



Take Care of Yourself!

Self-Care Tips for Trying Times

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About me



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- Self-care advocate



**me giving
mental health
advice**

**my mental
health**



What is Self-Care?

“Should the cabin lose pressure, oxygen masks will drop from the overhead area. **Please place the mask over your own mouth and nose before assisting others.**”



Scuba divers:

Use oxygen tanks to survive in the ocean

Must check equipment before diving

Monitor oxygen levels during the dive

Know when to get back to safety

Never dive alone



How much oxygen do I have in my tank?

How much oxygen will this activity cost me?

How will I know when I've reached my limit?

What can I do to fill up my tank once I've reached the surface?

Who are my diving buddies?



What is self-care?



Airplane

In an emergency, prioritize your own health and well-being by giving yourself oxygen first.



Scuba Diver

As a part of your daily work, monitor your oxygen levels, plan your activity around available resources, change course as need be, and grow skilled through experience.

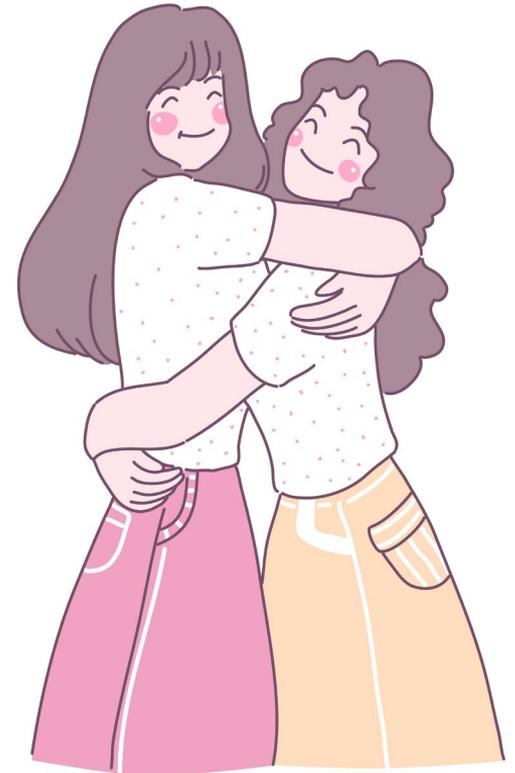
What is Self-Care?

- Activities & practices we use to reduce stress and enhance our health and overall well-being
- Taking time to take care of yourself
- Creates an armor to protect your energy
- Knowing your limits



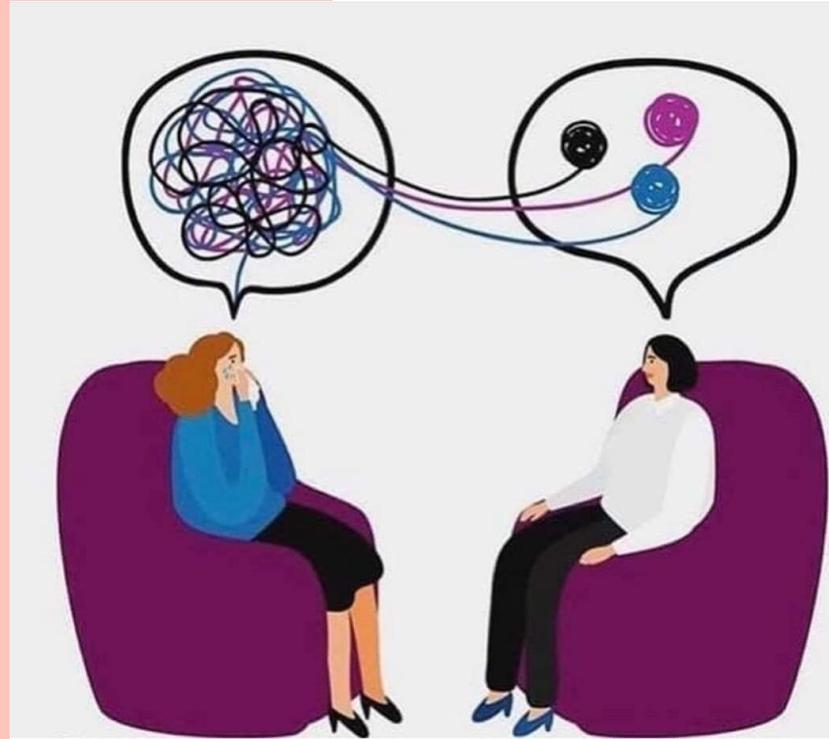
Find a Self-Care Buddy

- A friend, coworker, or family member
- Ask them to remind you to take care of yourself
- Remind them to take care of themselves too!

