

Provider Self-Care in the time of COVID-19

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Session Overview

- What is “self-care”?
- What are some barriers to taking care of ourselves?
- How does our work impact us in ways that make self-care necessary?
- What are some strategies for self-care/wellness?
- Where can I find additional information and resources on these subjects?



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Defining Self-Care

- What we mean by “self-care”
 - What CAN self-care do
 - What CAN'T self-care do
 - Other ways to talk about it: wellness, community care, collective self-care, other ideas

5 things you probably didn't know about self-care

(swipe through)

The Black Panthers popularized the concept of self-care in the 1970s as a means of staying resilient while experiencing the repeated injuries of systemic, interpersonal and medical racism.

@ohnaahnaah



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Self-Care and COVID-19

- Some new/different stressors present
 - Grief and loss (of many types)
 - Uncertainty
 - Zoom brain
 - Lack of separate work/life spaces
 - Disparities/inequities/injustices highlighted
- Many of the things we knew about self-care pre-COVID still apply.
- Some restrictions on what we can access; also some new opportunities.



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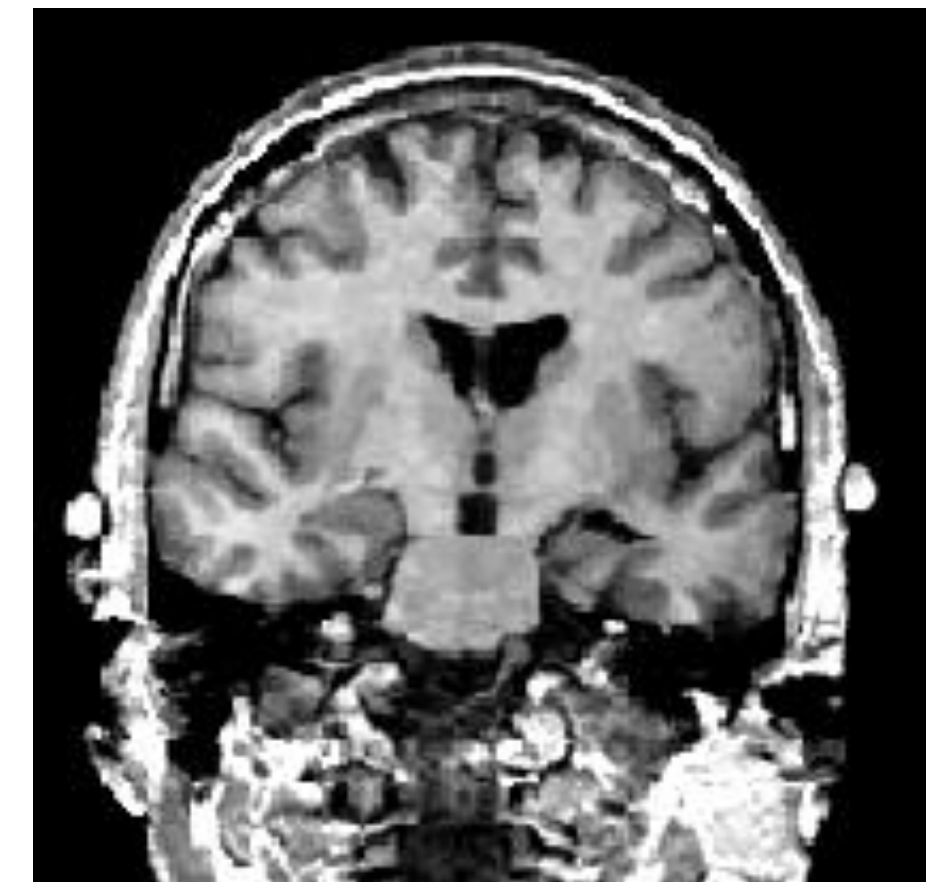
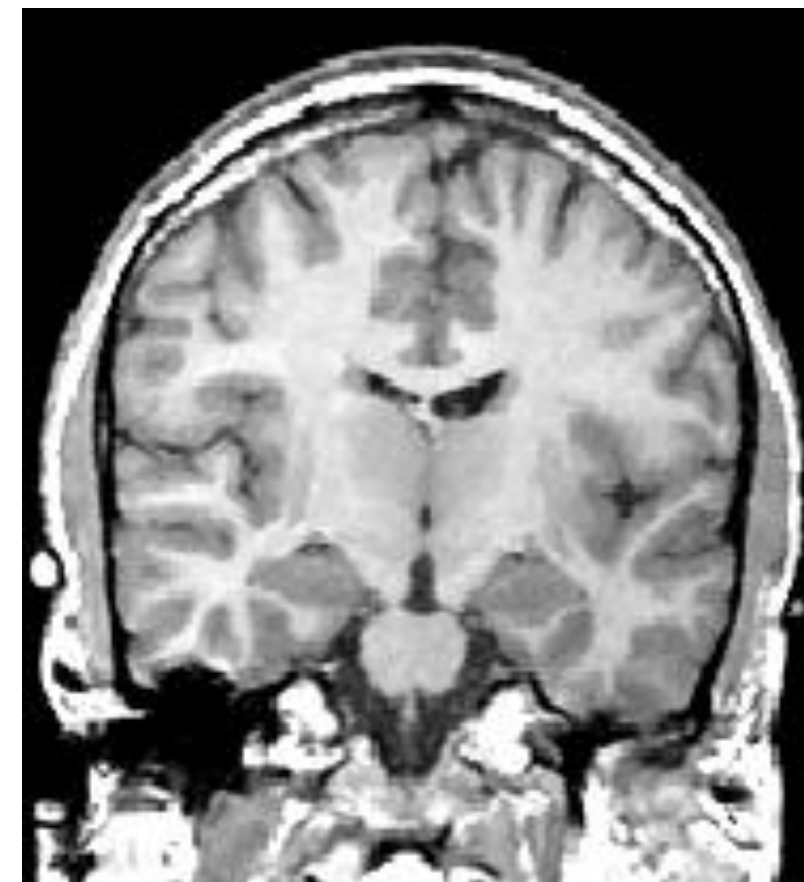
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Mental Health

