

Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:
Self-Care for Healthcare Professionals



Speaker:
Alana Sadhu



About the Speaker:

Alana Sadhu

Director of Clinical Programming, LiveWell-Coaching



Alana has been rigorously involved in the field of mental health for over 10 years. Starting off in the field as an innovator, she studied child and adolescent psychology. After earning a dual-Bachelor's degree in Psychology and Criminal Justice from the accredited Florida International University, she began her practice as a clinician in the role that she states she learned the most from, as a primary therapist in the medical detox unit at the chemical dependency center, Sunrise Detox Center in Orlando, Florida. While devoting herself to the practice, she simultaneously completed her Master's degree in Clinical Mental Health Counseling from the accredited, Argosy University of Southern California and began working on her licensure. She then moved on to the riveting role as a Licensed Clinical Consultant with JourneyPure, serving as, what she refers to as the “crisis consultant of addiction treatment”, being on the frontline for adults struggling with the disease of addiction. Alana is now a well-known mental health practitioner and community liaison in Orange, Osceola, Seminole and Brevard counties. Alana is an active therapist at Florida Counseling Centers and is currently accepting new clients! Her newest, most exciting endeavor consists of her working as the Director of Clinical Programming, alongside Dr. Mike Ronsisvalle, well-renowned psychologist in Brevard County, introducing LiveWell-Coaching to the community. Based out of Melbourne, Florida, LiveWell Coaching is the new and improved way to connect people to live, certified coaches through a unique, technology-based platform with customized wellness content. She is passionate about understanding people’s needs and restoring health and wellness in the community.



So many years of education,
yet nobody ever taught
us how to love ourselves
and why it's so important.

badriyahh



bliss

Disclosures

- Bachelor of Arts in Psychology
- Bachelor of Arts in Criminal Law
- Master of Arts & Sciences in Clinical Mental Health Counseling
- Substance Abuse Treatment Professional –State of Florida and State of Tennessee
- Detox therapist
- MAT therapist
- Dual diagnosis treatment provider
- Diagnostician with use of DSM-V
- Extensive research and training on self-care for healthcare professionals since 2012
- In recovery from opiates, MDD, GAD & PTSD since 2009
- No financial disclosures

SC4HCP



What is your “why”?

What is your profession?



Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

-Pema Chodron

Compassion Fatigue

Compassion fatigue is not to be confused with the more popular term, burnout. Most mental healthcare providers experience some form of compassion fatigue in their lifetimes. Some never recover.

Compassion Fatigue vs Burnout

Compassion Fatigue is NOT "burnout".

- Burnout is associated with stress and hassles involved in your work; it is very cumulative, is relatively predictable and frequently a vacation or change of job helps a great deal.

Compassion Fatigue is very different.

- Compassion Fatigue is a state of tension and preoccupation with the individual or cumulative trauma of clients as manifested in one or more ways including re-experiencing the traumatic event, avoidance/numbing of reminders of the event, and persistent arousal. Although similar to critical incident stress (being traumatized by something you actually experience or see), with CF you are absorbing the trauma through the eyes and ears of your clients. It can be thought of as secondary post-traumatic stress.

(Ace Network www.ace-network.com)

I-CAN
Olan Veterans Assistance Network

Healthcare professionals are constantly exposed to psychological distress.



Many of us are “feeling healers,” so not only are we exposed to psychological stressors of others but we experience the pain of others deeply – I refer to this as a double-edged sword because it makes us experts in the field however, what we do with the distress matters and impact our work and ourselves in the long run.

Mental Disorders Among Workers in the Healthcare Industry:

2014 national health insurance data

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5934846/>



Medical/Clinical Errors

High Turnover/
Compassion Fatigue

Putting Patients at Risk

What Are We At Risk For?



