

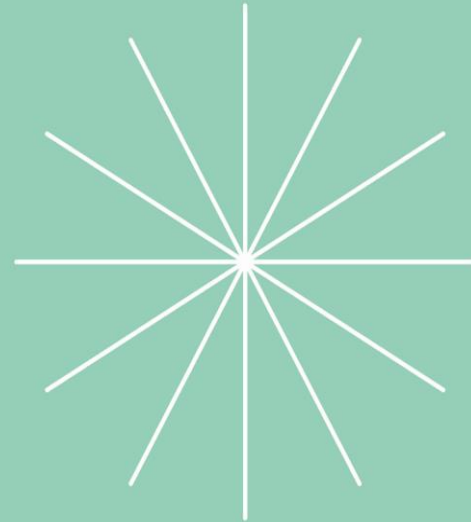


What does (your) self-care/self-compassion look like? A practical guide to creating your own personal wellness plan

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FOR THE NEXT 30 SECONDS, BREATHE WITH THE SHAPE.



BREATHE WITH THE SHAPE

Objectives:

- ? Understand the 8 dimensions of wellbeing and their relevance to the healthcare professions.
- ? Evaluate personal wellbeing across these dimensions to create an individualized self-care plan.
- ? Acquire practical tools and learn about resources to enhance wellbeing in each dimension to find opportunities for work-life harmony.

Table Team Activity

[How would you describe a Genetic Counselor? \(polleverywhere.com\)](https://polleverywhere.com)

1. Each table select one person to submit responses to the poll
2. In 60 seconds (on my count), as a table team come up with as many ways to describe a genetic counselor as you can

Industry

Clinical



Education

Research

'Peanuts' Logic

?You don't have to actually answer the questions:

1. Name the five wealthiest people in the world.
2. Name the last five winners of the Miss America pageant.
3. Name five people who have won the Nobel or Pulitzer Prize.
4. Name the last half dozen Academy Award winners for best actor and actress.
5. Name the last decade's worth of World Series winners.

'Peanuts' Logic

?You don't have to actually answer the questions:

1. Name a teacher who aided your journey through school.
2. Name two friends who have helped you through a difficult time.
3. Name three people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of a few people you enjoy spending time with.



The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. *They simply are the ones who care the most.*

