



Welcome!

Elevating Wellness in the Midst of Chaos

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Introduction- Bio



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Agenda

- ❑ Burn out in Healthcare Workers
- ❑ What is burnout?
- ❑ Studies and impact
- ❑ What is Self-care?
- ❑ What is Wellness?
- ❑ Self-care techniques
- ❑ 408 Breathing Exercise
- ❑ Life Work
- ❑ Q & A

Youtube video: Who saves me? Healthcare Worker Burnout



Several evidence-based studies highlight the prevalence and impact of healthcare worker burnout in the United States, particularly exacerbated by the Covid-10 pandemic



According to the CDC or Center for Disease Control and Prevention:

- ❑ Health workers reported higher levels of burnout , poor mental health, and harassment between 2018-2022 compared to other worker groups.
- ❑ In 2022, 46% of health workers reported feeling burned out often/very often compared to 32% in 2018.
- ❑ Health workers reported experiencing harassment more than doubled, from 6% in 2018 to 13% in 2022.

According to the CDC or Center for Disease Control and Prevention:

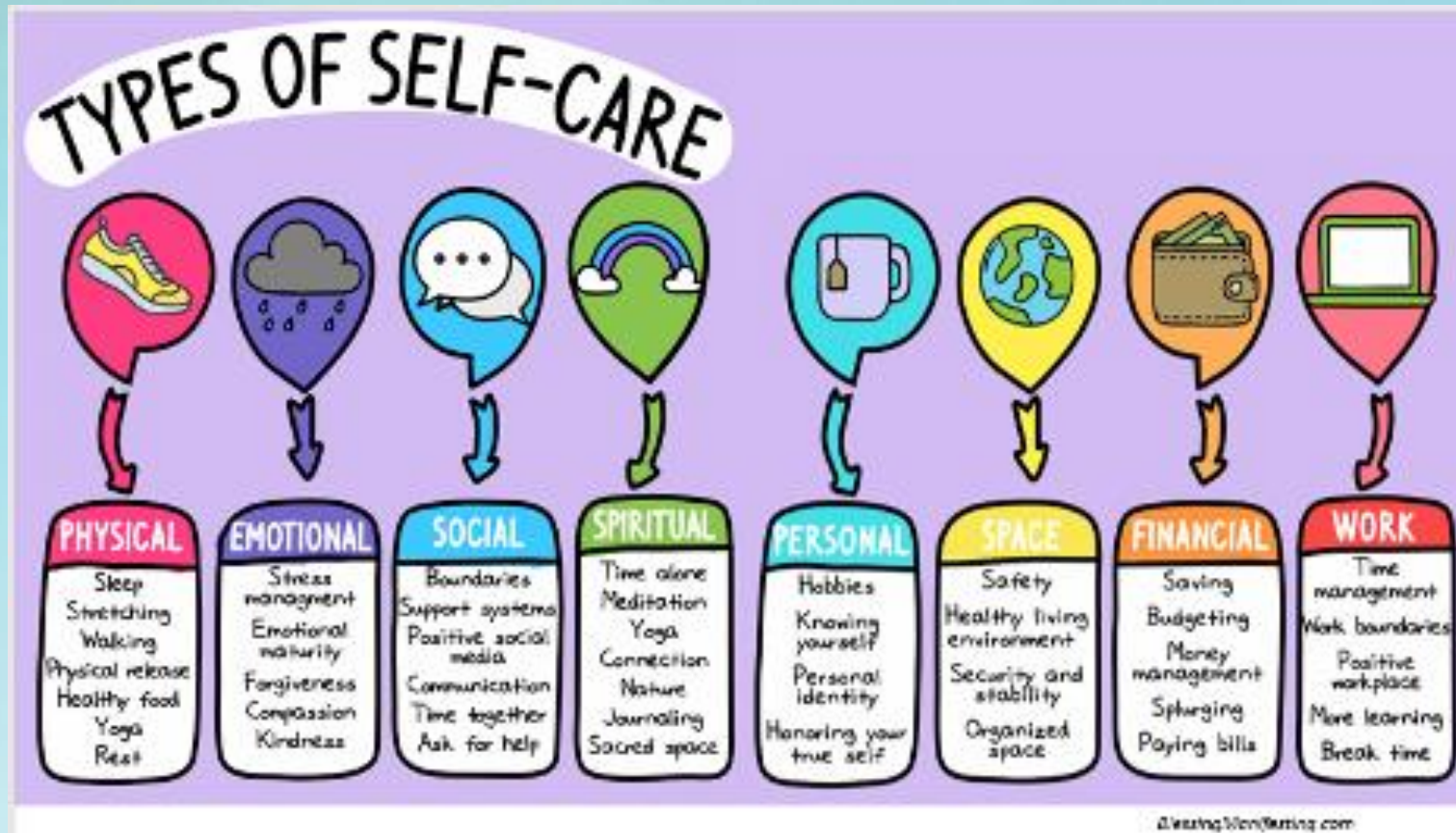
- ❑ In 2022, 78% of health workers agreed or strongly agreed that they trusted management compared to a survey conducted in 2018 which was 81%
- ❑ Also in 2022, turnover rate increased to 44% from 33% in 2018.

