF-CARE
- 

The background is a light blue gradient. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, some overlapping. The text is centered in the middle of the slide.

WHAT HAS HAPPENED?

GRIEF & DISCONNECTION



KNOWING WHERE YOU ARE

IT'S MORE COMPLICATED THAN GEOGRAPHY

THREE AREAS OF CONNECTEDNESS

SELF

COMMUNITY

SOMETHING MORE



INVITATIONS TO DISCONNECTION

Feelings in a box

The distraction of busy-
ness

Self care resistance

Unrelenting optimism

Numbing exercises

Self-story myths

NOT IN OPPOSITION BUT IN COMPLIMENTARY
TENSION

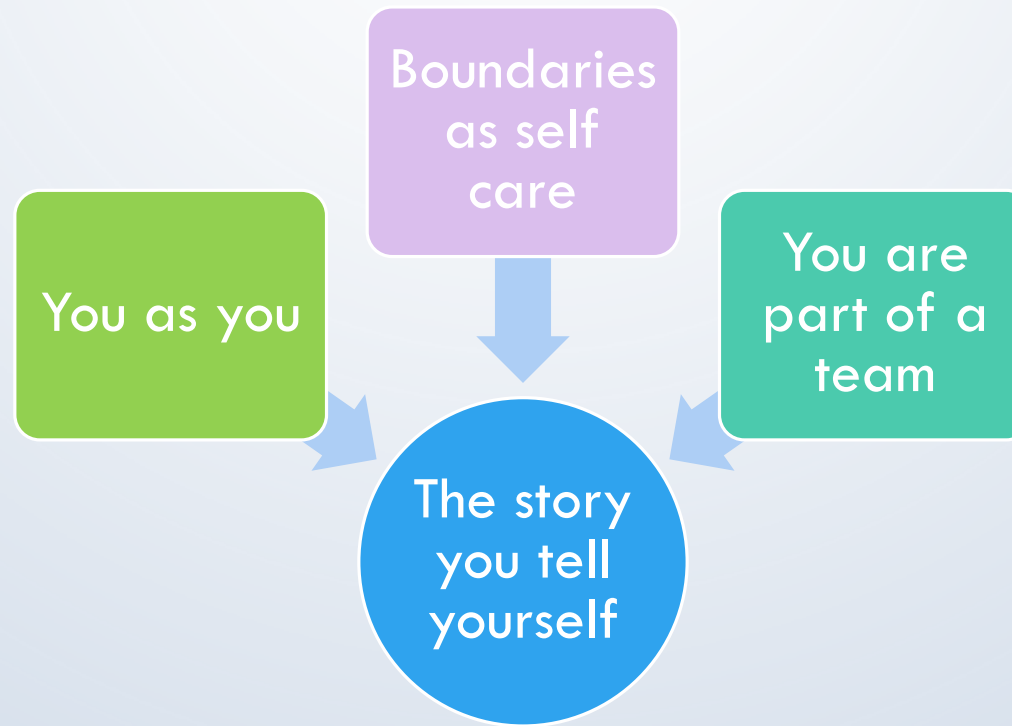


light



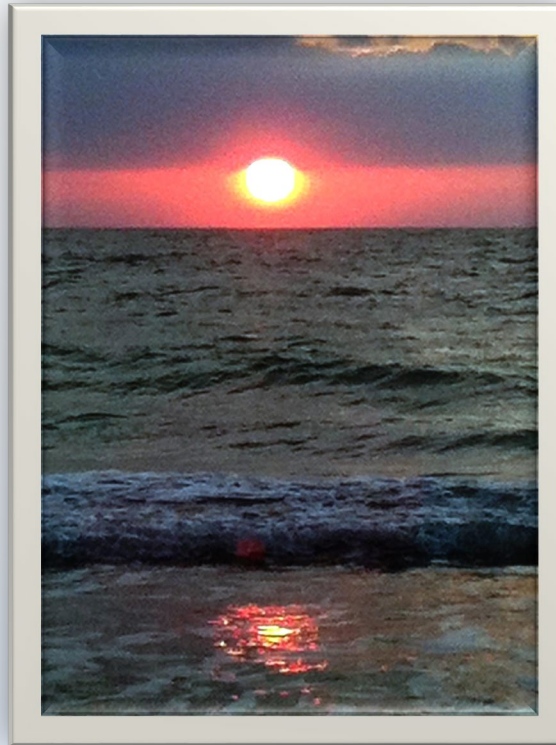
shadow

NURTURING YOUR BEST SELF



THE STORY YOU TELL YOURSELF

We cannot change what happens to us
but we can change the story that we tell
ourselves about who we are in the
world.