-Charles Schulz

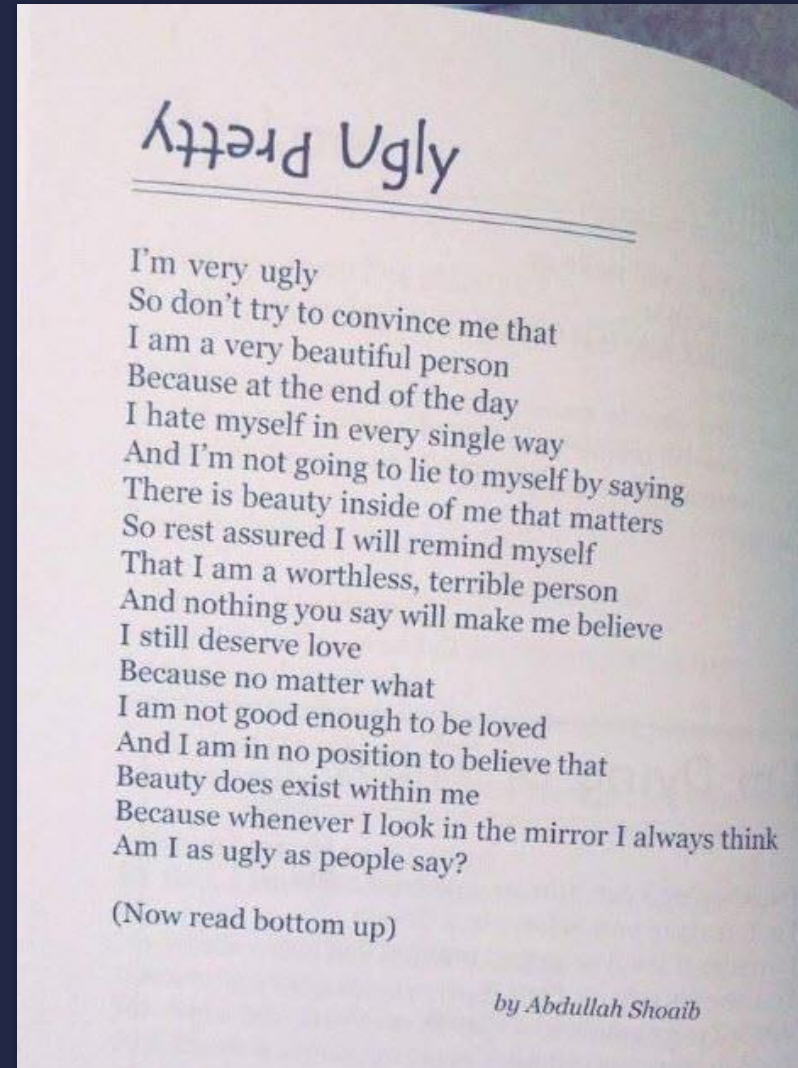
Compassion vs Self-Compassion

Why is it so difficult to show ourselves compassion?

- ? Self-critical
- ? Negative self-talk
- ? Imposter syndrome
- ? Spending a significant amount of time being compassionate for others

It is all about PERSPECTIVE

Negative Self-Talk



Positive Self-Talk

SELF-Compassion

- ? Self-compassion has a basis in neurobiology.
- ? Self-criticism activates the sympathetic nervous system.
 - ? Increased blood pressure, adrenaline, and cortisol.
 - ? Over time, repeated and long-term activation of this system has a negative impact on our mental and physical health.
- ? This impact may look like contributing factors for compassion fatigue and burnout.



Burnout Information

Recognizing Burnout

Each of the three categories below are characterized by signs and symptoms associated with burnout. These signs and symptoms exist along a continuum and may overlap. The degree and severity of these symptoms could determine the difference between stress and burnout. It is NOT ONE behavior or incident – it is a pattern or sudden change often witnessed through appearance and behavior. Below are some examples of what to look for:

EMOTIONAL EXHAUSTION	DEPERSONALIZATION	REDUCED SENSE OF PERSONAL ACCOMPLISHMENT
<ul style="list-style-type: none">• Chronic fatigue• Insomnia• Forgetfulness• Physical symptoms and/or illness• Loss of appetite• Anxiety• Depression• Anger	<ul style="list-style-type: none">• Loss of enjoyment or interest• Pessimism• Isolation• Detachment• Lack of effort or concern	<ul style="list-style-type: none">• Feelings of apathy and hopelessness• Increased irritability• Lack of productivity• Poor performance

In Healthcare Professions

Emotional Exhaustion:

- Could also include Compassion Fatigue
- No relief from ongoing and increasing demands

Depersonalization:

- Clinical work is less rewarding
- Not feeling connected with your helper identity or the reasons you went into this field

Reduced Sense of Accomplishment:

- Imposter Syndrome
- Wearing many different hats with many different expectations
- Often a “thankless” job

SELF-Compassion

- ? Research suggests that self-compassion may be a powerful trigger for the release of oxytocin, serotonin, and dopamine (the happy hormones!).
- ? **Greater** self-compassion is linked with **less** rumination, stress, perfectionism, and fear of failure.
- ? Studies also suggest **higher levels** of self-compassion are linked to more positive mood states, including **greater levels** of happiness, optimism, life satisfaction, body appreciation, perceived competence, and motivation.
 - ? Self-compassion can facilitate motivation when we allow ourselves to make mistakes and learn from them; then we can afford to take risks.

Self-Compassion Scale

? Reference:

? Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250

? https://self-compassion.org/wp-content/uploads/2015/06/Self_Compassion_Scale_for_researchers.pdf

? BONUS: [Self-Compassion Exercises by Dr. Kristin Neff](#)

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

- ? I can be a bit cold-hearted towards myself when I'm experiencing suffering.
- ? I try to be loving towards myself when I'm feeling emotional pain.

- ? When I fail at something important to me I become consumed by feelings of inadequacy.
- ? When I'm feeling down I try to approach my feelings with curiosity and openness.