Impact or ways healthcare worker burnout can negatively affect patient care?

- ❑ Decreased time spent with provider and patient
- ❑ Increased medical errors
- ❑ Staffing shortages

What is Self-Care?

Self-care is the practice of taking action to preserve or improve one's health.



The 8 Dimensions of Wellness

The Substance Abuse and **Mental Health** Services Administration (SAMHSA) has identified eight **dimensions of wellness** to focus on to optimize **health**.

The eight **dimensions** include: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social.

Examples of actions that someone can take to improve the following:

- ❑ Community/Social Health: Reach out to a supporter, talk to a friend or someone you trust when you feel overwhelmed. Attend a community gathering.
- ❑ Intellectual Health: Read a book! Talk to people, expand your knowledge.
- ❑ Physical Health: Exercise, eat nutritious foods, go for a walk, get enough sleep, meditate, deep breathing exercises.

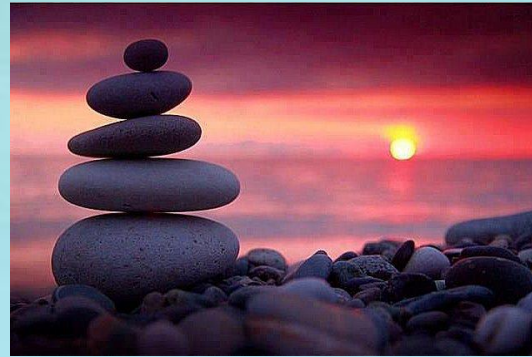


Examples of actions that someone can take to improve the following:

- ❑ Emotional Health: Engage in activities that involve all your senses. It is about how we think and feel, our sense of well being.
- ❑ Environmental Health: Recycling, reusing, gardening, planting a personal or community garden.
- ❑ Occupational Health: Find the balance between work and leisure time; build healthy relationships with your colleagues.

Examples of actions that someone can take to improve the following:

- ❑ Spiritual Health: Create a safe and quiet space, place for curiosity. Having faith as a strong foundation and wellness tool.



- ❑ Financial Health: Create a budget, plan to save, learn about money and finances, create a financial goal plan.



Why is it important to be well?



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- ☐ It impacts many areas of your life.
- ☐ It makes us feel better, be more productive and ultimately live longer.
- ☐ It helps boost confidence, self-esteem, self-worth, and promotes a healthy relationship with yourself.



Exercise- My Wellness Cards

- What are 3 things I do to keep myself well?
- Who are 3 people I can talk to when I am starting to not feel well?
- Celebrating my strengths and practicing kindness- list things you acknowledge yourself this week.

Exercise- The attitude of Gratitude



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The Three Things I am grateful for are ...