- To Regulate - Sleep
- To Perceive - Senses
- To Feel –Threats (fear), Rewards (pleasure)
- To Think – Cognition
To Relate – Social Processes

Twin Study of Schizophrenia



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Life as a Table

- What Sits on Your Table?
- What do the Legs Represent?
 - Family
 - Friends
 - Job
 - Safety and things (House?)



Too Much Stress for Too Long

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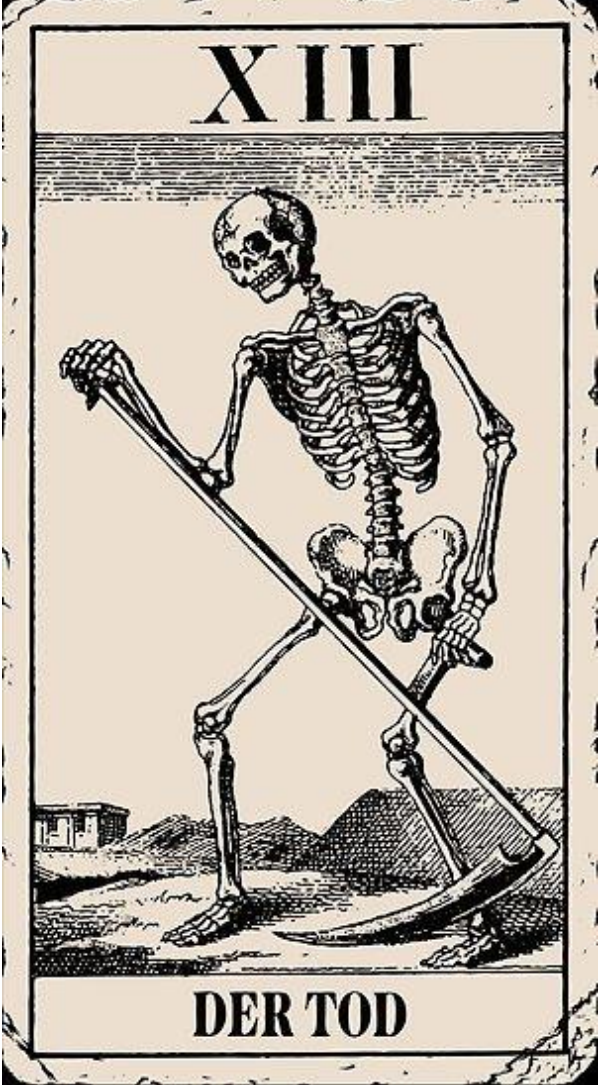
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Exhaustion



- Sleep
- Energy
- Irritation
- Relationships
 - Family
 - Coworkers
 - Others

Burnout



Cynicism

Personal Efficacy

- Power to make change
- Do you care/stopped trying
- Doing the minimum
- Distractions
- Feeling Stuck/Trapped/
Cog in the Wheel



- Withdrawal
- Empathy & Responsibility
 - Others
 - My Work
- Frustration
- Hatred



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Secondary Trauma

- Trauma as a result of work
- Experiencing distress from trauma at work is expected
- Symptoms of PTSD
 - Recurrent, involuntary, and intrusive thoughts, dreams,
 - Distress due to cues
 - Change in beliefs/expectations, cognition
 - Change in emotions – irritability, detachment, numbness
 - Hypervigilance or dread
 - Sleep Problems
- Strategies for change: professional, organizational, and personal



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eSCAPe Protocol

e: every person

S: Social Support

C: Choice and Control

A: Anticipation

P: Planning

e: every time



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Self Care and Setting Boundaries

What expectations do you have about what you're supposed to do?

- Do you need to give yourself permission?
- Do you feel ok saying no, setting limits, stepping away?
- Do you take care of yourself?



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Sleep Habits

- Sleep Rituals – Light & Sounds, technology, food
- Attend to the Mind and Body
- Military method for sleep
- How do clear your mind from racing thoughts
- Medications?



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Stress

Setting Limits in a High Stress, High Expectation World

- Breathing
 - How we breathe when we're stressed
 - Belly breathing
 - Length of inhale-exhale
- Grounding
 - Getting unstuck from your head/emotions
 - Using your senses
 - Moving your body



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Additional Resources:

A care package for you

Articles/Info Sheets:

- <https://advice.shinetext.com/articles/how-you-can-honor-the-radical-history-of-self-care/>
- http://www.slate.com/articles/arts/culturebox/2017/04/the_history_of_self_care.html

Self-Care/Grounding Activities:

- <https://screening.mhanational.org/content/3-steps-keep-your-mind-grounded>

Apps:

- <https://liberatemeditation.com/>
- https://play.google.com/store/apps/details?id=com.he6ecb72aef1&hl=en_US

National Therapist Directories:

- <https://www.nqttcn.com/>
- <https://therapyforblackgirls.com/>
- <https://www.therapyforlatinx.com/>



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Questions?



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