RESPONDING TO STRESSORS

Fight (hope)

Expression

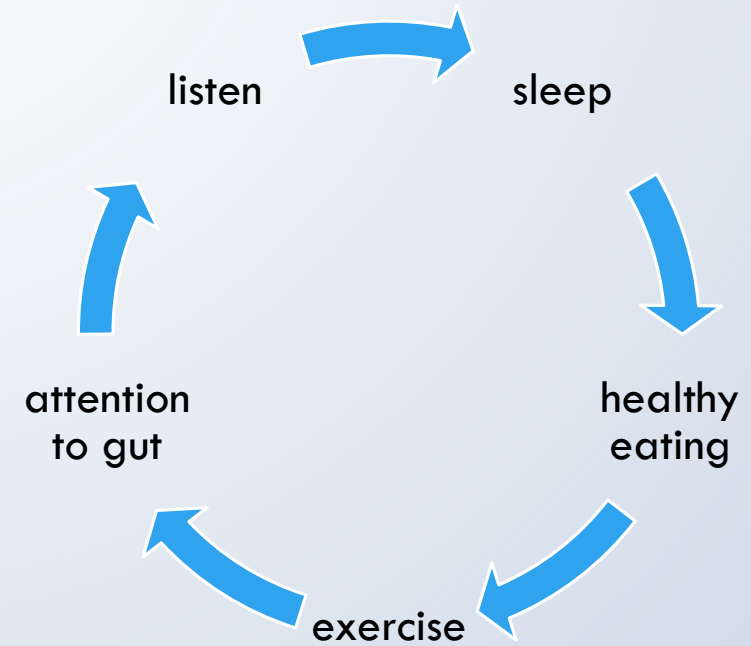
Flight (hope)

Self-compassion

Freeze (hopeless)

Support

THRIVING IN UNCERTAINTY



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AND THE EXPERTS SAY:

GRATITUDE IS THE ANTIDOTE

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. Some droplets are in the top left, some in the bottom right, and others are smaller and more numerous in the center and bottom. The droplets have highlights and shadows, giving them a three-dimensional appearance.

I OWE YOU ONE

THE WOUNDING PRACTICE OF TRANSACTIONAL
GRATITUDE

AT THE HEART OF GRATITUDE

household

Folding laundry, ironing, cooking-meals, reading stories, walking dog

- Ordinary as extraordinary

outdoors

Trees, clouds, water, bugs, sounds, temperature

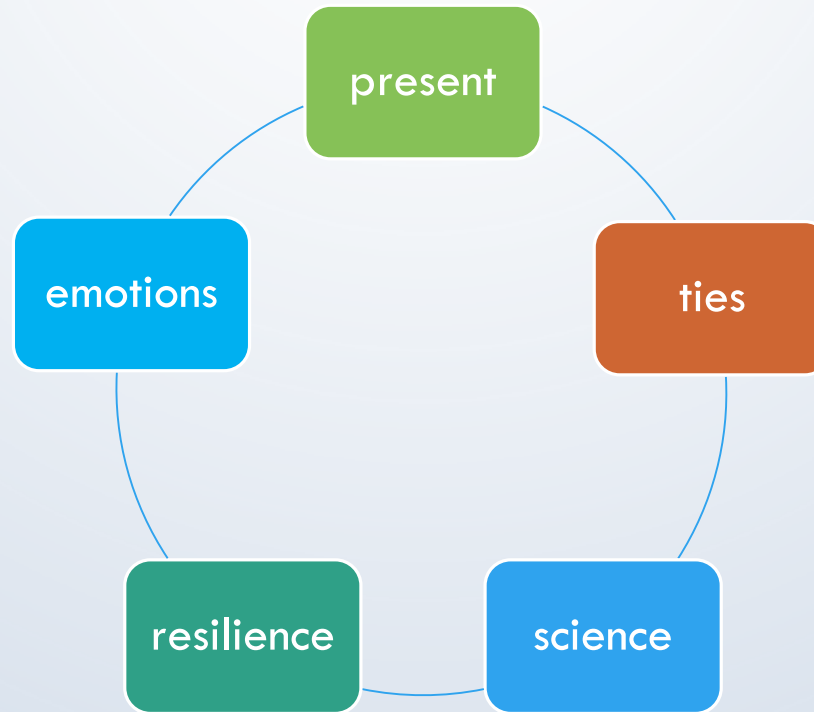
- Ordinary as extraordinary

inner self

Breath, dwelling within your whole body (head to toe), meditation

- Ordinary as extraordinary

GRATITUDE IS GOOD FOR US



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WHAT IS STILL TRUE?

PRACTICE DOES NOT MAKE PERFECT



Listen to your life



Silence



Breath



Honest joy



Make room for
play



Compassion

PRACTICE OPENS US TO AWARENESS



The background is a light blue gradient. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, some overlapping. A large, faint, light blue circle is centered in the upper half of the image.

Questions:

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