

# Living Well On Purpose

Caring for Yourself when you are a  
Care Coordinator



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# Learning Objectives

1. Become familiar with the building blocks of well-being.
2. Explore the importance of resilience and the role it plays in our lives.
3. Recognize burnout prone traits.
4. Be intentional about self-care.
5. Develop a self-care plan.



# Introductions

1. Name
2. Organization
3. Your role?
4. What about your role bring you joy?
5. What was the last thing you did for self-care?



# Well-Being

A state of health, happiness,  
and contentment.

Focusing on  
strengths and  
positivity.



Versus focusing on relieving human  
suffering by examining dysfunction and  
abnormal behavior.



# PERMA

## Building Blocks of Well Being

*Are you Permalicious?*



Illustrated by GoStrengths.com

# Positive Emotion

The ability to be optimistic and view the past, present, and future in a positive perspective.

Intent is to  
rewire our brains  
for more positive  
emotions



# Positive Emotion

Gratitude is a powerful positive emotion.



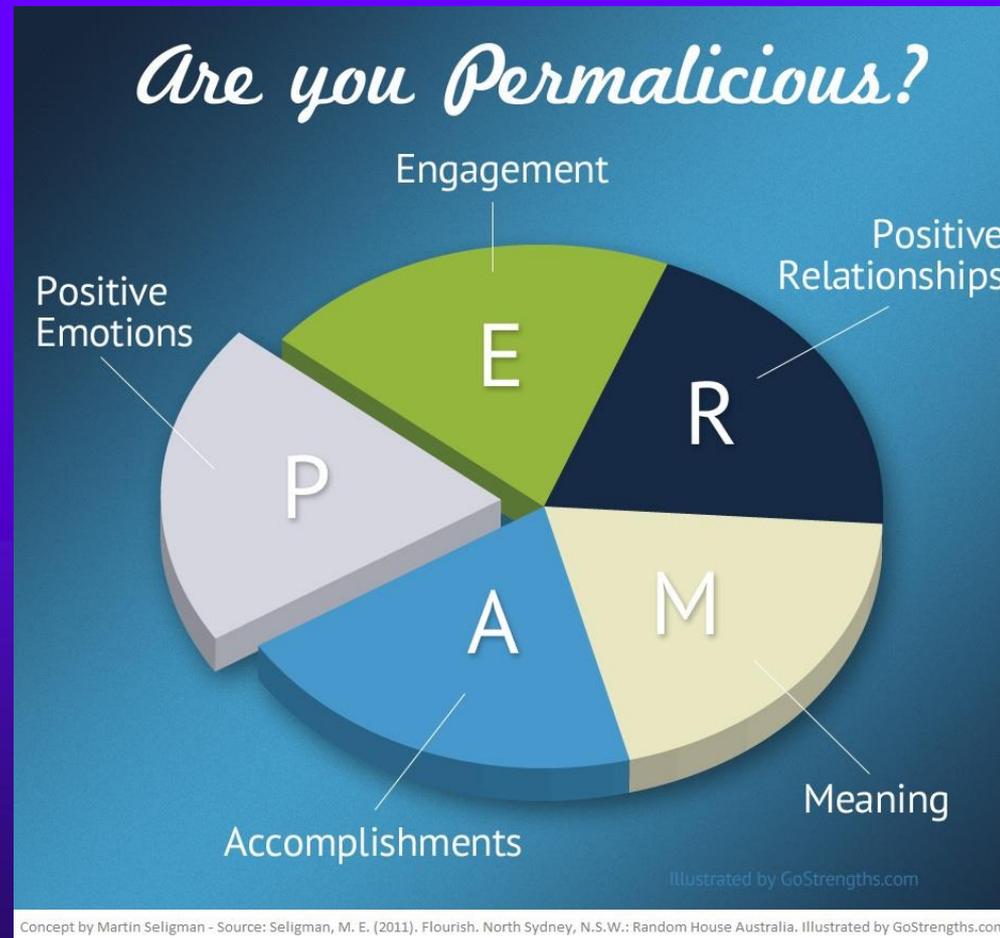
What are *you* grateful for?

