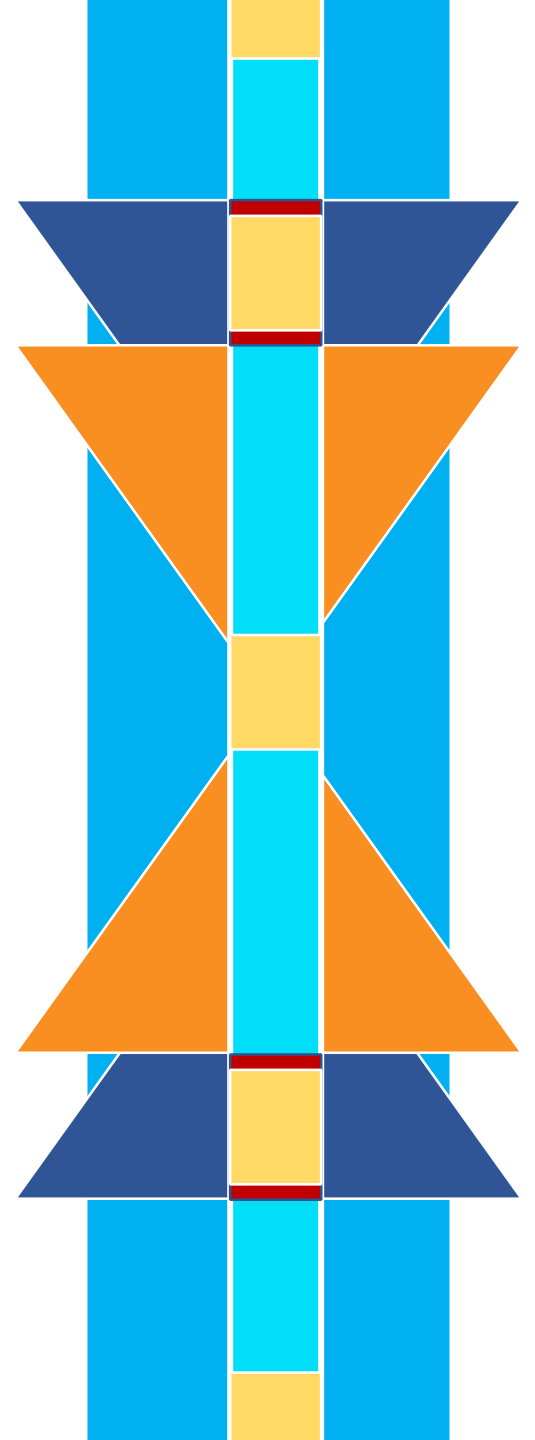


Life Choices: A Simple Self-Care Approach for Anyone Wanting to Feel Better

Family Treatment Court (FTC) All-Sites 2022 Meeting
Friday, September 30, 2022

Jeff Yellow Owl, *LICSW*



Objective

- Creating/fostering Hope

Self-Care Definition

World Health Organization (WHO)

“...The activities individuals, families and communities undertake with the intention of enhancing health, preventing disease, limiting illness, and restoring health. These activities are derived from knowledge and skills from the pool of both professional and lay experience. They are undertaken by lay people on their own behalf, either separately or in participative collaboration with professionals.”

Self-Care Definition

University at Buffalo

School of Social Work

Self-care is an essential social work survival skill. Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being. Self-care is necessary for your effectiveness and success in honoring your professional and personal commitments.

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/introduction-to-self-care.html>

