

Do Unto Yourself as You Would Do Unto Others

Wellness and Self-Care in a
Demanding Environment

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- * Definitions and Stats
- * 8 Dimensions of Wellness
- * Wellness Wheel
- * Giving Yourself S.P.A.C.E

* Objectives

 **Why Should We Care?**

- * Journal of Athletic Training 2009 study found that 32% of NCAA ATCs reported burnout
 - * This number was less than previous studies had shown. May be due to some study limitations
- * 50% of ATCs reported feeling conflicted between their job and their family responsibilities
- * Study in 2009 from the American Institute on Stress states that 25% of workers view their job as the #1 stressor in their lives



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**“When you’re feeling overworked,
stop and smell the roses that we
installed as an app on your BlackBerry.”**

* **Statistics**

If stress
burned
calories,
I'd be a
supermodel.

* Definitions

- * Stress - “Stress in addition to being itself, was also the cause of itself, and the result of itself.”
 - * “Everyone knows what stress is, but nobody really knows.”
 - * A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. A noun and a verb
- * Symptoms:
 - * Physical and emotional illnesses. Caused by long-term over-stimulation of a part of the nervous system that regulates heart rate, BP, and the digestive system as well as inadequate or inappropriate responses to major life events. Increased levels of adrenaline and cortisol

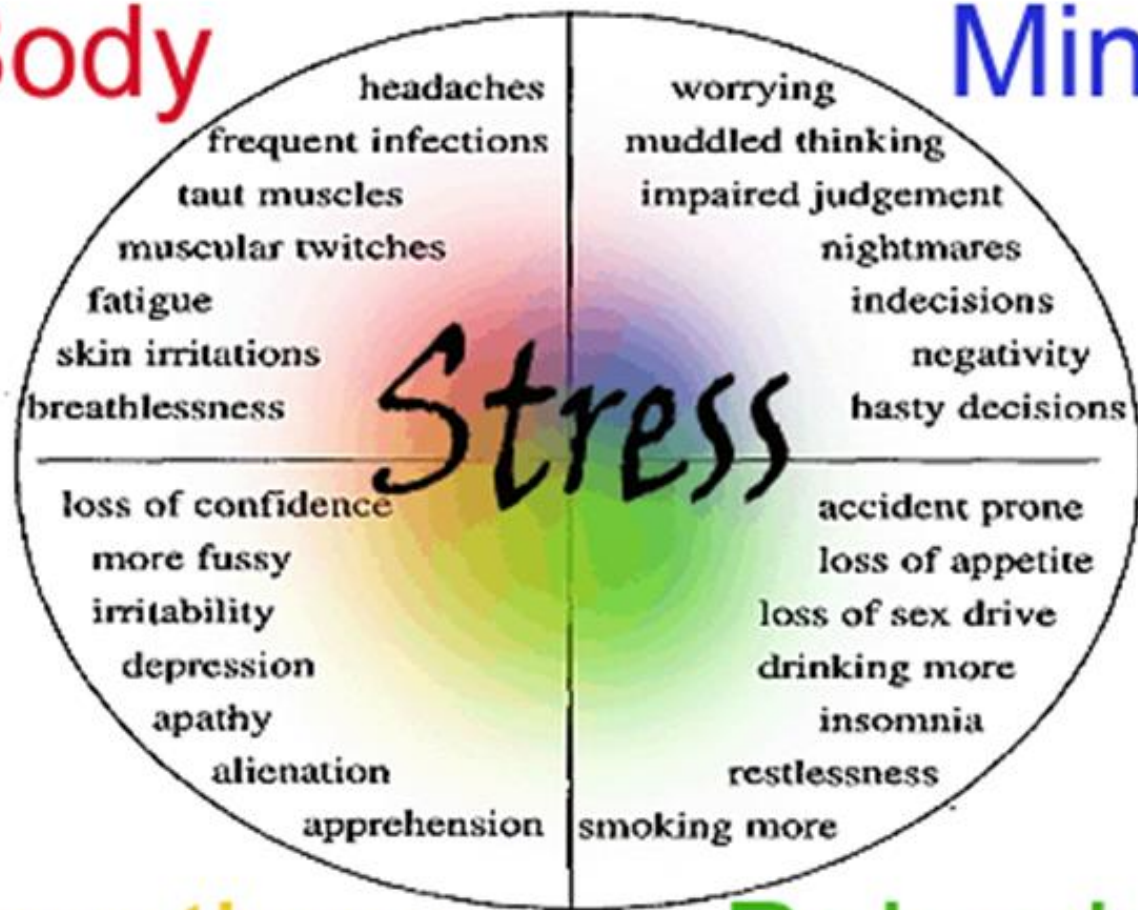
* Stress Continued...

