

A blue textured sphere is partially visible on the left side of the page. It is surrounded by several overlapping orange lines that form a circular pattern around it.

SELF-CARE FOR CARE PROVIDERS

11. SELF-CARE FOR CARE PROVIDERS

PREPARATION AND MATERIALS

OBJECTIVES

- Build an understanding of the various types of traumatic stress and how they impact you.
- Gain awareness of the signs of burnout and vicarious trauma.
- Demonstrate knowledge of how to access resources, support for ourselves and practice self-care
- Understand how to utilize tools and methods for staff care and managing stress.

AVAILABLE TRAINING RESOURCES



Presentation

11. Self-care for care providers



Facilitator guide

11. Self-care for care providers



Activities

11. Self-care for care providers



Participant handouts

11.1 Identifying different forms of stress

11.2 Staff care

**REQUIRED SUPPLIES
& MATERIALS**

- Projector, laptop
- Pen and blank paper workbook for each participant
- Flip chart, post-it notes or small pieces of paper, tape

KEY MESSAGES

- Health care providers may be at risk of burnout or secondary trauma
- Health care providers should be aware of the potential signs of burnout and secondary trauma
- Self-care is an important way to prevent or manage burnout or secondary trauma
- Workplaces should support staff through staff care

**FURTHER RESOURCES
FOR FACILITATORS
(OPTIONAL)**

- None

SELF-CARE FOR CARE PROVIDERS FACILITATOR GUIDE



SLIDES 1-2 INTRODUCTION



Activity 11: Self-care for care providers

Option 1: Do the entire activity now

or

Option 2: Explain the entire activity, but start with Activity 11.1 question only - Our work environment can be a major source of stress. What do you see as the biggest stressors in your work?



SLIDES 4-6 TYPES OF STRESS

Slide 4 notes

- **Stress** is a normal and natural response designed to protect, maintain and enhance life. We may find stress to be a positive if how we manage stress is adaptive and healthy, and we have the feeling that we can control stressors. It motivates us to get up in the morning, accomplish tasks, and seek out the new projects and relationships which we enjoy.
- Stress that we cannot manage or control well is experienced more negatively.

Slide 5 notes

- **Cumulative stress** is the result of prolonged, accumulated, unrelieved exposure to stressors. It is the most common form of stress experienced by humanitarian workers. When not recognized and managed, cumulative stress leads to burnout.

Slide 6 notes

- **Critical incident stress** is caused by extraordinary events which provoke high level of stress. These events may be sudden and disruptive; it involves an actual or perceived threat or loss; it causes a sense of vulnerability; and it disrupts our sense of being in control and perception of world as safe and predictable.
- While not everyone will experience the stress the same way, critical incident stress is commonly understood as a response to an event in which nearly everyone involved has a stress reaction.
- When we think of “trauma,” we typically are thinking of events that would cause a critical stress reaction.



Activity 11. Self care for care providers

Question 11.2: impacts of work - How do you find this work – supporting survivors of sexual violence and intimate partner violence – impacts your emotional well-being, mental health and relationships? What do you notice about yourself when you feel overwhelmed, exhausted, drained or burnt-out related to work?



SLIDES 8-10 BURNOUT AND SECONDARY TRAUMATIZATION

Slide 8 notes

- **Burnout** is a type of cumulative stress reaction that occurs over time after prolonged exposure to occupational stressors. When we are regularly exposed to demanding situations with inadequate support, over time we may no longer have the resources to be able to deal with the stress. This can result in burnout.

Slide 10 notes

- Fatigue, guilt, powerlessness, despair, loss of compassion and empathy, cynicism, resentment, aggression, anger
- Feeling overwhelmed, diminished sense of enjoyment, lack of time or energy for oneself, hypervigilance, sleep disturbances, nightmares
- Intrusive thoughts of patients, families, nightmares, recurring images, or vivid mental replaying of client’s trauma.
- Feeling very emotional during or after working with a survivor or having no expression of emotions, no matter what you experience (flat affect).
- Taking your work “home” with you. Even when you are not at work, when you are home or with your own family, you are unable to stop thinking about work.
- Negative impacts on personal lives, social withdrawal or isolation from family and friends, Absenteeism or repeated, prolonged or unexplained sick leaves from work



Activity 11: Self care for care providers

Question 11.3: self-care What you can do to care for yourself? What do you do to take care of yourself, to care for yourself when you feel overwhelmed or burnt out?



SLIDE 12-13 SELF-CARE

Slide 12 notes

- Remind providers to practice self-care not only for themselves, but also as an example to their colleagues and patients.

Slide 13 notes

- Communication with others breaks the silence of unacknowledged pain. Connections can also increase feelings of hope.



Activity 11: Self care for care providers

Question 11.4: workplace prevention and support