



Selfcare and Wellness in the Helping Professions

Sumer Bingham, MPhil

Goals

- Define terms
- Establish importance of selfcare and wellness
- Explore wellness toolbox
- Provide list of other resources

Health

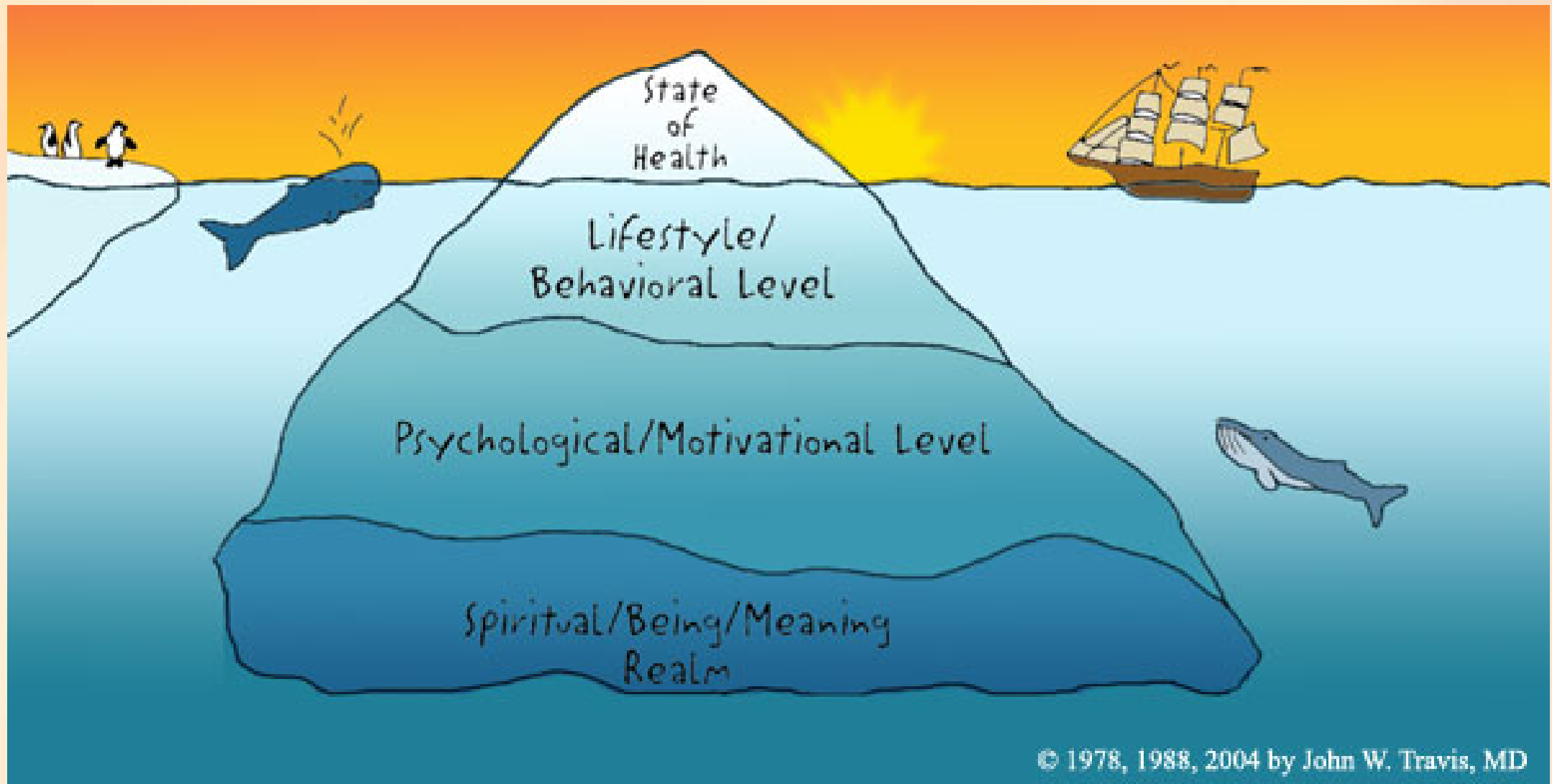
- **Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

Wellness

- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Self Care

“Self-Care is a lifelong habit and culture. It is the action individuals take for themselves and their families to stay healthy and take care of minor and long term conditions, based on their knowledge and the information available, and working in collaboration with health and social care professionals where necessary”



Myers, J. E., & Sweeney, T. J. "The Indivisible Self: An Evidence-Based Model of Wellness" in *Journal of Individual Psychology*, 60(3), 2004, 234-245.

Why is selfcare important?

- Burnout
- Secondary trauma
- Compassion Fatigue
- Compassion Satisfaction

Secondary trauma is the reaction to dealing with other people's situations.

Burnout is related to the job environments in which we work, and the stresses attached to those jobs and requirements.

When burnout and STS are both present, an individual is said to be experiencing **compassion fatigue**.

48% of the total social work workforce in the United States experiences high levels of personal distress as a result of their work

Compassion satisfaction is “being satisfied with doing the work of caring.”
The gratification of helping others makes the strains of the work worth it.

Figley, C. R. *Treating compassion fatigue*. New York: Brunner-Routledge, 2002.