Self-Care Definition

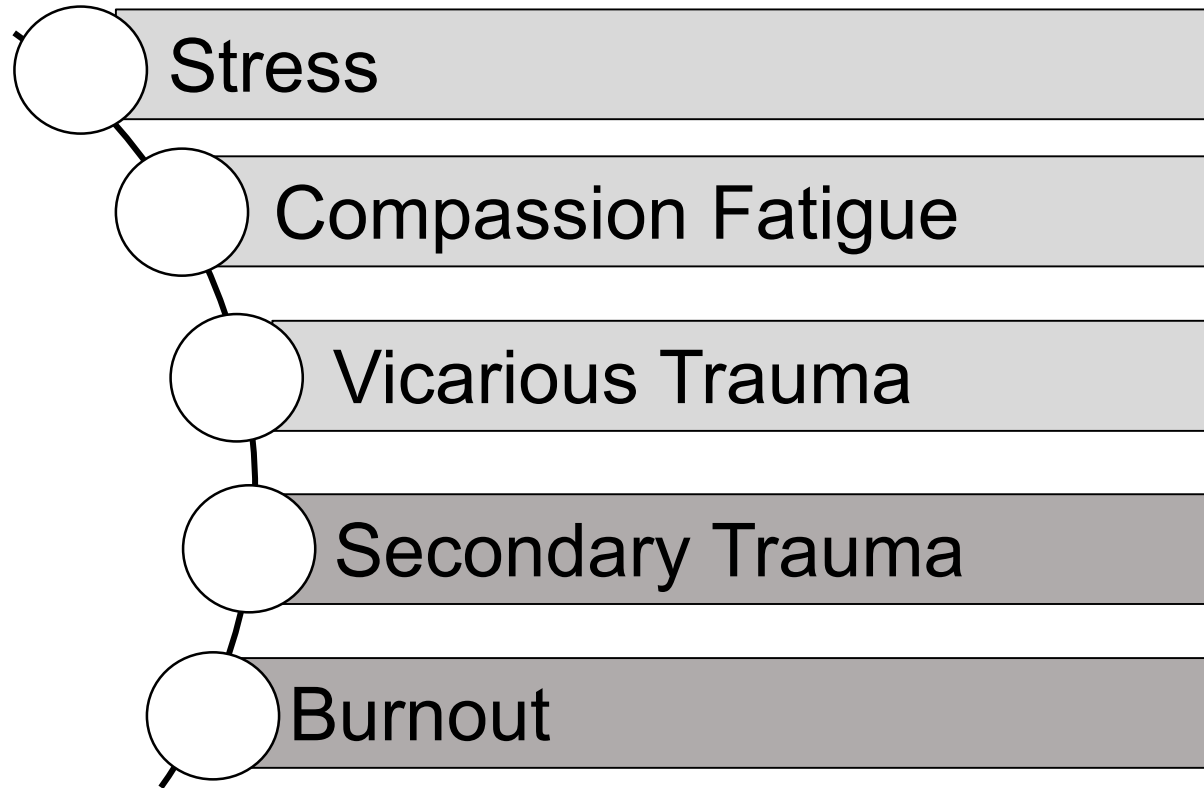
Psychology Today

“The mindful taking time to pay attention to you, not in a narcissistic way, but in a way that ensures that you are being cared for by you.”

[https://www.psychologytoday.com/us/blog/skinny-revisited/201805/self-care-](https://www.psychologytoday.com/us/blog/skinny-revisited/201805/self-care-101)

101

The Burnout Continuum



THE ANXIETY CYCLE



wait. TOO good.
Suspiciously good.

@introvertdoodles

Stress

- Stress in humans results from interactions between persons and their environment that are perceived as straining or exceeding adaptive capacities and threatening their well-being. The element of perception indicates that human stress responses reflect differences in personality, as well as differences in physical strength or general health.
- Stimulus that provokes a stress response.

ANTI-STRESS KIT

**BANG
HEAD
HERE**

DIRECTIONS:

- 1. Place on FIRM surface.**
- 2. Follow Directions Provided in the Circle.**
- 3. Repeat Until You Are Anti-Stressed, or Become Unconscious**

Compassion Fatigue (CF)

- Compassion Fatigue (Figley, 1982) refers to the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate

Vicarious Trauma (VT)

- Coined by Perlman & Saakvitne (1995)
- Describes the profound shift in world view that occurs in helping professionals when they work with clients who have experienced trauma
- Helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material.

Secondary Trauma (STS)

Developed by trauma specialists Beth Stamm, Charles Figley and others in the early 1990s as they sought to understand why service providers seemed to be exhibiting symptoms similar to Post Traumatic Stress Disorder (PTSD) without having necessarily been exposed to direct trauma themselves.

