

SIGNS OF BURNOUT

- Diminished joy towards things once found enjoyable.
- Lack of patience.
- Irritability or depressed mood.
- Difficulty separating work and personal time.
- Fatigue.
- Lack of compassion towards others.



CURRENT RESEARCH FINDINGS

- Clinicians and human service workers who burnout faster or suffer from prominent vicarious trauma have reported more stress and less self-care in their daily routines.
- Proactively practicing self-care has been shown to reduce burnout rates.
- More self-care leads to less stress which leads to lower rates of burnout.



THE IMPORTANCE OF SELF-CARE



- What is self-care?
 - Activities that promote health and well-being – doing things that make one feel better emotionally and physically.
- Self-care is not just about taking a break and relaxing, but finding activities to rejuvenate your soul and “fill your cup”.
- Self-care looks different for everyone.

SELF-CARE

What self-care can look like:



TYPES OF SELF-CARE

- Set limits
- Healthy habits – eat, drink, exercise, and sleep
- Maintain boundaries
- YOU time – do activities you love to do
- Don't be a sponge
- Take time off – it is OKAY
- **Talk to someone**



MY SELF-CARE PLAN



- My current self-care plan includes:
 - Talking with and spending time with those I love and trust.
 - Alone time in a nice bubble bath.
 - Kayaking in nature or visiting a beautiful flower field.
 - A movie night with a favorite film.
 - Volleyball with my teammates.
 - Music and travel.