# Positive Emotion

- In a positive state, it's hard to have a negative state of mind.
- Taking time to think about gratefulness helps deal with the hard and bad things that happen.
- The more we look for things we are grateful for, the more we see.
- Gratitude builds resilience.



# Engagement and Flow



# Engagement and Flow

- Activities that help us learn, grow and nurture our personal happiness.
- Find out what you're naturally good at.
- Make it a part of your everyday life.



# Engagement and Flow



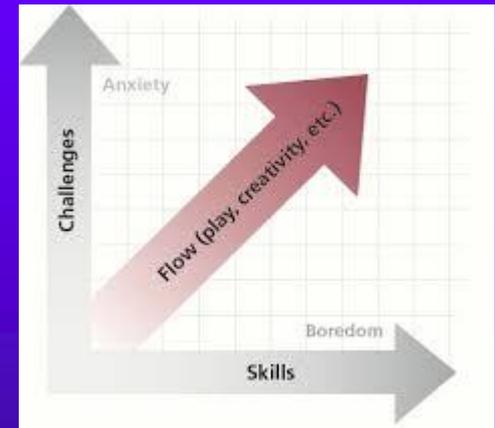
Intent is to become so absorbed in a task, hobby or project that we are “living in the moment.”



# Engagement and Flow

## “Flow” of engagement:

- Right at or slightly above your talent level.
- Creating a “flow” of blissful immersion into the activity.
- Stretches intelligence, skills, and emotional capabilities.



# Engagement and Flow

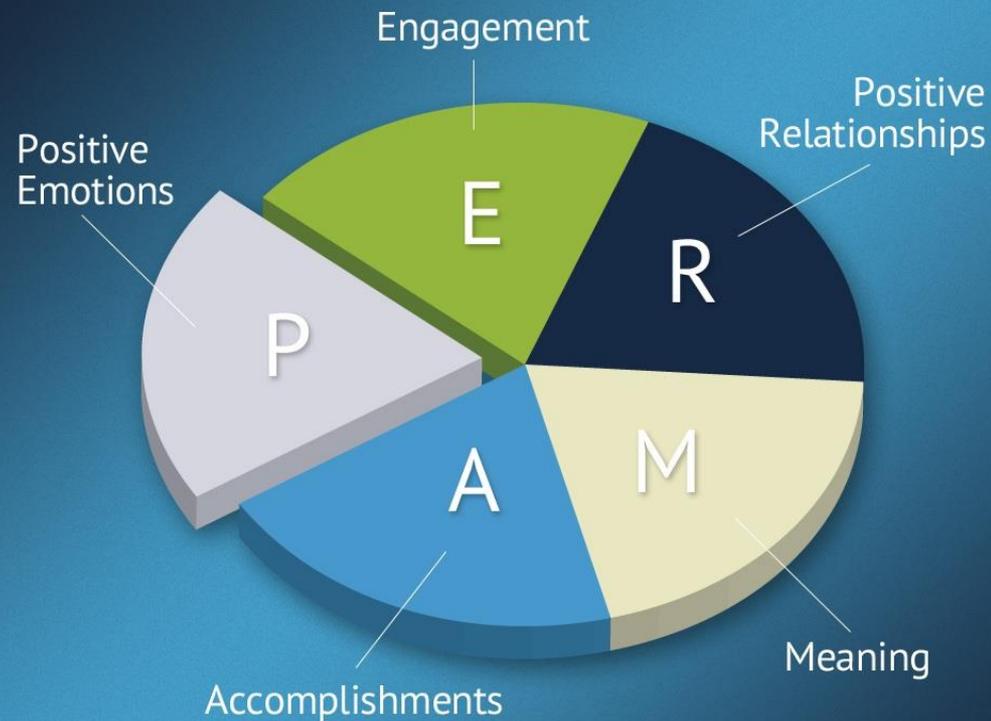


What activity causes you to be so immersed in the flow that you lose track of time?