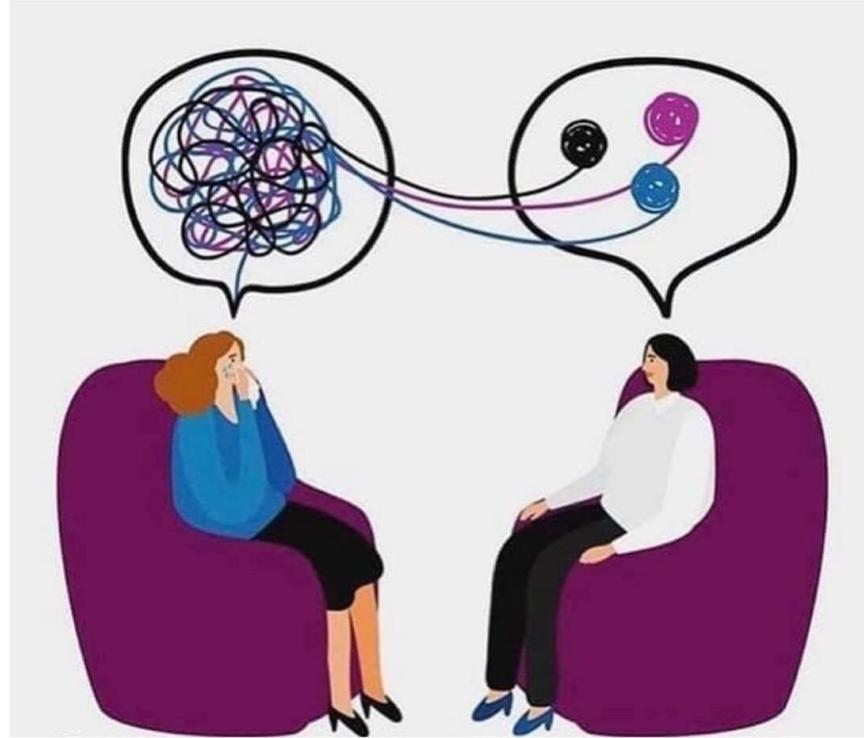


Self-Care Buddy: Therapist

- Therapy can help you learn life-long coping skills
- Therapy can change how you interact with people in your life – in a good way
- Therapy can make you feel happier
- Through its link to happiness, therapy leads to more productivity
- Therapy can help improve chronic stress



Self-Care Buddy: Therapist



What is Burnout?



Emotional, mental and often physical exhaustion

People most vulnerable to burnout are:

- highly people-oriented
- have high expectations for themselves
- place a lot of identify and life satisfaction in their work

What is Stress?

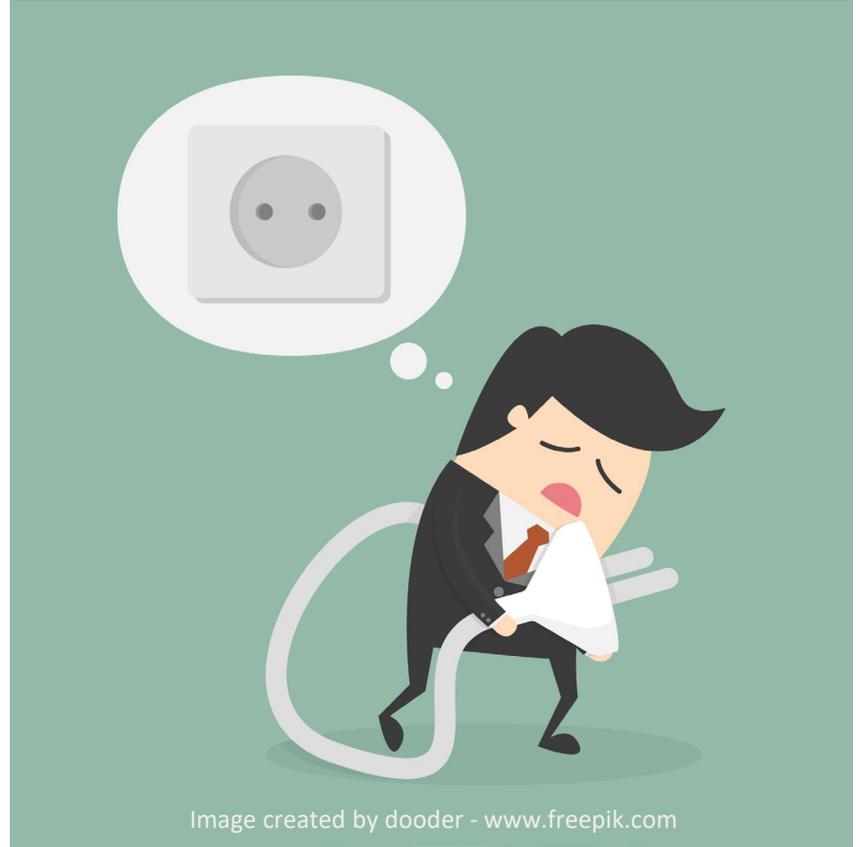


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- Over-engagement
- Over-reactive responses
- Urgency, hyperactivity
- Diminished energy
- Leads to anxiety
- Physically tolling
- “Too much”

What is Burnout?

- Disengagement
- Blunted or distant emotions
- Hopelessness
- Diminished motivation
- Leads to depression
- Emotionally tolling
- “Not enough”



What are the signs & symptoms of burnout?



Physical

Feeling exhausted.