- * Causes: Daily frustrations, demands, deadlines, disappointments, conflicts. Also caused by “happy” life events such as a wedding, having a baby, or starting new job.
- * Not to fear (completely)...There is a positive side to stress!
 - * Motivation
 - * Learn and Grow
 - * Quicken Reflexes
 - * Connect and Protect
 - * Increased Energy
 - * Pleasure



Body

Mind



Emotions

Behavior

* **Burnout** - A cumulative process marked by emotional and physical exhaustion and withdrawal associated with increased workload and institutional stress.

* A negative coping strategy related to stressful situations

* **Symptoms:**

* Physiological - headaches, difficulty sleeping, poor appetite

* Psychological - Negative self-talk, depression, difficulty in relationships

* Behavioral - Decreased self-care, increased absenteeism, presenteeism, attrition

* Compassion Fatigue - Vicarious or secondary traumatization.

- * The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events
 - * Has a more rapid onset and faster recovery than burnout
 - * Can occur from exposure to one case or cumulative trauma

* Symptoms:

- * Low level, chronic clouding of caring and concern for others in your life
- * Losing compassion for some people while becoming over involved in others
 - * Emotional blunting
 - * Regularly waking up tired and struggling to get to work
- * Feeling as though you are working harder and accomplishing less
 - * Becoming frustrated/irritated easily
 - * Routinely feeling bored or disgusted
 - * Experiencing illness, aches, and pains



“We have not been directly exposed to the trauma scene, but we hear the story heard with such intensity, or we hear similar stories so often, or we have the gift and curse of extreme empathy and we suffer. We feel the feelings of our clients. We experience their fears. We dream their dreams. Eventually, we lose a certain spark of optimism, humor, and hope. We tire. We aren’t sick, but we aren’t ourselves” - C. Figley, PhD., 1995

- * Emotional exhaustion
- * Reduced sense of personal accomplishments
 - * Lack of “purpose”
- * Mental exhaustion
- * Decreased interactions with others (isolation)
- * Depersonalization (symptoms disconnected from real causes)
- * Physical Exhaustion

* Commonalities of Burnout and Compassion Fatigue

A close-up, high-contrast photograph of the Dalai Lama. He is wearing glasses and has his hands clasped in a prayer gesture (Anjali Mudra) near his face. The lighting is dramatic, highlighting the texture of his skin and the details of his glasses. The background is dark, making the subject stand out.

**“ONE MUST BE COMPASSIONATE TO ONE’S SELF
BEFORE EXTERNAL COMPASSION.”**

DALAI LAMA

© Lifehack Quotes

* 8 Dimensions of Wellness

1. Social - Developing a sense of connection, belonging, and a well-developed support system. Ability to establish and maintain positive relationships with family, friends, and co-workers
2. Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills. Ability to open our minds to new ideas
3. Spiritual - Expanding our sense of purpose and meaning of life
4. Financial - Satisfaction with current and future financial situations
5. Environmental - Good health by occupying pleasant, stimulating environments that support well-being. Understand our responsibility for the quality of the air, water, and land around us
6. Emotional - Coping effectively with life and it's challenges and creating satisfying relationships and understanding ourselves
7. Occupational - Personal satisfaction and enrichment derived from one's work while maintaining balance
8. Physical - Recognizing the need for physical activity, diet, sleep and nutrition



Seven Fs Personal Leadership Benchmark

Name: _____

Date: _____



Leaders who live a well-rounded Seven Fs life radiate goodness, live with less stress, lead with less fear and set an example others want to follow.

