



PHYSICIAN HEAL THYSELF: CREATIVE COUNSELOR SELF-CARE

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988 Suicide & Crisis LIFELINE

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to reach a caring counselor.

Growing Compassion Fatigue

“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



*But what happens when the psychiatrists,
psychologists, therapists, and social workers
we rely on to treat our own mental health
conditions become burnt out themselves?*

Cellphone Battery

skit





Today's Plan

- Mental Health Starts with YOU
- No Shame. Only Support!
- Empower Yourself/Empower Others



BURN-OUT FACTORS

- sociodemographic (age, gender)
- intrapersonal (coping skills, resources)
- work settings and professional support
(supervision or personal therapy)



RUNNING ON EMPTY

Compassion Exhaustion/Fatigue

Compassion fatigue is the emotional duress that results when an individual hears about the firsthand trauma experiences of another. Also known as “secondary traumatic stress (STS).”



Signs and Symptoms of Burnout

- **Overwhelmed**
- **Fatigue/low energy**
- **Changes in mood**
- **Lack of concentration**
- **Anger/Resentment**
- **Cynical**
- **Unmotivated**
- **Relationship struggles**
- **Sleeping struggles**



1

Burnout accumulates

Burnout is a cumulative process that builds over time. The longer it is left untreated, the more severe it becomes.





Burnout has been around for longer than we think

2

Researchers started focusing on it in the mid-1970s. It was studied for the first time by psychiatrist Herbert Freudenberger and social psychologist Christina Maslach.

3



Using technology too much can make burnout worse

Being constantly connected compels us to feel like we always have to be 'available', leading to blurred work-life boundaries and an increased risk of burnout.

4

Insomnia can be symptom of burnout

It's not just your waking work hours that are affected by workplace burnout. Insomnia can be one of its serious and debilitating side-effects.





Brain/Body Connection

EMOTIONAL:

- Self-perceptions
- Community-interactions

PHYSICAL:

- Nutrition
- Physical Activities
- Rest

IDENTIFY YOUR GAPS

survey



KNOW THE SIGNS

On a notecard,

- list 3 signs that you are approaching burn-out
- Identify someone with whom to share your list





OXYGEN MASK ACTIVITY

What are key “oxygen” activities you enjoy

A blue pencil with a sharpened lead tip rests on the pages of an open book. The book's pages are slightly aged and yellowed. In the foreground, a page with a faint mandala drawing is visible. The background is softly blurred, showing more of the book's pages.

Emotional Activities

- Positive Affirmations
- Define Your Buffet
- Gratitude Journal
- Mandala



Positive Affirmations

I am...

- Trace your hand
- In the center write “I am”
- One each finger, name a positive affirmation



BUFFET ACTIVITY

List the dishes on your buffet and who put them there.

What choices can you make?

GRATITUDE JOURNAL





MANDALA

Choose a mandala to color

A photograph of two hands held together, palms facing each other, with a rainbow light gradient illuminating them from the bottom. The background is dark and out of focus.