Frequent illnesses,
headaches, back pain.

Changes in sleep or
eating habits.



Emotional

Self-blame,
hopelessness, self-
defeat.

“I just don’t care
anymore...”

“If I only...”



Behavioral

Withdrawal, isolation.

Using food, drugs,
alcohol to cope.

Skipping work, leaving
early.

HOW HAS YOUR YEAR BEEN?

GREAT

GOOD

MEH

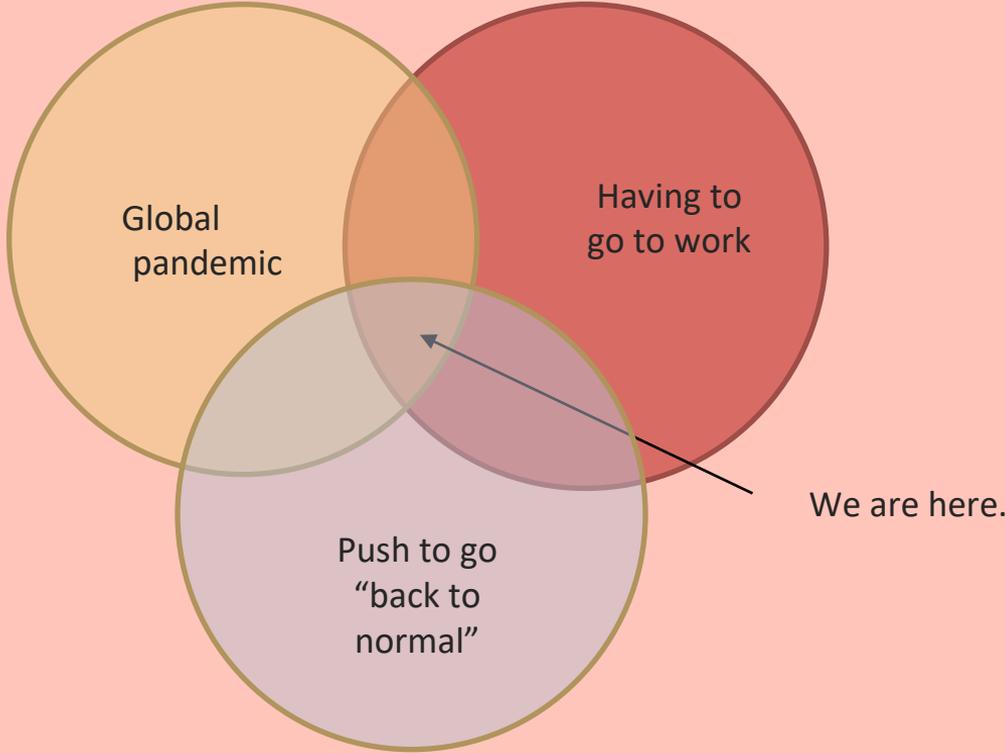
BAD

HORRIBLE



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Burnout is a normal response to a pandemic



Burnout is a normal response to a pandemic

HOME · MONEY & CAREER

Employee Burnout Rate Is Higher Now Than At The Height Of The Pandemic

A WORKPLACE STUDY BY AFLAC SHOWS THAT HIGH PRODUCTIVITY EXPECTATIONS HAS CAUSED PROLONGED STRESS AND ANXIETY, AND IT'S AFFECTING THE U.S. WORKFORCE IN A HUGE WAY.

Essence

Addressing Burnout, Flexible Work And A People-First Work Culture In 2023

Bryan Robinson, Ph.D. Contributor

Follow

Forbes

FORBES > LEADERSHIP > FORBESWOMEN

Mental Health In The Workplace: Predicted Trends For 2023

Jess Cording Contributor

Jess Cording is a dietitian and health coach.

Rates of burnout, anxiety, and depression are at record levels.

In addition to pushing employers to offer generous employee benefits packages, companies will also be forced to rethink how they can create a supportive work environment.

Forbes

Things to remember:

- Our nervous systems are working really hard right now
- As a result, we're not fully processing everything happening around us
- Feeling somewhat numb and out of touch with emotions is normal
- In-depth processing of trauma often happens years later
- When we are in the midst of a trauma, just getting by emotionally and functionally is totally okay
- Lowering expectations and being kind to yourself and others is vital
- Have compassion for your body and brain as it works through these changes

“This is a normal response to this abnormal situation. It is normal to not be as productive as you would normally. It is normal to feel a bit foggy. These feelings make sense in the context of our circumstances.”

—Therapist Lisa Olivera

@lisaoliveramft



@lisaoliveratherapy



What does
self-care look
like?



Create a
self-care
toolbox



What's in my self-care toolbox?



Things

Fidget toys

Coloring books

Journal/sketchbook

Post-it notes



People

Supportive husband

Therapist

Friend group

Colleagues

Twitter friends



Actions

Redirect emotions

Light a candle

Eat something

Pet an animal

Go for a walk

What's in **your** self-care toolbox?



