

CCEH Workshop Summary

From the 2018 National Conference on Ending Homelessness



How Self Care Can Avert Staff Burnout

A summary of this workshop by CCEH's Carl Asikainen.

Stress in the workplace for homeless service providers is a real part of the landscape of day to day work. Tactics to reduce stress and 'un-pack' stressful situations were highlighted in this session providing an orientation to how stress affects our physical and emotional health and challenges us to consider how moods and related stress can be: 1. Part of a bigger institutional culture and 2. Controlled by focusing on ourselves all the way from our breathing to our ability to work with others.

- Self-Care is presented as an orientation to responding to stress and a set of tactics and strategies that you can use moment to moment. Self-Care is not just what you do with time off or on a vacation.
- Estimates are that 40% of productivity is lost from stress.
- Emotions within workplace are contagious. If you are in a particular mood ask yourself who is designing this mood? Is it you? Most of our tensions are typically about someone else's 'stuff'.
- Stress can also lead to illness and chronic illness and 70% of health care is the treatment of chronic illness.
- Stress can be examined as wishing the universe was different. We have a choice on how we react to particular moments of stress.
- Being conscious of our own breathing can help us more calmly react to stressful situations.