- ? I'm intolerant and impatient towards those aspects of my personality I don't like.
- ? I try to be understanding and patient towards those aspects of my personality I don't like.

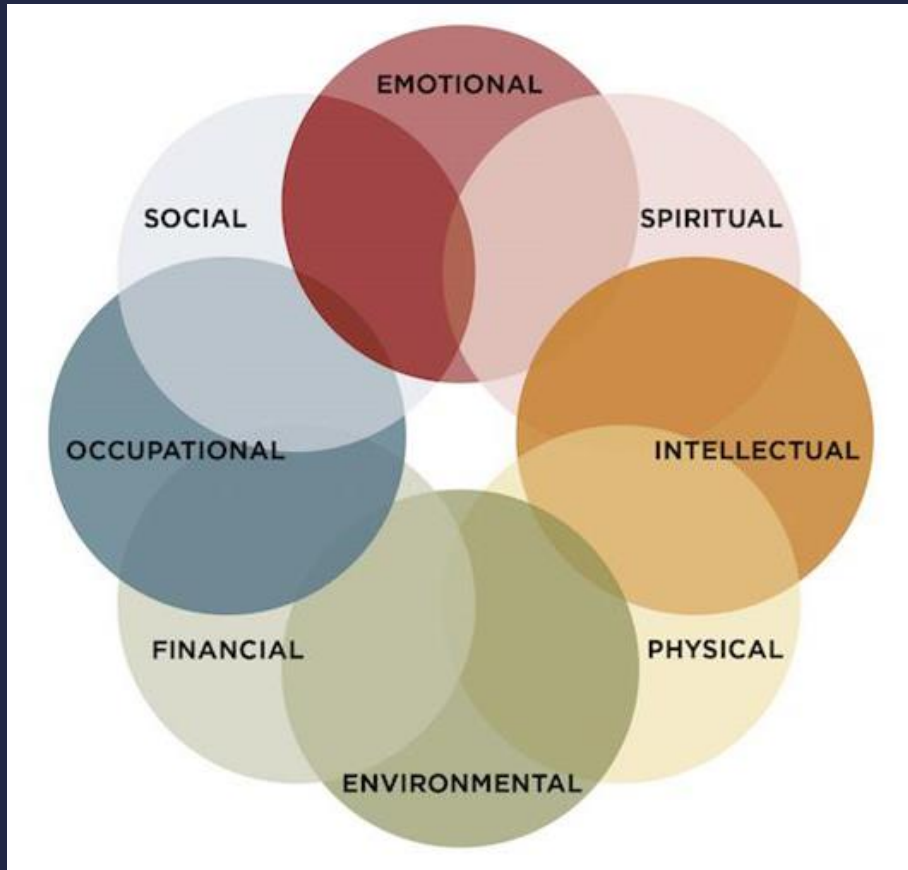
Compassion Exercise

? Think of a genetic counselor that you know, or have known, that is good at their job.

It's not a balancing act



8 Dimensional Approach to Well-being



- **Physical** – fitness, nutrition, rest
- **Financial** – beliefs, attitudes, behavior around \$
- **Mental** – resiliency & bounce-back-ability
- **Environmental** – harmony in occupied spaces
- **Occupational** – fit for your job, role, aspiration
- **Intellectual** – interests, creativity, side-hustle
- **Social** – tribe, inclusion, acceptance
- **Spiritual** – purpose, part of something greater self

