

Professional Self-Care Series for Public Health Professionals

Public health professionals across the region are struggling. The demands of caring for others often takes precedence over our own well-being. However, we can't give what we don't have, and practicing self-compassion offers an opportunity to build and maintain our own strength in even the toughest of times.



In this FREE virtual series (provided in collaboration with the Iowa Public Health Association), we will discuss how experiences shape our attitudes and behaviors related to self-compassion and offer personal and professional strategies to help fill our "well" in the moment and over the long haul. Join us for as many sessions as you like - just click on the dates below to register.

All sessions are from 12:00 p.m. - 1:00 p.m., Central Time

Stress, Burnout, Resilience, OH MY! [July 7, 2022](#)

In this session, we'll discuss the compassion fatigue cycle, the impacts of stress on how we communicate, and offer strategies for managing stress in the moment to improve our well-being and strengthen connections with those we live and work with.

Practicing Self-Compassion [July 21, 2022](#)

When we are under stress, often the last person we take care of is ourselves. In this session, we will talk about what self-compassion is – and what it isn't. We will also explore how our upbringing impacts how we think about self-care and the messages we send to others about the importance of taking time to fill our own cups.

The Compass Wellness Model [August 4, 2022](#)

Most of us "know" that practicing self-care is important to healthy personal and professional relationships, but we just can't seem to find the time for "traditional" strategies (who has time for that?!). The Compass Wellness Model offers a framework for thinking about self-care differently and identifying everyday activities that fill our "well."

Reconnecting with Purpose [August 18, 2022](#)

Working in the helping professions comes with many rewards - and stresses - and the pandemic has cast a particularly bright light on these, causing many to question their purpose and their ability to make a difference. In this session, we will look at the system drivers of compassion fatigue and identify strategies to help us get reconnected to our work.

Saying "No" to say "Yes" at Work [September 1, 2022](#)

Saying "yes" to the things we value sometimes means saying "no." In this session, we will discuss managing expectations of ourselves and others in the workplace and the importance of establishing and maintaining boundaries to build positive work cultures.



**Presented by Vanessa Lohf, LBSW | Public Health Project Specialist
Community Engagement Institute | Wichita State University**

Vanessa has more than 30 years of experience providing direct and administrative services in the fields of child welfare, early childhood education and community and organization development. She has a particular passion for helping to create stronger organizations, systems, and communities through increased understanding of the impacts of positive and adverse experiences (PACES) on physical and mental well-being.

IOWA

College of Public Health



Funded by the
Iowa Department
of Public Health

"When we are kind to ourselves, we create a reservoir of compassion that we can extend to others." – Dr. Bréné Brown