# Relationships



*Are you Permalicious?*



Illustrated by GoStrengths.com

Concept by Martin Seligman - Source: Seligman, M. E. (2011). Flourish. North Sydney, N.S.W.: Random House Australia. Illustrated by GoStrengths.com

# Relationships

One of the most important aspects of life:

-Humans are social and thrive on connection, love, intimacy, and strong interaction with other humans.



Intent is to discover, evaluate and nurture **healthy** relationships.

# Relationships

Benefits of positive relationships:

Serve as a buffer during tough times:

-Improves cardiovascular function

-Decreases stress levels



# Relationships

-Building positive relationships are important to spread love and joy.

-Having strong relationships gives you support in difficult times.

-The more positive relationships you have, the better your well-being.



# Relationships

People with very few social ties:

-Have nearly twice the risk of dying from heart disease.

-Twice as likely to catch colds, even though they are less likely to have exposure to germs that come from social contact.



# Relationships

If you're in a strained relationship, it could extend the time it takes for you to recover from surgery or a major injury.



# Meaning



*Are you Permalicious?*



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# Meaning

-Rather than the pursuit of pleasure and material wealth, there is an actual meaning to life.

-To understand the greater impact of your work will help you enjoy the tasks more, and become more satisfied and happier.



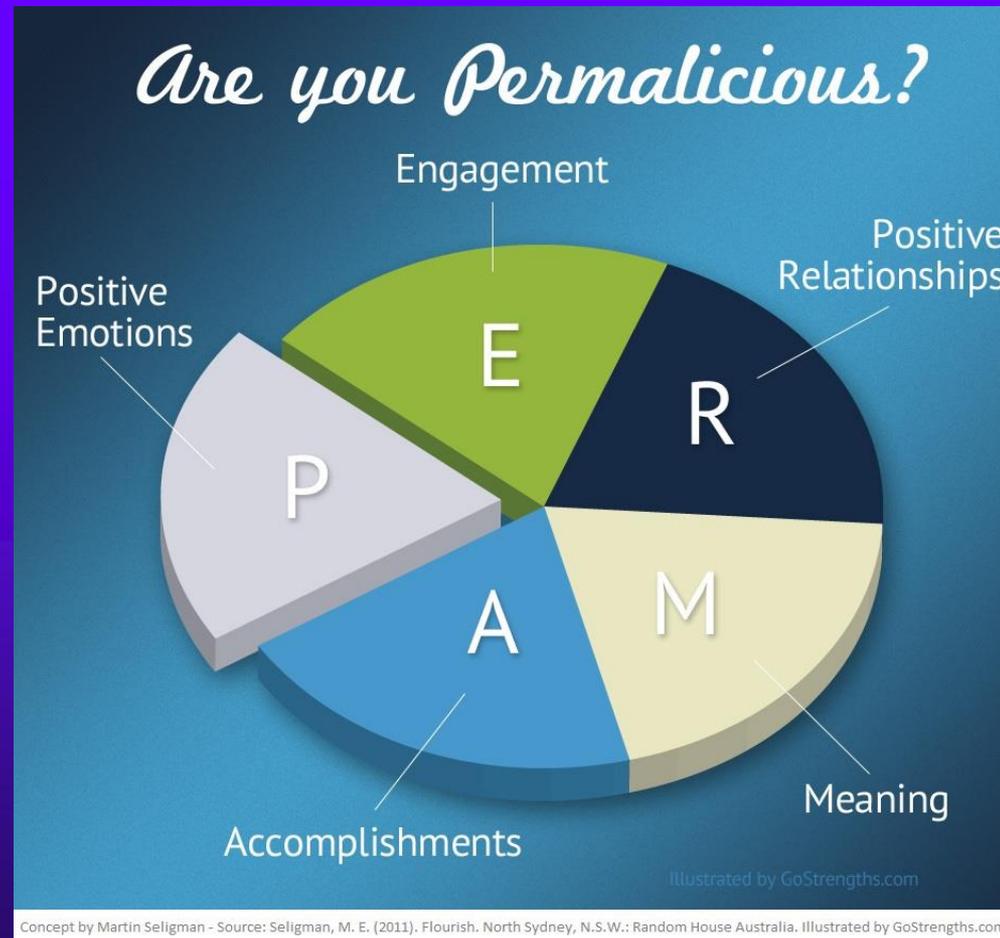
# Meaning



Intent is to identify what we **already do** that impacts others in a positive way.