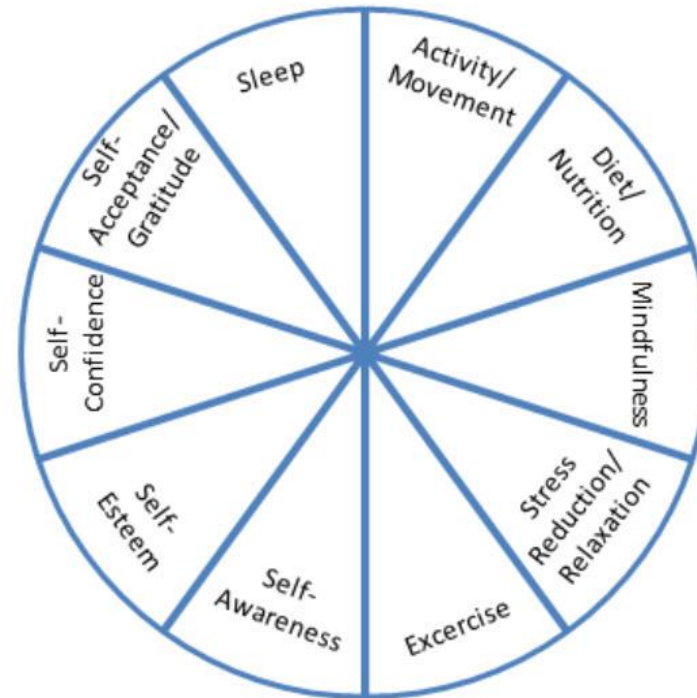
Wheel of Life



Which wedges are in good shape?

What do you do to keep them in good shape?

Wheel of Wellness



Which wedges do you want to focus on?

What would it take to improve this wedge?

What ideas do you have?

Where could you get more ideas?

Make your self-care goals work for you!

S

Specific

State what you'll do

Use action words

M

Measurable

Provide a way to evaluate

Use metrics or data targets

A

Achievable

Within your scope

Possible to accomplish,
attainable

R

Relevant

In alignment with your
overall wellbeing
goals.

T

Time-bound

State when you'll get it done

Be specific on date or
timeframe

Find your “Why” and do your B.E.S.T.

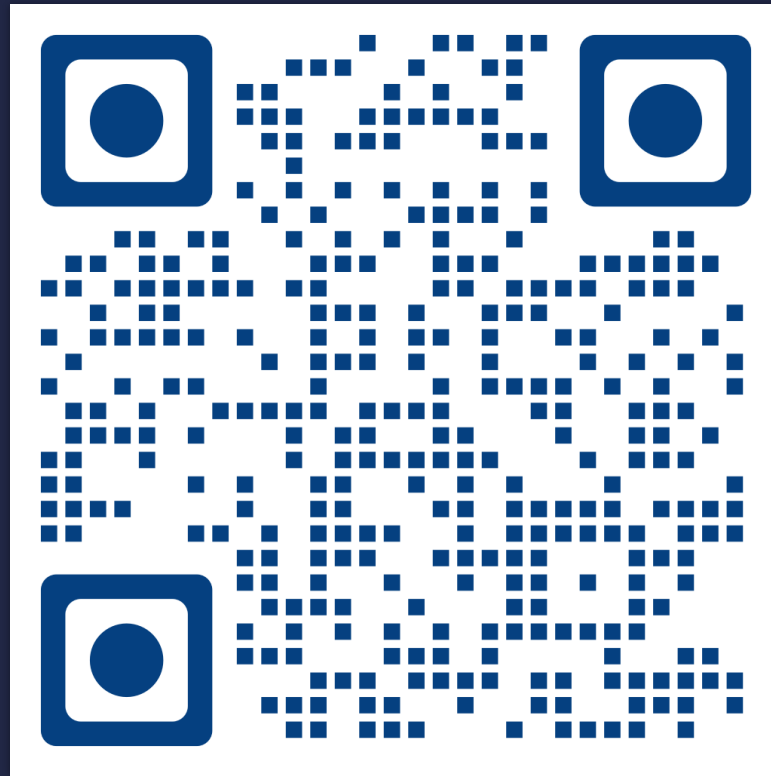
GOALS:	Why?	SMART:
Save money in 2024		Save \$500 a month in 2024
Workout 5x weekly		Workout weekly
Eat healthy meals every day		Eat every day, eat healthy often.
Get 8 hours of restful sleep a night		Get restful sleep
TREAT!		SMART Treat

Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.

-Robin Sharma

Self-Care Assessments

Create your own self-care goals!



Personal Health Improvement Plan

- ? Ideally you will start your wellness plan today and continue for at least 30 days.
- ? Focusing on one change at a time increases your likelihood of success.
- ? Daily practice of self-compassion.
 - ? Self-care is not self-ish.
- ? Take care of yourself, **you are worth it!**



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