Things



People



Actions

Our emotions serve a purpose



Processing emotions

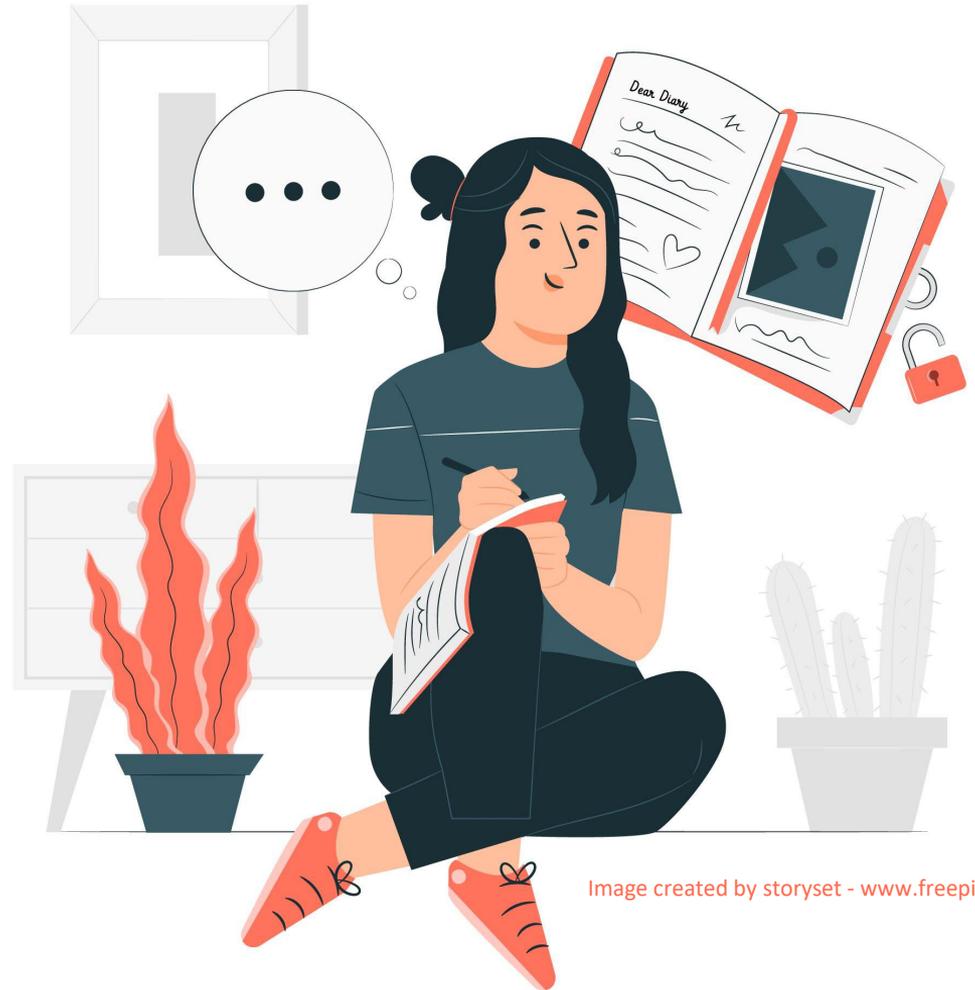
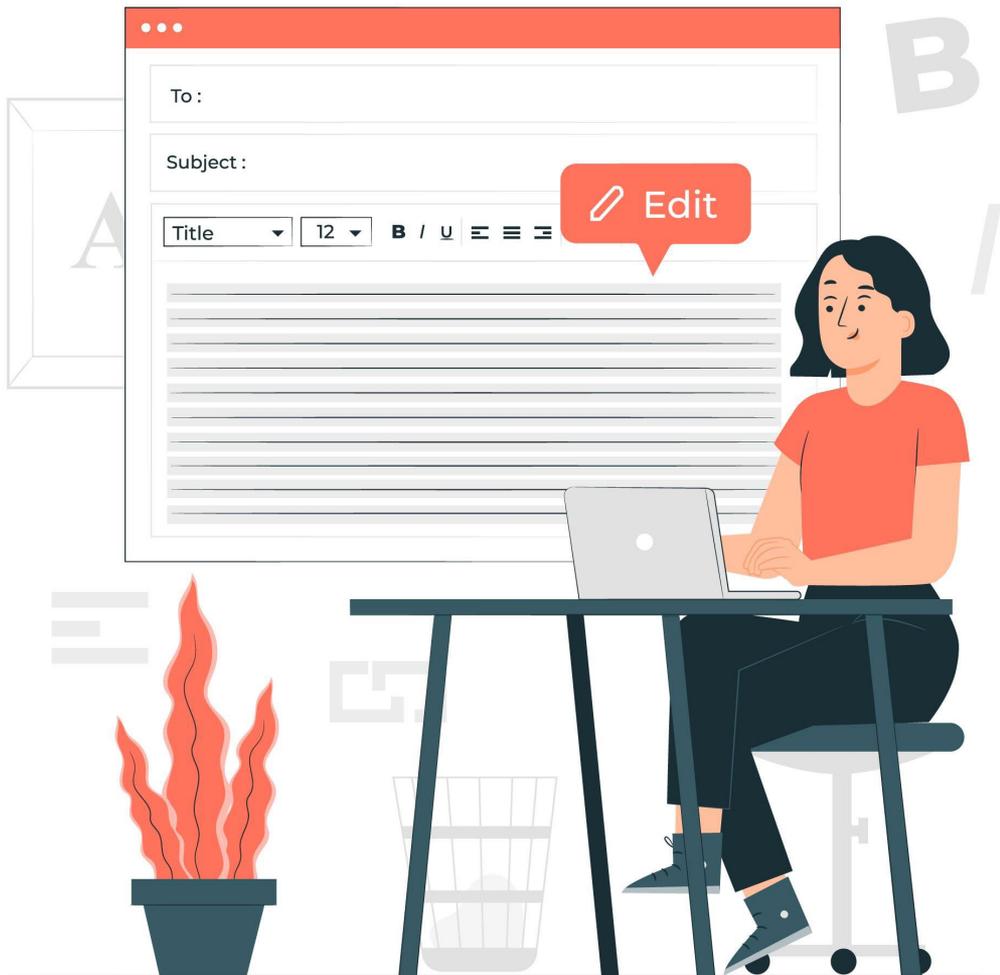