# Accomplishments



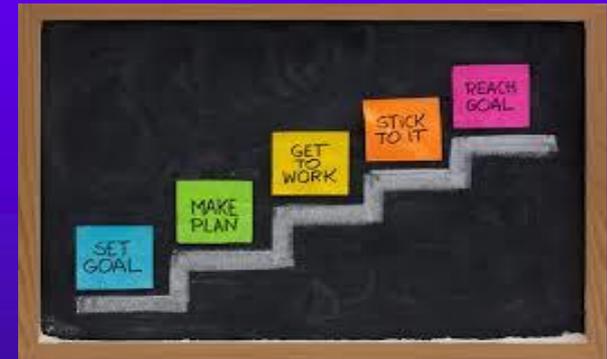
# Accomplishments/Achievements



"A goal without a plan  
is just a wish."

-Antoine de Saint-Exupry

Intent is to identify small  
and/or big accomplishments  
on a daily basis.



# Accomplishments/Achievements

-Having goals and ambition in life can help us to achieve things that can give us a sense of accomplishment.

-Make realistic goals.

-Having accomplishments in life is important to push ourselves to thrive and flourish.



DREAM BIG  
SET GOALS  
TAKE ACTION



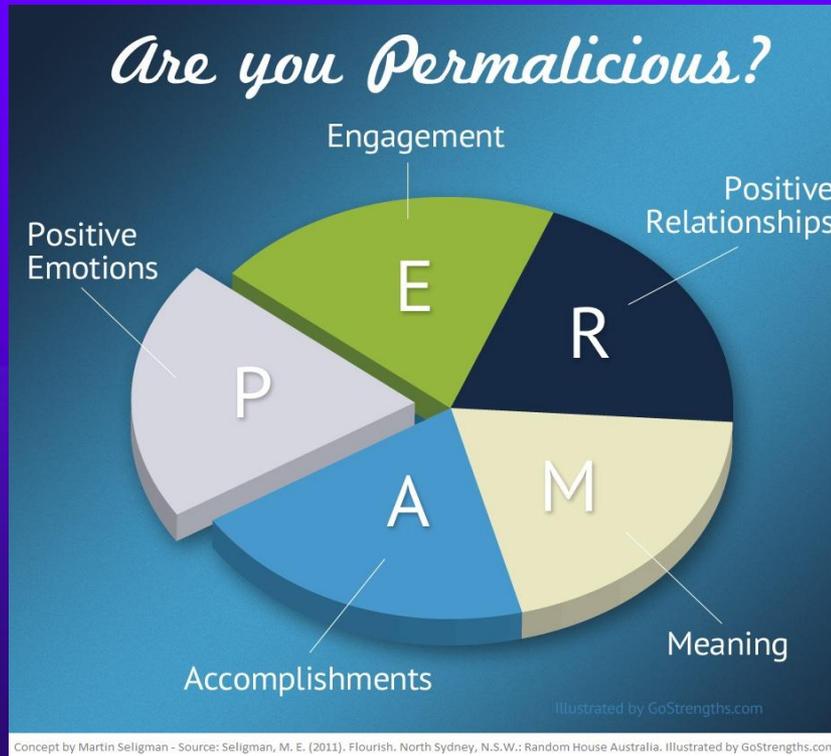
# Accomplishments/Achievements



“Define success on your own terms, achieve it by your own rules, and build a life you’re proud to live”

-Anne Sweeney

# Building Blocks of Wellbeing Cultivates Flourishing



Grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.