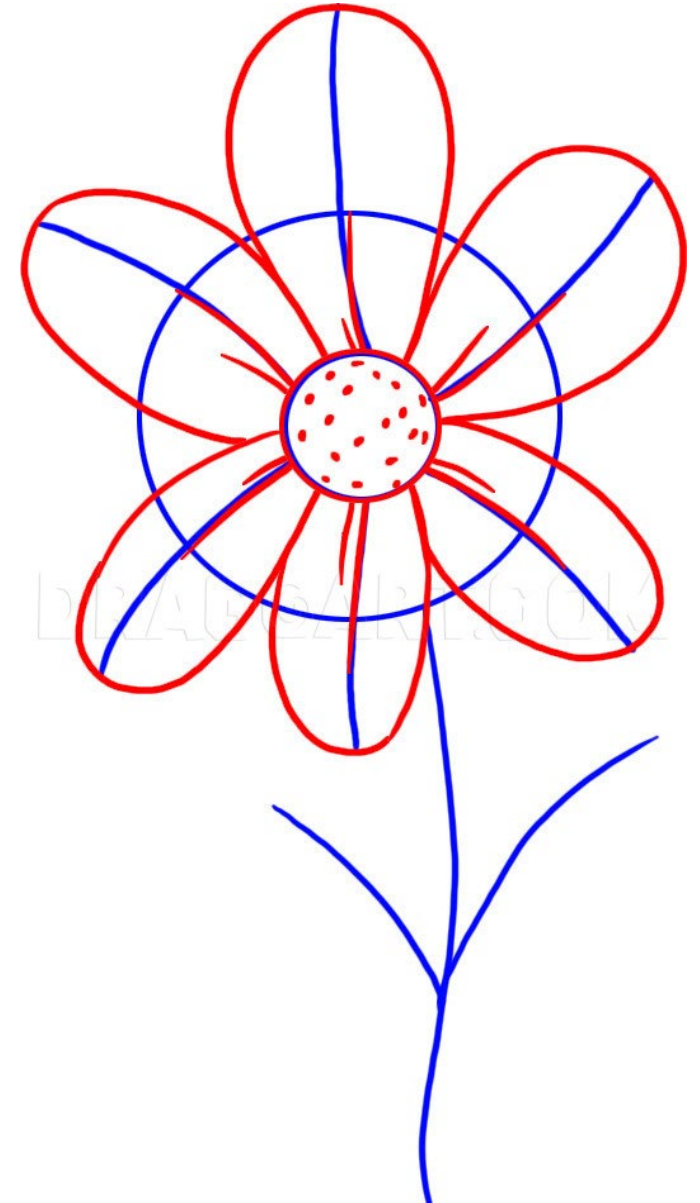
Physical Activities

- Non-dominant hand drawings
- Hand massage

Non-Dominant Hand Drawing

- First, draw with your dominant hand
- Second, draw with your non-dominant hand

- NOTICE YOUR FOCUS
- NOTICE YOUR BREATHING



Hand Massage (in pairs)

- One partner gives/One partner receives
- Receiver, close your eyes
 - Notice the feel of the touch
 - Take relaxing breaths
- Giver, use slow motions

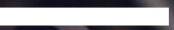


Hand Massage (individually)

- Close your eyes
 - Use slow motions
 - Notice the feel of the touch
 - Take relaxing breaths

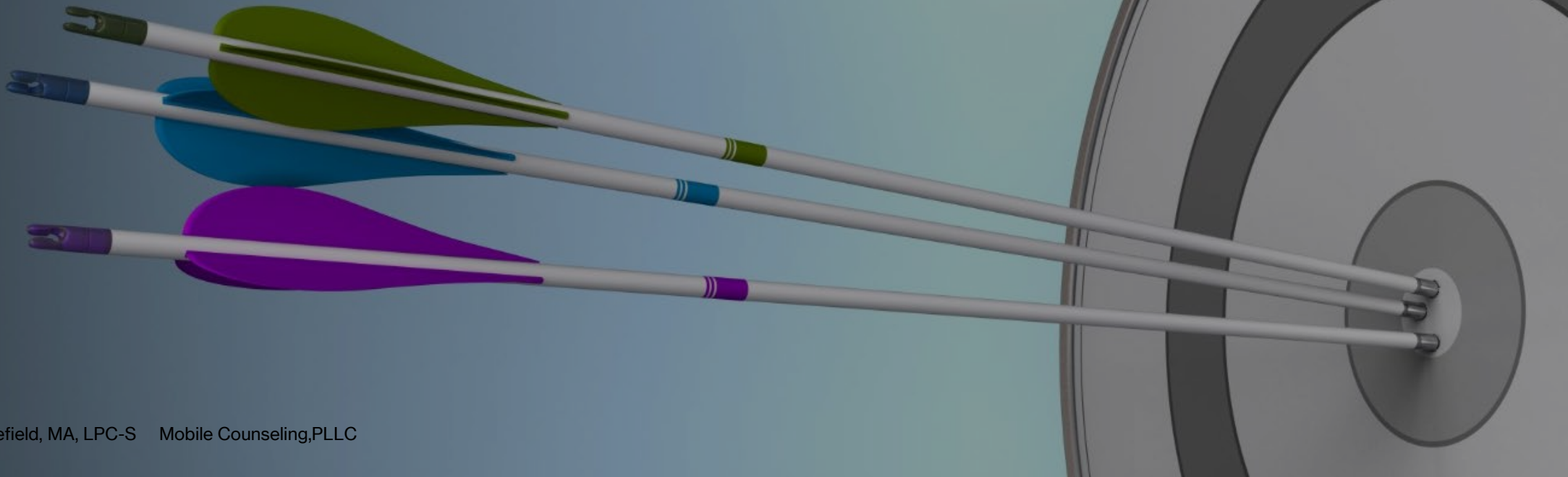


EMPOWER YOURSELF EMPOWER OTHERS



The Big 3

1. What is the best thing you have done for yourself today?
2. What is the best thing you have done for someone else today?
3. What is the best thing you have done for your relationships today?



POST-IT NOTE PROCLAMATIONS

- Write a positive quote on a post-it note
- Identify a high traffic location
- Give one/Take one

Glitter Jar

- Clear container
- Elmer's glue
- 3 sizes of glitter
 - Small/fine
 - Medium
 - Large/
- Warm water



YOUR FAVORITES?



SCHEDULE IT!

*"That which can be done at any time
will be done at no time."*

-old proverb



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