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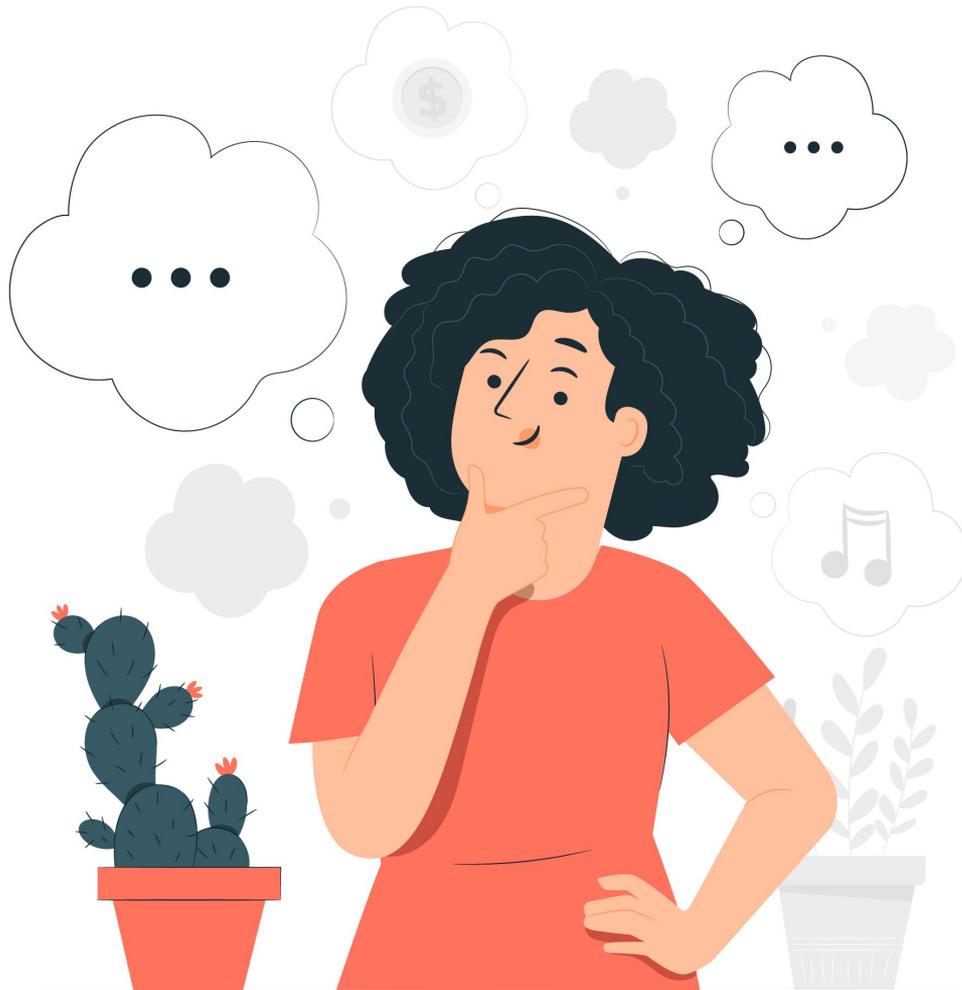
Our emotions
are prompting
us to
productive
action



Letter
writing!



What is one **productive action** your emotions might be prompting you to take?



