# 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**

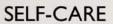
- Clinicians and human service workers
  who burnout faster or suffer from
  prominent vicarious trauma have
  reported more stress and less self-care
  in their daily routines.
- Proactively practicing self-care has been shown to reduce burnout rates.
- More self-care leads to less stress which leads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



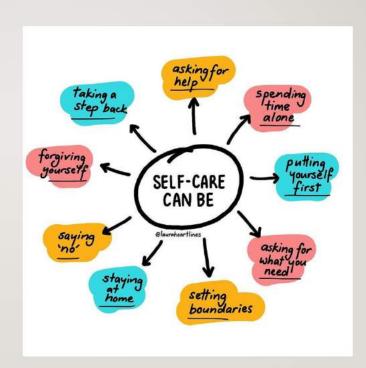
### THE IMPORTANCE OF SELF-CARE



- · What is self-care?
  - Activities that promote health and wellbeing – 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.



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.