Instructions

Step One: Choose a number between 1 and 10 that best describes your answer to the following questions.

Step Two: Add your 15 scores together to establish your beginning Personal Leadership Benchmark Score.

1. To what extent are you living the life you imagine?

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					FULLY				

 MY SCORE:

2. **Faith:** *my satisfaction with my spiritual life.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

3. **Family:** *my satisfaction with my loved ones, who share a common sense of home.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

4. **Finances:** *my satisfaction with how money funds my priorities.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

5. **Fitness:** *my satisfaction with the health of my body.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

6. **Friends:** *my satisfaction with the people who share my joys and disappointments.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

7. **Fun:** *my satisfaction with the part of my life that is playful and joyful.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

8. **Future:** *my satisfaction with the hope I have for myself and others.*

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT SATISFIED					FULLY SATISFIED				

9. I live and work by a personal mission statement that motivates and inspires me.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

10. I have a plan with clear personal and professional goals for the next three years.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

11. I use my calendar effectively to ensure time for the most important things in my life.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

12. I regularly make the time for meditation or reflection to stay in tune with my sense of direction.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

13. I have a reliable group of people who support and help me be accountable for my goals and aspirations.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

14. I effectively blend together my work life and home life.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

15. I am mentoring someone in ways that are satisfying for me.

Notes: ▶

1	2	3	4	5	6	7	8	9	10
NOT AT ALL					ABSOLUTELY				

Add Your 15 Scores Together

→ My Personal Leadership Benchmark Score ▶

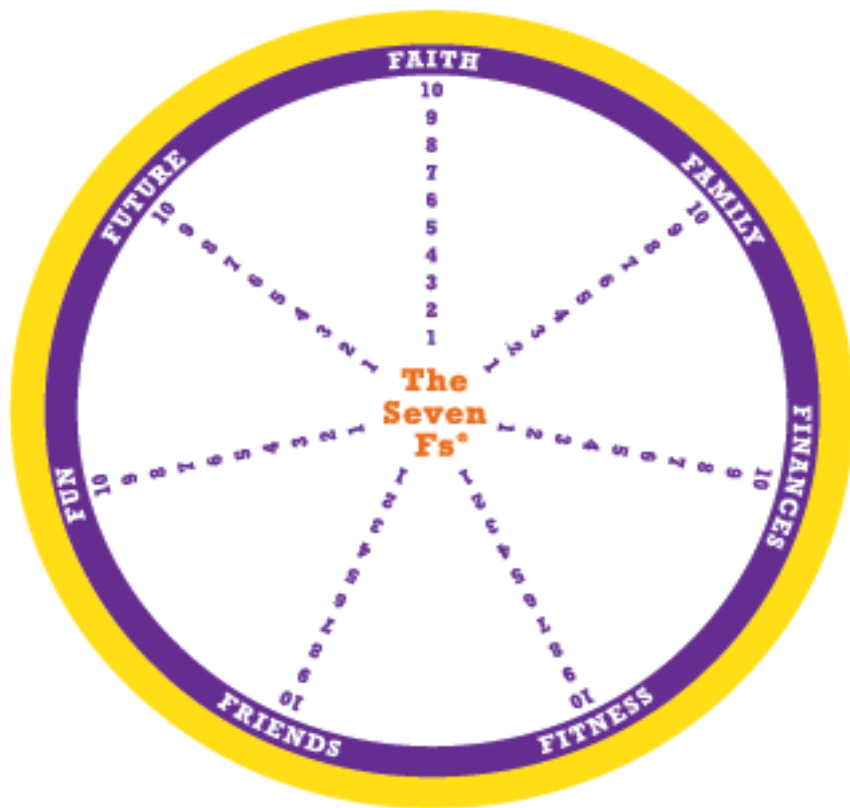
/ 150 TOTAL POINTS

The Seven Fs Wheel

When we expand our thinking to include blending the Seven Fs, our perspective becomes brighter. A well rounded wheel helps increase positive momentum in our personal leadership.