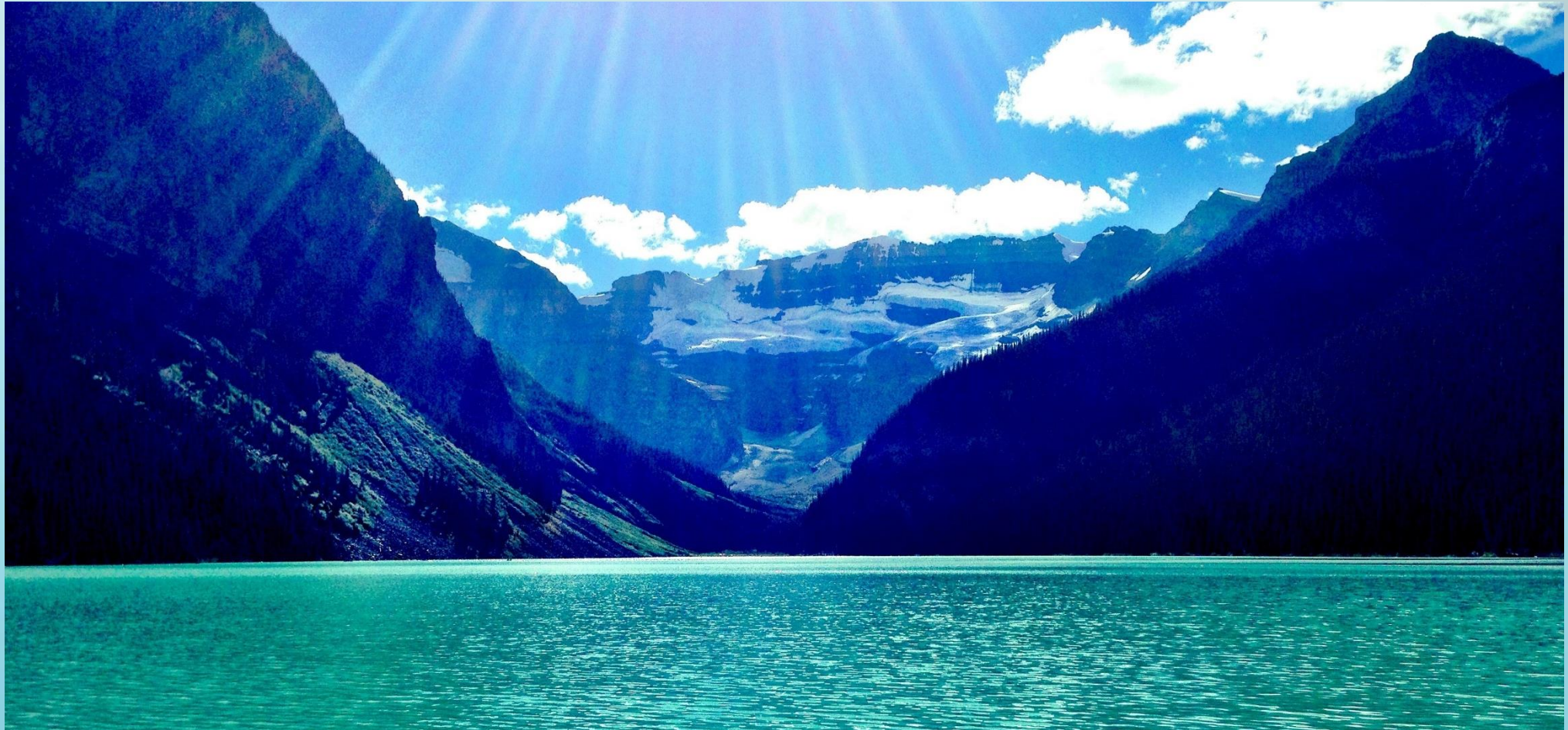
1. _____

2. _____

3. _____

- Count your blessings and enjoy better health and happiness.
- There is no right or wrong when engaging in this process.
- It only takes 10-15 minutes of your time, 2-3 times a week.

