Living Well On Purpose

Caring for Yourself when you are a Care Coordinator

Lucille Campbell, PhD.H
Patient Navigator Training Collaborative
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.
5. Develop a self-care plan.
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?

Engagement
Positive Emotions
Positive Relationships
Accomplishments
Meaning

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

Are you Permalicious?

- Engagement
- Positive Emotions
- Positive Relationships
- Accomplishments
- Meaning
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?

Engagement
Positive Emotions
Positive Relationships
Accomplishments
Meaning

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?

Engagement
Positive Emotions
Positive Relationships
Accomplishments
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.
Intent is to identify what we already do that impacts others in a positive way.
Accomplishments

Are you Permalicious?

- Engagement
- Positive Emotions
- Positive Relationships
- Meaning
- Accomplishments

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

"A goal without a plan is just a wish."
-Antoine de Saint-Exupry
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.
"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=WnH45nKEEgU
Resilience

The capacity to recover quickly from difficulties.
Resilience

Being able to properly adapt to stress and adversity.

*She stood in the storm and when the wind did not blow her away, she adjusted her sails.*

- Elizabeth Edwards
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


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=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.

You can't pour from an empty cup. Take care of yourself first!
Burn-out is a gradual process by which a person detaches from work and other significant roles in response to prolonged stress.

Compassion fatigue is a form of burn-out – a deep physical, emotional and spiritual exhaustion accompanied by acute emotional pain.

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

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%

Reproduced with the permission of the CO Patient Navigator Training Program
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

Patient Navigator Training Program

Reproduced with permission from the CO
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.
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.
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=PLqnQBiiZQALHshCMaVMjK0Wb27XrN7BLKu
Self-Care

“Self-care is a divine responsibility.”

- Be good to yourself.
- Self-care is an act of self-love.
- Self-care isn’t selfish.
- Deep breaths are like little love notes to your body.
- Be intentional.
“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?

I care for me

I BELIEVE
love is kind
in enoughness
it will be OK

I CHOOSE TO
have healthy relationships
take care of my body, mind & soul
relax, be still & present

SELF CARE PROCLAMATION
Well-being. Resilience. Self-Care