Mood Disorders

- Depression
- Bipolar Disorder
- Seasonal Affective Disorder (SAD)



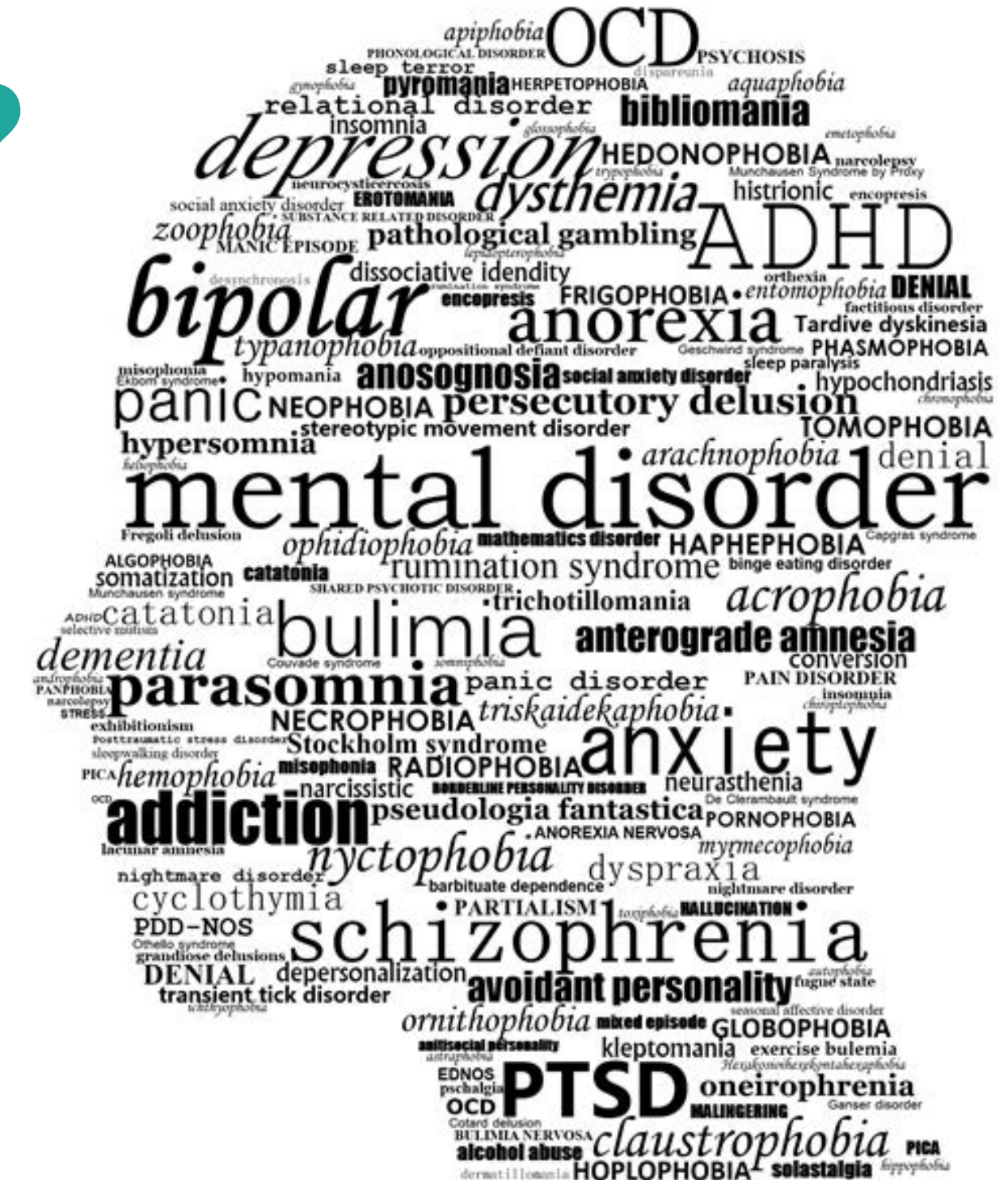
Anxiety Disorders

- GAD
- Social Anxiety
- Panic Disorders



Sleep Disorders

- Insomnia
- Sleep Apnea
- Narcolepsy
- Sleep Apnea



“Distress Threshold”



Self-Care

The deliberate act of consistently tending to one's physical, mental and emotional well-being through restorative and practical activities.

Self-Care Isn't Selfish



We do what we do mostly because of what we, ourselves have been through. But in order to be effective at what we do, we have to ensure our safety and wellbeing, at all times. Self-care isn't being selfish; it actually requires being selfless and considerate of the people around us.

MEN REQUIRE SELF-CARE, TOO!