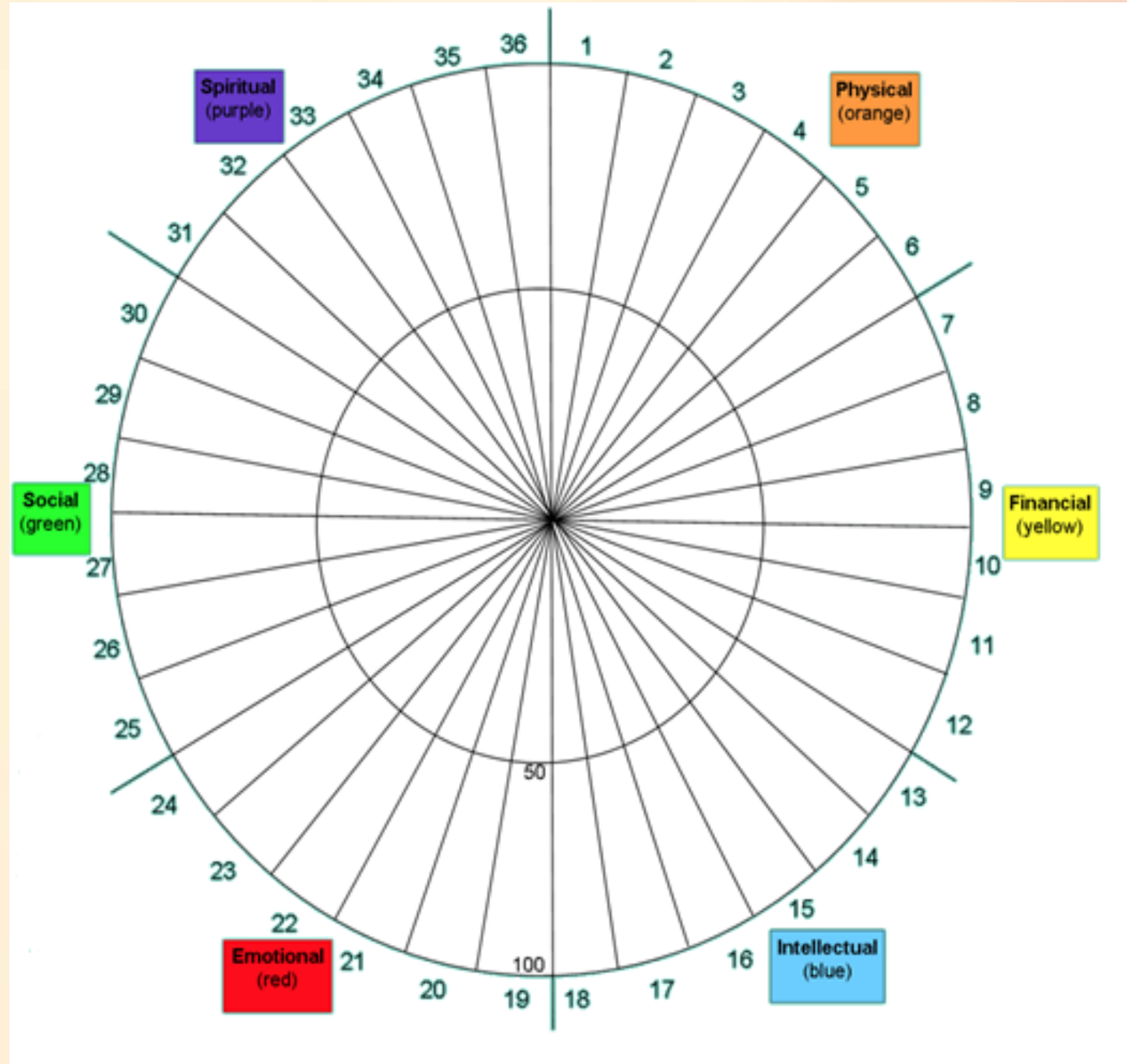
Saakvitne, K. W., & Pearlman, L. A. *Transforming the pain: A workbook on vicarious traumatization*. New York: Norton & Co., 1996.

Stamm, B. H. “Measuring compassion satisfaction as well as fatigue,” In C. R. Figley (Ed.), *Treating compassion fatigue*. New York: Brunner-Routledge, 2002.

Wharton, Tracy C. “Compassion Fatigue: Being an Ethical Social Worker” in *The New Social Worker*. [http://www.socialworker.com/feature-articles/ethics-articles/Compassion Fatigue%3A Being an Ethical Social Worker/](http://www.socialworker.com/feature-articles/ethics-articles/Compassion%20Fatigue%3A%20Being%20an%20Ethical%20Social%20Worker/), 2018.

Dimensions of Wellness

- Physical
- Financial
- Intellectual
- Emotional
- Social
- Spiritual



Toolbox

- Yoga
- Silent meditation
- Tonglen meditation
- Mantra

Silent Meditation



Tonglen Meditation



Y O G A



Mantra



Resources

Websites

- International Self Care Foundation - <http://isfglobal.org/>
- Self Care Forum - <http://www.selfcareforum.org/>

Apps

- Buddhify
- Grid Diary/Journal
- Calm
- SpiritualMe

Books

- SELF-CARE REVOLUTION: 5 Pillars to Prevent Burnout and Build Sustainable Resilience for Helping Professionals by Ellen Rondina
- The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions by Thomas Skovholt and Michelle Trotter-Mathison
- The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals by Erlene Grise-Owens, Justin Miller, and Mindy Eaves