# Definition of Resilience

## A Light-Hearted Animation

[https://www.youtube.com/watch?v=WnH45n  
KEEgU](https://www.youtube.com/watch?v=WnH45nKEEgU)

# Resilience



The capacity to  
recover quickly  
from difficulties.

# Resilience



Being able to  
properly  
adapt to  
stress and  
adversity.

# 10 Tips for Building Resilience

1. Make connections.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is a part of living.
4. Move toward your goals.
5. Take decisive actions.



# 10 Tips for Building Resilience

6. Look for opportunities for self-discovery.
7. Nurture a positive view of yourself.
8. Keep things in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself.



# What Self-Care Means to Us

[https://www.youtube.com/watch?v=N0omVk  
BtbEc](https://www.youtube.com/watch?v=N0omVkBtbEc)

# Self-Care



The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.





# Self-Care

The ROAD  
to  
BURN-OUT  
So WHO is at Risk?.



Reproduced with the  
permission of the  
CO Patient Navigator  
Training Program

## Traits of a Burn-Out Prone Helper

- Perfectionist
- Tend to set unrealistic standards for self
- Has difficulty letting go of work at the end of the day
- Takes a great deal of pride in your work
- Always give 110%

# Self-Care

## COMPASSION FATIGUE

So WHAT are the  
SYMPTOMS?

- More frequent or misplaced anger
- Irritability
- Substance abuse: food, alcohol, drugs
- Blaming “them” (whomever they are)
- Being late frequently
- Depression or feelings of hopelessness
- Obsessive worry that you aren’t doing enough
- Physical or emotional exhaustion
- Less joy toward people or activities that usually bring you happiness
- Lower sense of personal accomplishment
- Low self-esteem
- Workaholism
- Less balance between empathy and objectivity
- Frequent vague illnesses
- Insomnia or problems sleeping
- Hypertension





# Burn-Out Self-Assessment

- Find yourself with insufficient time to do things you really enjoy?
- Wish you had more support/assistance
- Lack sufficient time to complete your work most effectively?
- Have difficulty falling asleep because you have too much on your mind?
- Feel people simply expect too much of you?
- Feel overwhelmed?
- Find yourself becoming forgetful or indecisive because you have too much on your mind?
- Consider yourself in a high pressure situation?
- Feel you have too much responsibility for one person?
- Feel exhausted at the end of the day?

**TOTAL SCORE**

## SCORING KEY

- 1 = Almost Never
- 2 = Seldom
- 3 = Often
- 4 = Almost Always



# 10 Ways to Take Care of Yourself

Self care means:

1. Knowing who you are and when you're doing too much.
2. Getting the sleep you need. Know how much.
3. Eating well. Be consistent. Plan ahead.
4. Finding ways to decompress throughout your day.
5. Giving some thought to changing a difficult work situation.



# 10 Ways to Take Care of Yourself

Self care means:

6. Taking time to get to know **you** better. Know your temperament. Prepare for personal limits.
7. Identifying what you enjoy doing and what's fun. Integrate it into your day or week.
8. Knowing how to debrief from a day's work.
9. Feeding your spiritual self.
10. Taking time to love yourself.

# Perspective Matters

“In the end, they are not going to name the building after me.”

-Unknown



# A Self-Care Action Plan

<https://www.youtube.com/watch?v=w0iVTQS8ftg&list=PLqnQBiZQALHshCMaVMjK0Wb27XrN7BLKu>

# Self-Care



be good to  
yourself

“ Self care is a divine  
responsibility. ”

DEEP BREATHS  
are like little love  
notes to your body

self-care  
isn't  
selfish



Self-care is an  
act of self-love



be  
intentional



## PERSPECTIVE

“The expectation that we can  
be immersed in  
suffering and loss daily  
and not be touched by it  
is as unrealistic as expecting  
to be able to walk through water  
without getting wet.”

Rachel Naomi Remen, MD

# What is Your Self Care Proclamation?





Well-being. Resilience. Self-Care