Burnout

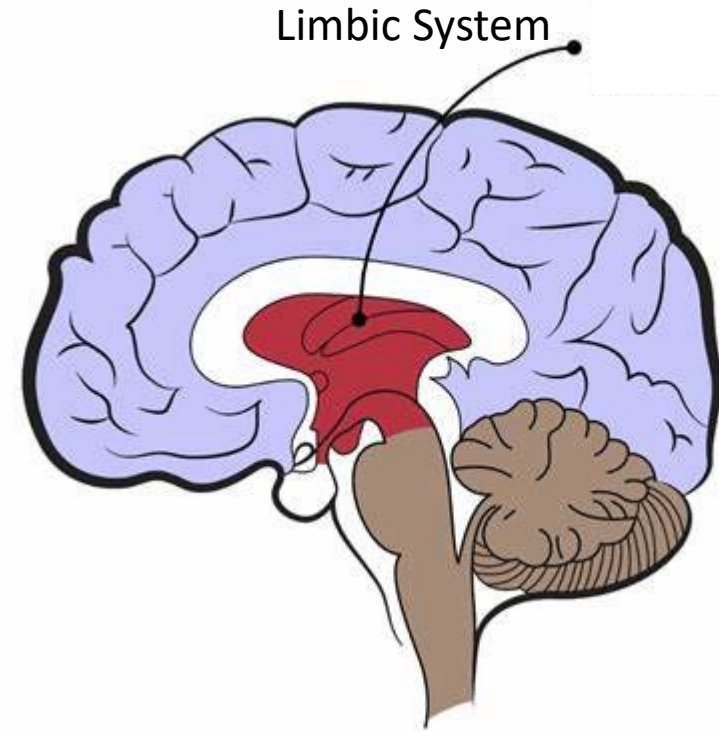
- Termed early 1980s
- Describes physical and emotional exhaustion experienced with low job satisfaction and feel powerless and overwhelmed at work.
- Does not necessarily mean that our view of the world has been damaged or that we have lost the ability to feel compassion for others
- Resolved: changing jobs can provide immediate relief to someone suffering from job-related burnout. This is not the case for Compassion Fatigue and Vicarious Trauma

Limbic System: common labels

- Survival Brain
- Sub-Conscious
- Un-Conscious
- Instinctive

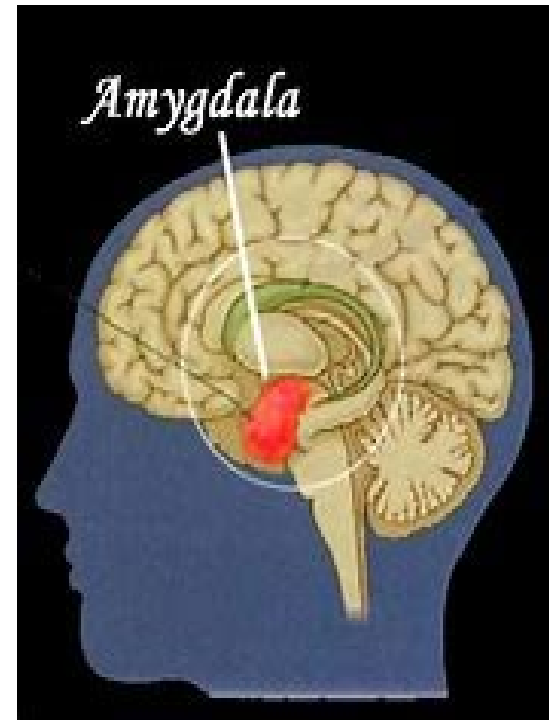
Limbic System: emotions, memory, arousal

- Seat of the emotions
- (2) Primary emotions: Anxiety/Fear
- Learns by experiences
- Stores painful memories + feelings
- Does not recognize time
- Does not like discomfort
- Instant gratification
- Likes novelty



Amygdala

- Safe/Danger = using the 5 senses
- Detects a threat
- Fear conditioning
- Perception
- Intensity of emotions
- Triggers a response: fight, flight, aggression, appease
- Positive emotions