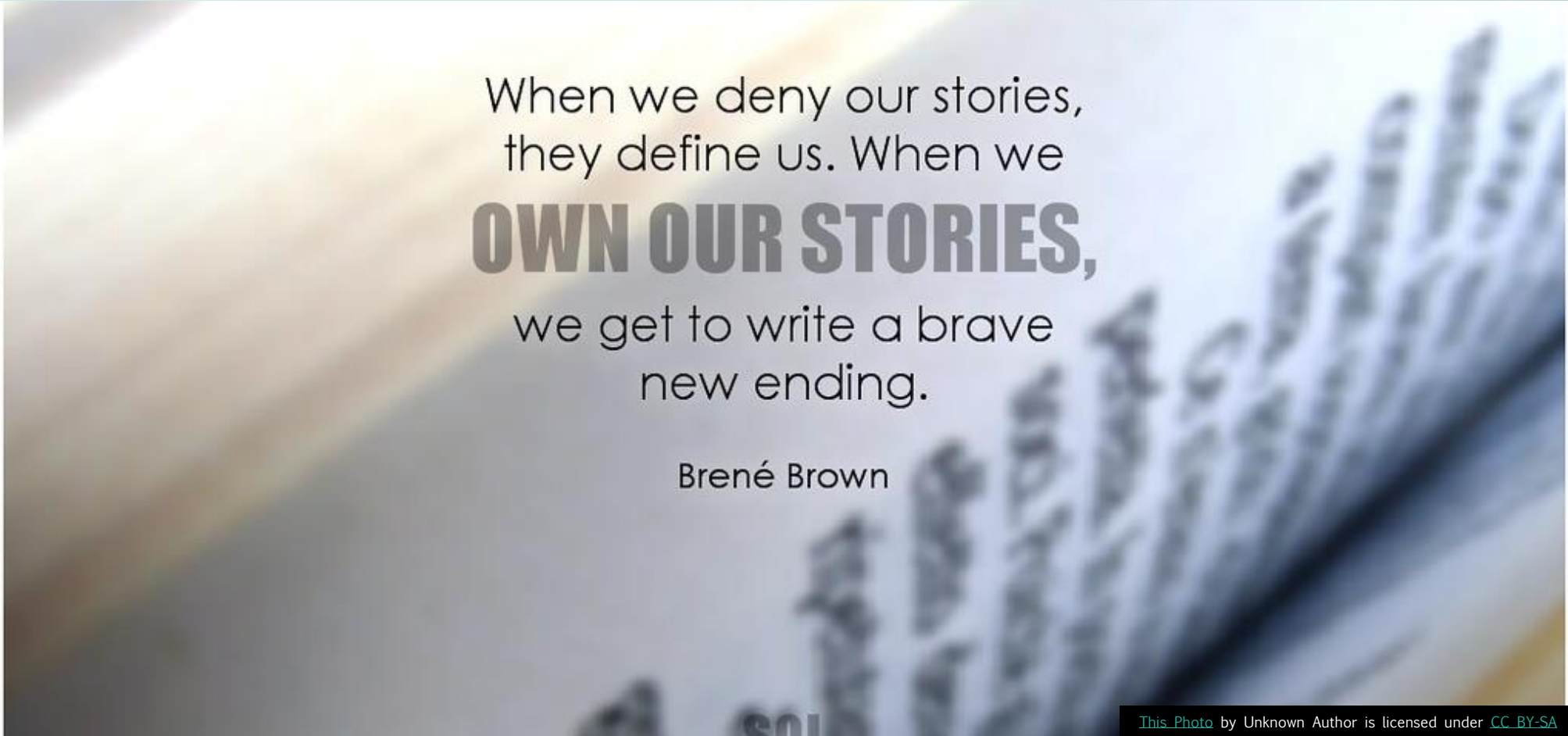
Guided Meditation Exercise



Life Work

- ☐ Wellness Cards
- ☐ Gratitude Journaling
- ☐ Breathing Exercises (408, or guided meditation exercises)

Positive Affirmation



When we deny our stories,
they define us. When we
OWN OUR STORIES,
we get to write a brave
new ending.

Brené Brown

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Thank You for being here!

Be Kind and Be Well!



If interested in booking a training or consultation, you can reach me at:

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