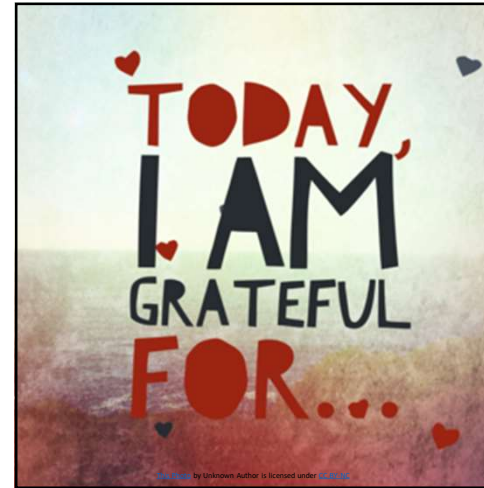


Professional Self-Care Series

July 7 Burnout, Stress, Resilience, OH MY!
 July 21 Practicing Self-Compassion
 August 4 **The Compass Wellness Model**
 August 18 Reconnecting with Purpose
 September 1 Saying "No" to say "Yes" at Work



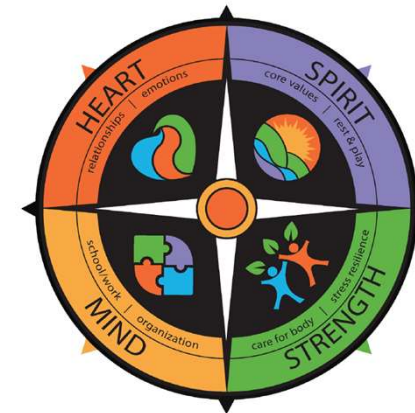
Please share:

- Role at your organization
- One thing/person/experience you are grateful for at work today (using less than 5 words!)

2


Review of the
Compass Wellness
Model

Opportunities to
change how we
view self-care



<https://compassionresiliencetoolkit.org/>

4

 **Mind: What's Your Mindset?**

"I'll stick to what I know. Either I'm good at it or I'm not."

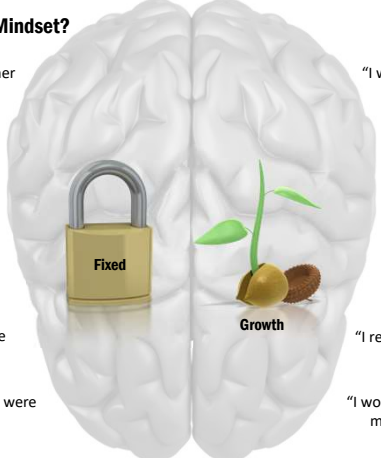
"It's fine the way it is. There is nothing to change."

"This is a waste of time, there is a lot to figure out."

"It's easier to give up. I'm really not smart."

"This work is boring. No one likes to do it."

"It's easy for him/her. They were born smart."



"I want to learn new things. I am eager to take risks."

"Is this really my best work? What else can I improve?"


"I know this will help me even though it is difficult."

"I'll use another strategy, my mistakes help me learn."

"I recognize my weakness, and I know what to fix."

"I wonder how they did it? Let me try to figure it out."


5

 **Wellness & Resilience Strategies: Mind**


Organizing your work

Cultivate meaning

- Meaningful contributions for you, your team, and your organization
- Meaningful relationships
- Meaningful personal growth

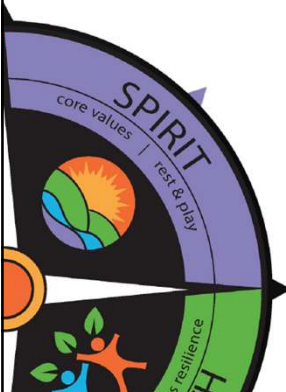


6


 **Wellness & Resilience Strategies: Spirit**

Develop a personal/professional mission statement

Think about the activities that you consider to be "work" vs. "play" and identify ways to increase opportunities at work and home




7

 **Spirit: How do I play more at work and home?**

Step 1: Identify your daily activities and sort them into two "buckets"- **Work** and **Play**

What is "play"?

- Change of pace
- Productive, fun
- Anything we enjoy
- Energizes
- Rewards
- Something that causes flow
- An activity that "pulls" us



Adapted from: Play Your Way Into a Happy and Balanced Life—
posted on <http://www.thinkmaya.com/2009/04/23/play-your-way-into-a-happy-and-balanced-life/>

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Step 2: Find *YOUR* play equation

$$\text{PLAY} = \begin{array}{c} \text{actions} \\ \text{experience} \\ \text{results} \end{array} + +$$

Choose a few activities that you LOVE and come up with words for each category that cause you to love that activity

Activity	Actions	Experience	Result
Playing Volleyball	Togetherness	Time w/friends, laugh, energizes	More energy
Creating (training, posters, power points)	Solitude and/or togetherness	Energizes, creative, inspiring, learning	Sense of accomplishment, energized
Teaching	Togetherness	Energizes learning, inspiring, creative and always different	Sense of accomplishment, energized, fresh ideas

Adapted from: Play Your Way Into a Happy and Balanced Life~
posted on <http://www.thinkmaya.com/2009/04/23/play-your-way-into-a-happy-and-balanced-life/>

STEP 3: Pick a few of your *work* items and complete the chart

Tasks	Dislike	Fixes (Insert Play)	Results
Cleaning	Feels like a chore, takes time from having fun, never ending	Make it fun-music/dance, make a competition out of it	Energizes me, feel accomplished, feel productive vs. guilty
Typing minutes	Boring, easy to procrastinate,	Set deadlines and reward meeting them, find a way to infuse creativity (style, format, pictures),	Accomplished, gain energy from being creative

Adapted from: Play Your Way Into a Happy and Balanced Life~
posted on <http://www.thinkmaya.com/2009/04/23/play-your-way-into-a-happy-and-balanced-life/>



Use mindfulness practice to help identify body's signals and then ask yourself:

- Is it possible for me to avoid this situation right now?
- What might be another way to think about this situation?
- What changes could I make to my lifestyle that could help minimize the impact of the stress that I am feeling?



Wellness and Resilience Strategies: Strength

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Learn from your colleagues:

- What activities do your colleagues find depleting that you don't?
- Which do they seem to do without feeling exhausted?
- What are different ways that your colleagues approach an activity that is typically depleting for you but not for them?



Wellness and Resilience Strategies: Strength

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Wellness and Resilience Strategies: Heart

Practice developing good communication skills:

- Listening well
- Being aware of body language
- Showing empathy and respect

Be intentional in developing relationships with colleagues

Practice self-compassion



Wellness & Resilience Strategies: Heart

Gratitude 123

Think back to what/who you said you were grateful for plan to express your gratitude by:

- Describing the other person's action
- Acknowledging effort
- Explaining benefit

<https://ggsc.berkeley.edu/gratitudeformurses>

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