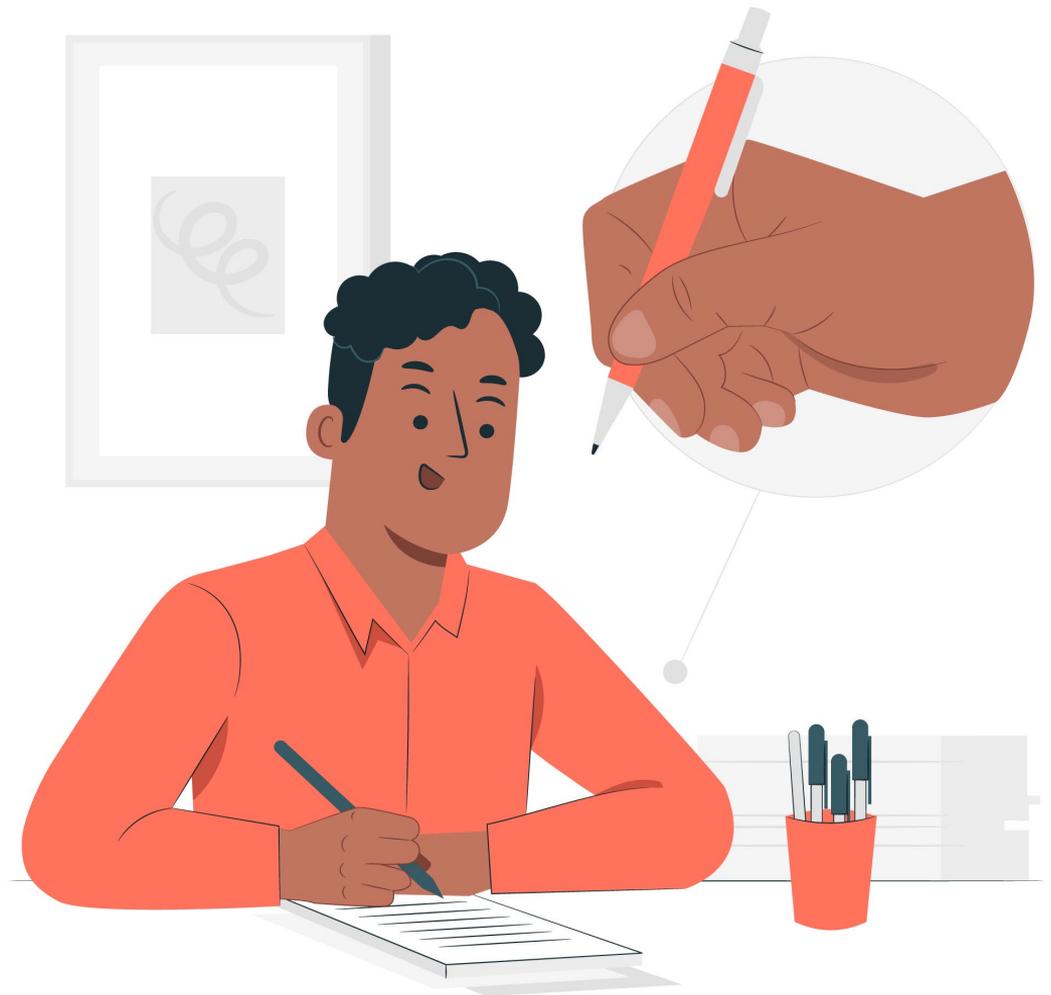
How to feel more engaged at work

<https://www.washingtonpost.com/wellness/2022/12/14/youve-heard-quiet-quitting-now-try-quiet-thriving/>