#MenToo



The Types of Self-Care



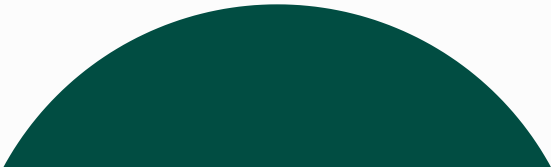
Physical

Mental

Emotional

Spiritual

Social



Physical Self-Care

The most basic form of self-care

- Maintaining good hygiene
- Waking up at the same time every morning
- (Develop a healthy routine)
- Eating right (all the time)
- Maintaining hydration
- Seeing a doctor regularly
- De-cluttering; (Ensuring you have a clean, safe and comfortable space to live and work)
- Meditating and intentionally regulating your breathing
- Taking vitamins, supplements and prescribed medications regularly
- Getting outside
- Getting physical needs by exercising, doing yoga, and fulfilling sexual needs safely as well.
- Mindfulness



Preventative Measures: A “Peace” on Mindfulness



The act of exploring truth in the form of a moment-by-moment, second-by-second awareness of thoughts, feelings and emotions, physiological sensations, and surrounding environment, through a gentle, non-judgmental lens.

Mental Self-Care



- Engaging in the things you are truly passionate about, the things that makes your soul sing
- Eating food that your body will thank you for
- Seeing a no-bullsh** therapist regularly that YOU choose, to have a healthy outlet and reduce negative thinking
- Getting regular, restful sleep
- Developing a mental filter to prevent others' opinions from negatively affecting you
- Acknowledging your inner dialogue: Using positive self-talk, pursuing ongoing growth, knowledge and education.



- Practicing emotional awareness
- Practicing self-awareness
- Recognition of fear
- Engaging in any form of writing or creating
- Engaging forms of expression
- Trying new things: Stepping outside of your comfort zone
- Replace expectations with (personal goals)
- Taking healthy risks, traveling
- Acknowledging stress and dealing with it in a healthy way
- Openly practicing gratitude and forgiveness
- Listening to music that soothes your soul

Emotional Self-Care

Music as a Form of Mindfulness



<https://www.youtube.com/watch?v=Tm8LGxTLtQk>

Think about your most memorable concert experience. What are the first few thoughts that come to mind?

There is more to music than meets the ears...

Musical components imperative to music as a form of therapy:

- Harmony
- Melody
- Rhythm
- Tempo
- Texture
- Lyric
- Dynamics

Self-Care Music Challenge

“Feel your feels” in the form of a song...

Make a list of your top 20 favorite songs of all time.

Reflect: why are they your favorite songs?

Perhaps you are feeling something very deeply but are having trouble verbalizing it. You can't quite put your finger on the emotion itself, but when you hear this song, all of a sudden it's like, “Aha. That's it!”



Spiritual Self-Care

- When and how to “turn it over” to your HP, or something beyond yourself.
- Understanding your own personal hope, faith and belief system and how it matches up to your actions on a day-to-day basis.
- Practicing ethical behavior
- Practicing gratitude
- Practicing forgiveness
- Connecting to something higher than yourself
- If you pray, pray every day, even when things aren't bad
- Ground yourself using the earth, dirt, water, sand.



Social Self-Care



Nurturing relationships and connections

Practicing assertive communication

Pay attention to who you are around. It matters

Finding a way to give back or volunteer

Being a good role model

Being nonjudgmental

If you're in toxic relationships and you're in the helping profession, you may be at risk for developing interactions that stem from projection and reaction formation, thereby contributing to non-therapeutic interactions and poor patient care

References:

- <https://www.mentalhealth.gov/what-to-look-for/mood-disorders>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5934846/>
- <http://quodid.com/quotes/2972/pema-chodron/compassion-is-not-a-relationship-between-the-healer>
- <https://medium.com/thrive-global/compassion-blockers-what-gets-in-your-way-of-expressing-compassion-e8bb32614c9b>
- <https://www.ican-foundation.org/>
- <https://medium.com/s/redefining-real-love/the-struggle-is-real-empathy-and-self-care-2086f1e64173>
- www.acenetwork.ie
- <https://www.youtube.com/watch?v=Tm8LGxTLtQk>
- Inside Out; 2015 American 3D computer-animated comedy film produced by Pixar Animation Studios and released by Walt Disney Pictures.



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THANK YOU