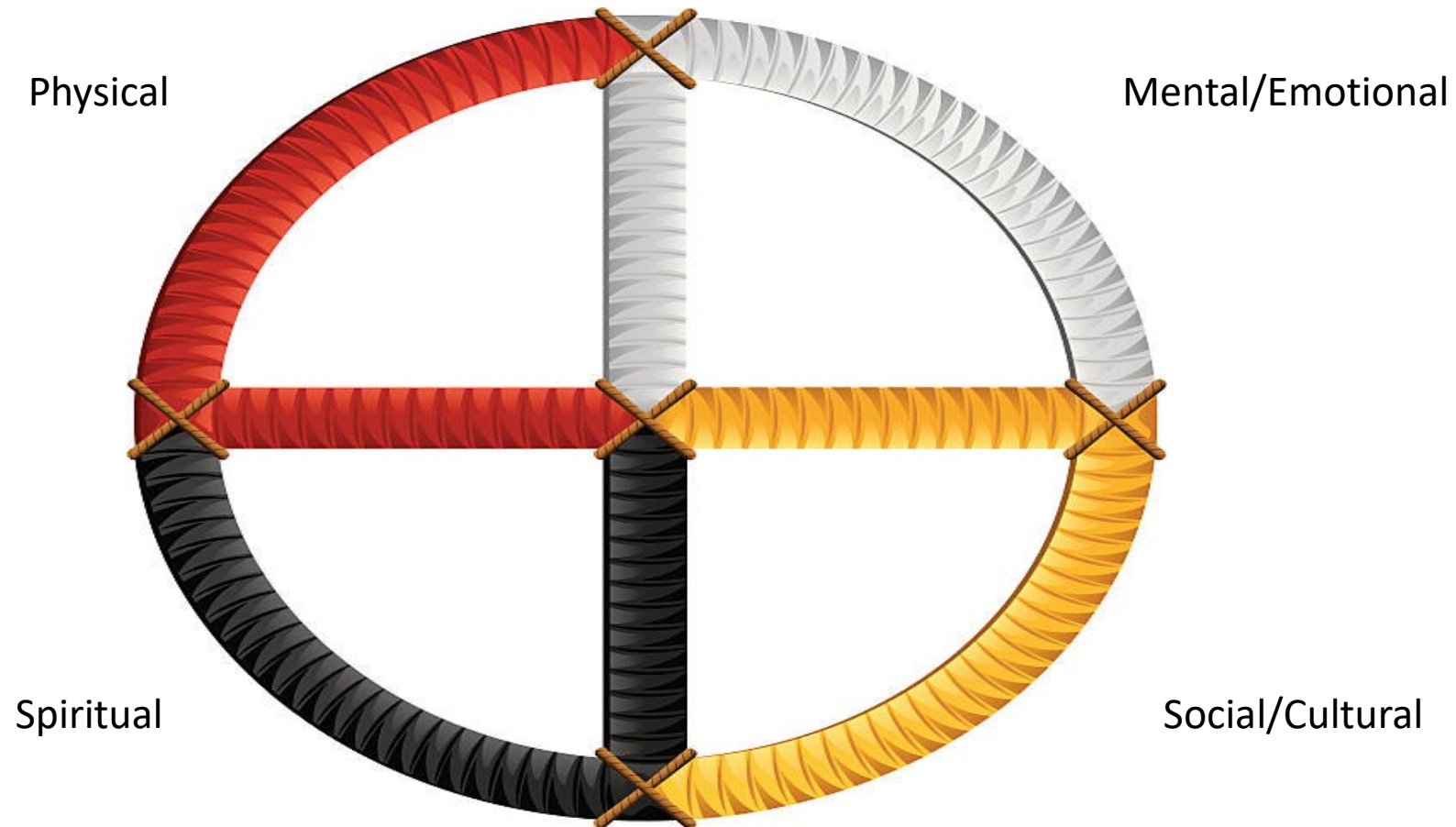


- A. How does it (behavior) affect me? How do I act and feel?
- B. How does it (behavior) affect the important people in my life?
- C. Why do I do this? What is the benefit for me?

New system

- Neurogenesis: Process through which new neurons are formed
- Neuroplasticity: “Neurons that fire together wire together”
(Donald Hebb, 1944, Canadian neuropsychologist)

Life Choices: 4 Ways & 7 Days Implementation in Doable Doses



7-Days = 1-week *Rhythm*

- When things were going well what was happening?
- What was I doing?
- What am I doing well now?
- What/When will I 'PRACTICE' (You're always *Practicing* something)
- Whose/what support is needed?

Life Choices

4-Ways in 7-Days

- Flexible
- Simple
- Get to “Try again” – No long-term guilt
- Creative
- Personalized/tailored
- Doable doses
- Boundary setting
- Inexpensive
- Engages the pfc

The best way to address the burnout continuum is through a firm commitment to basic self care.

Trauma Workers Self-Assessment for Self-Care

By

Kathleen Regan Figley, MS, DMin

Charles R. Figley, PhD

Tulane University Traumatology Institute

The VIA Institute on Character

The science of strengths. The practice of wellbeing.

<https://www.viacharacter.org>

- 24 Character Strengths:

Self-control	Creativity	Humor	Zest
Social intelligence	Gratitude	Bravery	Love
Open-mindedness	Curiosity	Integrity	Wisdom
Appreciation of beauty	Citizenship	Kindness	Grit
Love of learning	Leadership	Fairness	Hope
Prudence/Discretion	Spirituality	Modesty	Forgiveness

Atomic Habits by James Clear

- Goal Setting
- System Used
- Identity:
 - How do you see yourself?
 - Who are you?

Suggested Reading

- The Betrayal Bond: Breaking Free of Exploitive Relationships
Dr. Patrick Carnes
- In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness
Dr. Peter Levine
- Healing the Fragmented Selves of Trauma Survivors:
Overcoming Internal Self-Alienation
Dr. Janina Fisher
- The Body Keeps the Score
Dr. Bessel van der Kolk

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