Advocate for a cause

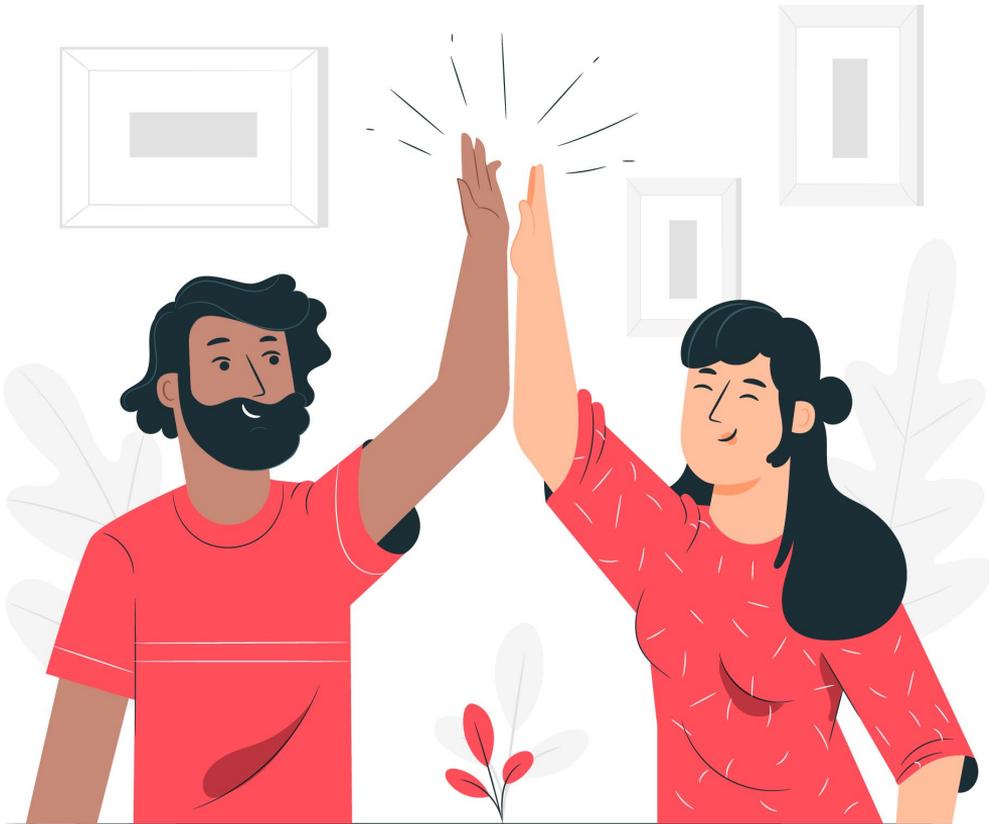


Find one
thing to
love or like





Craft
your job



Cultivate a
best friend
at work

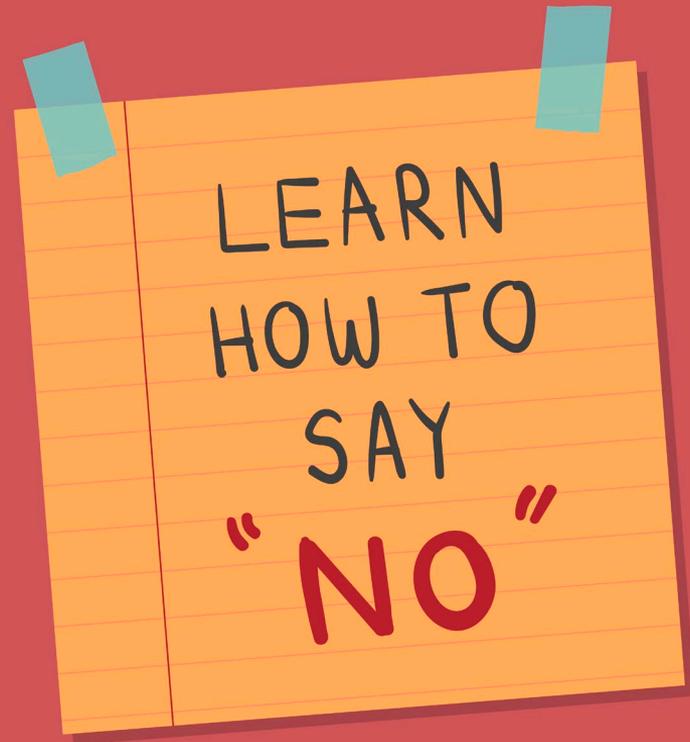
Set your intentions



Join a
group



Set boundaries



Insert fun breaks





Make an
accomplishments
list

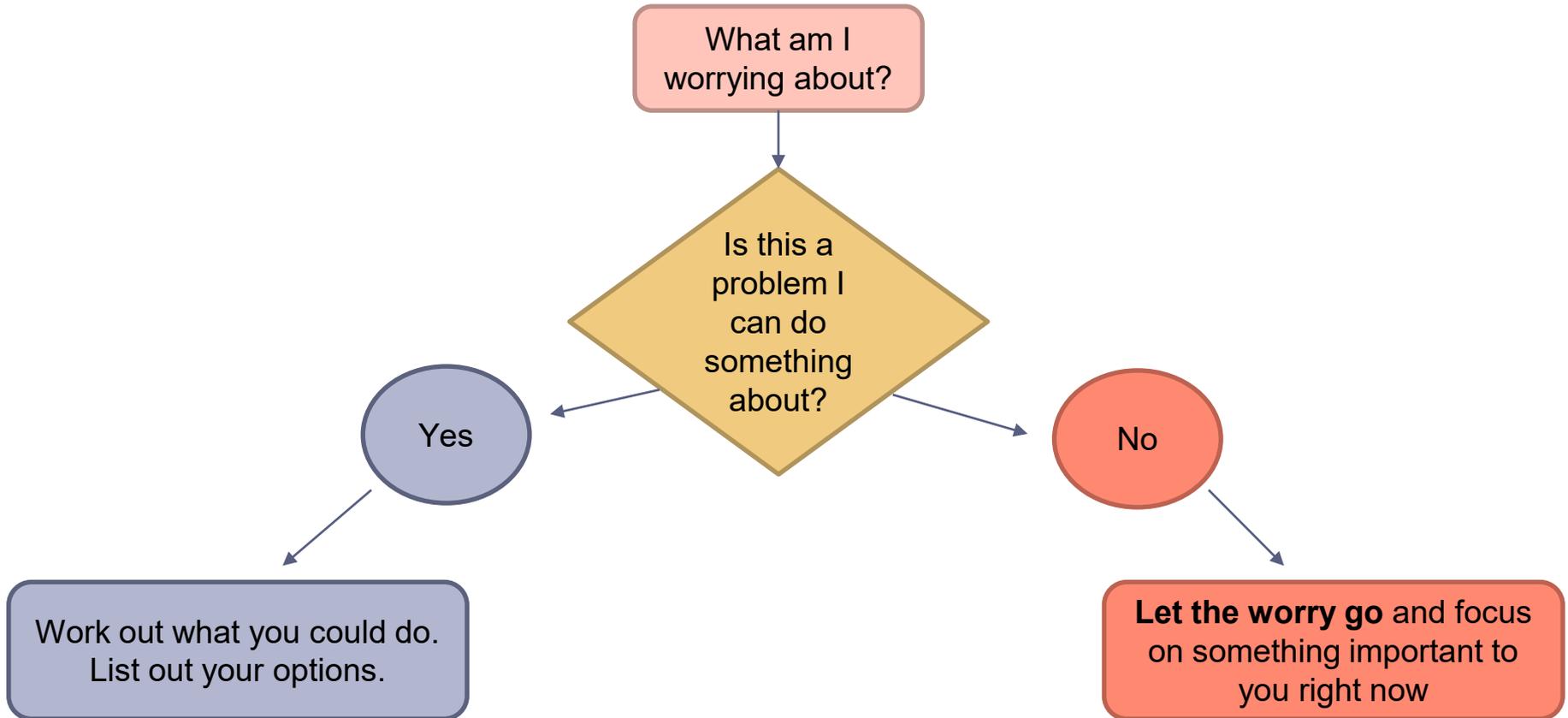
Seek expert
advice



Tools

What to do with worry

Try a worry decision tree



Try a worry decision tree

Work out what you could do.
List out your options.

Is there
anything
you can do
right now?

Yes

Do it now

Let the worry go and focus
on something important to
you right now

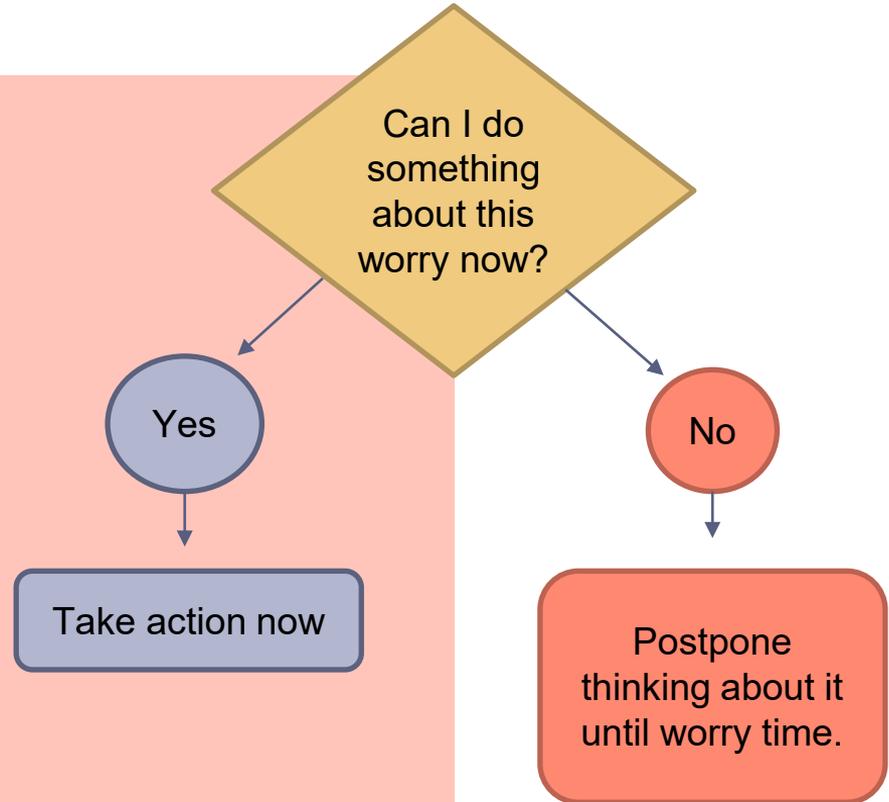
No

Plan what you could do and
when you will do it.

Let the worry go and focus
on something important to
you right now

Postponing worry

1. Decide on your worry time
2. Worry postponement
3. Worry time



Compassionate Thoughts to Challenge Negative Thinking Through Journaling

Situation

Describe the place, people, activity or thing.

Feelings

How did you feel?

Thoughts

What went through your mind? (thoughts, images, or memories)

Compassionate Response

What would a truly self-compassionate response be to your negative thought?

Compassionate Thoughts to Challenge Negative Thinking Through Journaling

Situation Who were you with? What were you doing? Where were you? When did it happen?	Emotions & body sensations What did you feel? (Rate intensity 0–100%)	Automatic thought What went through your mind? (Thoughts, images, or memories)	Compassionate response What would a truly self-compassionate response be to your negative thought?
Watching the news for the second hour in a row.	Feelings of anxiety and an increasing sensation of panic.	This is terrible. So many people could die. What's going to happen to me and my family?	It's understandable that you're worried – it would be unusual not to be. What's the best thing that you can do for yourself to feel better right now? Maybe you could watch a comedy instead of the news, or get up and do something else.

Thanks!

Do you have any questions?

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<https://libraries.idaho.gov>



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