

THE COST OF CARING – FINDING STRATEGIES OF HOPE

RECOGNIZING THE SIGNS

PHYSICAL

Exhaustion
Insomnia
Headaches
Illness
GI Issues
Teeth Grinding
Fatigue
Muscle Tension
Back Aches

SPIRITUAL/ EMOTIONAL

Persuasive Hopelessness
Lack of Meaning
Lack of purpose
Loneliness
Loss of Self-Esteem
Lack of Self-Worth

BEHAVIOURAL

Anger and Irritability
Impaired ability to make decisions
Increased drug & alcohol use
Avoiding patients/clients
Problems with personal relationships
Decreased quality of work relationships

PSYCHOLOGICAL

Distancing
Negative Self-Image
Guilt/shame
Rendered ability to feel sympathy, empathy
Professional helplessness
Low sense of engagement
Sadness, crying spells
Worrying
Anxiety/mood spells

WARNING SIGNS

Identify 3 warning signs that you are getting overloaded with stress.
(Check the list above)

1.

2.

3.

SELF-CARE INVENTORY

Modified from Transforming the Pain: A Workbook on Vicarious Traumatization by Karen W. Saakvite and Laurie Anne Pearlman

Instructions:
X Check what you already do
O Circle what you wish you did more often

PHYSICAL	SPIRITUAL/EMOTIONAL	PROFESSIONAL	PSYCHOLOGICAL
<input type="checkbox"/> Eat regularly (e.g. breakfast, lunch, dinner) <input type="checkbox"/> Eat healthy <input type="checkbox"/> Exercise <input type="checkbox"/> Get regular medical care for prevention <input type="checkbox"/> Get medical care when needed <input type="checkbox"/> Take time off when sick <input type="checkbox"/> Get massages <input type="checkbox"/> Dance, swim, walk, run, play sports, sing or so some other physical activity that is fun <input type="checkbox"/> Take time to be sexual (yourself or with a partner) <input type="checkbox"/> Get enough sleep <input type="checkbox"/> Wear clothes you like <input type="checkbox"/> Take vacations <input type="checkbox"/> Take day trips or mini-vacations <input type="checkbox"/> Make time away from telephones <input type="checkbox"/> Other:	<input type="checkbox"/> Spend time with others whom you enjoy <input type="checkbox"/> Stay in contact with key people in your life <input type="checkbox"/> Give yourself positive self-talk, praise yourself <input type="checkbox"/> Love yourself/Self compassion <input type="checkbox"/> Re-read/re-view favourite books/movies <input type="checkbox"/> Identify comforting activities, objects, people, relationships, places and seek them out <input type="checkbox"/> Allow yourself to cry <input type="checkbox"/> Find things that make you laugh <input type="checkbox"/> Express your outrage in social action, letters and donations, marches, protests <input type="checkbox"/> Play with children <input type="checkbox"/> Spend time with nature <input type="checkbox"/> Find spiritual connection or community <input type="checkbox"/> Be open to inspiration <input type="checkbox"/> Try at times not to be in charge or the expert <input type="checkbox"/> Be open to not knowing <input type="checkbox"/> Meditate/ Be mindful/Deep breathing <input type="checkbox"/> Pray <input type="checkbox"/> Other:	<input type="checkbox"/> Take a break during the workday <input type="checkbox"/> Take time to chat with co-workers <input type="checkbox"/> Make quiet time to complete tasks <input type="checkbox"/> Identify projects or tasks that are exciting and rewarding <input type="checkbox"/> Ask for debriefs as needed <input type="checkbox"/> Balance your caseload so that no one day or part of a day is 'too much' <input type="checkbox"/> Arrange your work space so it is comfortable and comforting <input type="checkbox"/> Get regular supervision or consultations <input type="checkbox"/> Have a social support group <input type="checkbox"/> Strive for balance within your work-life and workday <input type="checkbox"/> Strive for balance among work, family, relationships, play and rest <input type="checkbox"/> Find ways to learn about self-care <input type="checkbox"/> Limiting traumatic inputs <input type="checkbox"/> Other:	<input type="checkbox"/> Make time for self-reflection <input type="checkbox"/> Have your own personal psychotherapy <input type="checkbox"/> Write in a journal <input type="checkbox"/> Read literature that is unrelated to work <input type="checkbox"/> Do something at which you are not an expert or in charge <input type="checkbox"/> Decrease stress in your life <input type="checkbox"/> Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes and feelings <input type="checkbox"/> Let others know different aspects of you <input type="checkbox"/> Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theatre performance) <input type="checkbox"/> Practice receiving from others <input type="checkbox"/> Be curious <input type="checkbox"/> Say no to extra responsibilities sometimes <input type="checkbox"/> Other:

MAKE A CONNECTION

CAN YOU COMMIT?
 What commitment to changes could you make in the next...
 What do you need to get in place to make this happen?

WEEK

MONTH

YEAR