Instructions

Plot your scores by making a mark on the number that best describes your satisfaction on each of the Seven Fs. Starting with the highest number, connect all seven dots by moving clockwise around the wheel.



Name: _____

Date: _____



“We are 100% responsible for the mood & tone we take to work and bring home. Blending the Seven Fs helps us live with less stress and lead with less fear.”

Which of the Seven Fs do you find most satisfying?

Which do you find most difficult?

Which best describes how you feel about your work?

Which do you feel most qualified to mentor others?

Which of the Seven Fs can you blend together to make your wheel roll with greater momentum?



* Do you have a flat
tire or are you rolling
smoothly?



* Give yourself
S.P.A.C.E!

* Sleep

- * Half of Americans don't get a good night sleep on a regular basis

 - * Need about 8 hours to clean “brain waste”

 - * 4-6 sleep cycles of 90 minutes each (6-9 hours)

 - * Cannot fall asleep, cannot stay asleep, cannot fall back asleep if woken

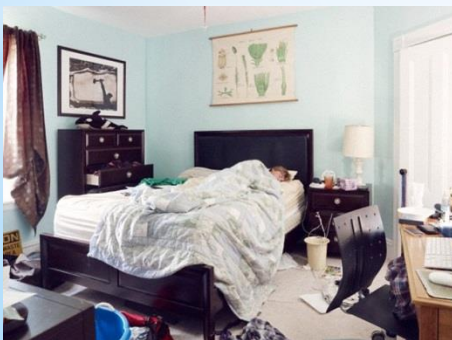
- * Invasion of technology in the bedroom

 - * Light pollution

 - * Vibrations

- * Natural Circadian Rhythms

- * Sleep hygiene



* Presence

- * In the US, presenteeism is 7-9 times the rate of absenteeism
- * Occurs when employees who are physically present are distracted to the point of reduced productivity. They are the ones that are “playing hurt”
- * Happens at home too!
- * Digital Toxicity
 - * Train wrecks, child neglect, digital dementia
 - * Recognized category of addiction
 - * Inability to “unplug”
- * Mindfulness, Meditation

* Activity

What is the #1 Reason Most People Don't Exercise?

- a) "I don't have time"
- b) "I'm too tired"
- c) "Exercise is boring"
- d) "I just don't like exercise"
- e) None of the above

- * Army Recruits
- * Predict that by 2030, 50% of youth will have a BMI over 40
 - * Focus on competition vs. fun
 - * Family structure
 - * Decreased PE classes
- * All Movement Counts!
- * The best exercise = The one you do!
- * P.L.A.Y

* Creativity

- * “Creativity isn’t a gift for a chosen few; it’s a birthright for everyone”
- * Left Brain/ Right Brain
- * Integrate into work or hobby



Logic will get you from A to B, but imagination will get you everywhere - Einstein

* Eating (Well)

- * We all know what to do, but are we doing it?
- * Mindful Eating
 - * Slow Down
 - * Environment
- * Plan ahead
- * Balance
- * Water
- * Supplementation?

4 Tips To Eating Healthy Foods Under Stress

1. Aim for simplicity
2. Don't strive for perfection
3. Carry healthy snacks
4. Cook once eat twice or three times



- * Aim to find **active** ways to manage your stress.
 - * Relaxation techniques, such as deep breathing, meditation, yoga, tai chi or getting a massage
- * Avoid tobacco use, excess caffeine and alcohol intake, and the use of illicit substances.
- * Regular physical activity
- * Keeping a sense of humor
- * Socializing with family and friends
- * Setting aside time for hobbies, such as reading a book or listening to music

* **Take-Aways**

*Questions??

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