

Handout Don't Just Survive--Thrive! Practical, Tangible Self-Care to Prevent Burnout

Christy Jo Hendricks, IBCLC, RLC, CLE®, CCCE, Doula

info@lactationuniversity.com

lactationuniversity.com

birthingandbreastfeeding.com

LEARNING OBJECTIVES

At the conclusion of the course, the attendees will be able to:

- 1. Define compassion fatigue**
- 2. List 3 stages of burnout**
- 3. Identify 3 reasons to practice self-care**

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I. Caregivers, Healthcare Workers Are Prone to Many Conditions

- A. Burnout and Compassion Fatigue
- B. Drained by Empathizing
- C. Absorb Client's Stress
- D. Secondary Trauma

II. Identify and Combat Burnout

A. Self-Care

- a. Physical
- b. Emotional
- c. Menal/Social
- d. Spiritual

B. Engage Your Senses

III. Challenges to Self-Care

A. Climbing the Ladder

B. Superhero Mindset

C. Competition

D. No Routine

E. Workplace Culture

F. Time Constraints

G. Prioritizing Others

H. Difficult to Start

I. Feelings of Guilt

IV. End of Day Routines

V. Practice Mindfulness

A. Live in the Moment

B. Eat Mindfully

C. Walk Mindfully

D. Breathe Mindfully

E. Pause Mindfully

F. Listen Mindfully

G. Mindfulness at Work

H. Let Them

I. Find Joy

a. Help Others

b. Decompress