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Inspiring individual & organizational change

THE CRITICAL IMPORTANCE OF SELF-CARE & BURNOUT PREVENTION FOR HELPING PROFESSIONALS

Dr. Joti Samra, R. Psych.
CEO & Founder:
DrJotiSamra.com MyWorkplaceHealth.com

CERIC WEBINAR SERIES
SEPTEMBER 25, OCTOBER 16 & NOVEMBER 6, 2019

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How does stress and burnout manifest in my personal & professional life?

How do I take action toward positive emotional, cognitive & behavioural changes to manage and mitigate impacts of stress and burnout?

What is my stage of readiness?

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SERIES OVERVIEW

WEBINAR #1	WEBINAR #2	WEBINAR #3
Stress, Burnout, Compassion Fatigue: Manifestations & Prevention	Managing Negative Emotions	Effective Behavioural Change Strategies
Wednesday, September 25, 2019 12:00 pm – 1:00 pm ET / 9:00 am – 10:00 am PT	Wednesday, October 16, 2019 12:00 pm – 1:00 pm ET / 9:00 am – 10:00 am PT	Wednesday, November 6, 2019 12:00 pm – 1:00 pm ET / 9:00 am – 10:00 am PT


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MODULE 3: Effective Behavioural Change Strategies

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Module 3 Overview

Effective Behavioural Change Strategies

By the end of this webinar, you will:

- Understand the importance and science behind goal-setting and accountability
- Understand how to approach goal-setting from a values-based perspective, focusing on the incorporation of practical tools and strategies helping professionals can take to prevent fatigue and burnout
- Identify ways to trouble-shoot the common barriers and challenges that impede or pose barriers to optimal psychological health
- Obtain the tools & resources to develop a behavioural change plan to target one key personal stressor and one key work stressor

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REMINDER

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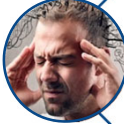
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HEALTH:
“...a state of complete physical, mental & social well-being, and not merely the absence of disease or infirmity.”
- World Health Organization

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Generalized Anxiety Disorder
• Excessive, uncontrollable anxiety and worry about a number of things that occurs more often than not for at least 6 months.

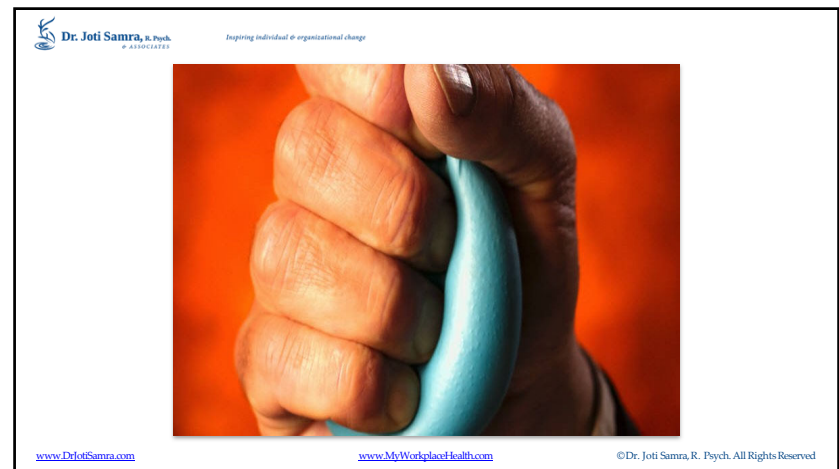
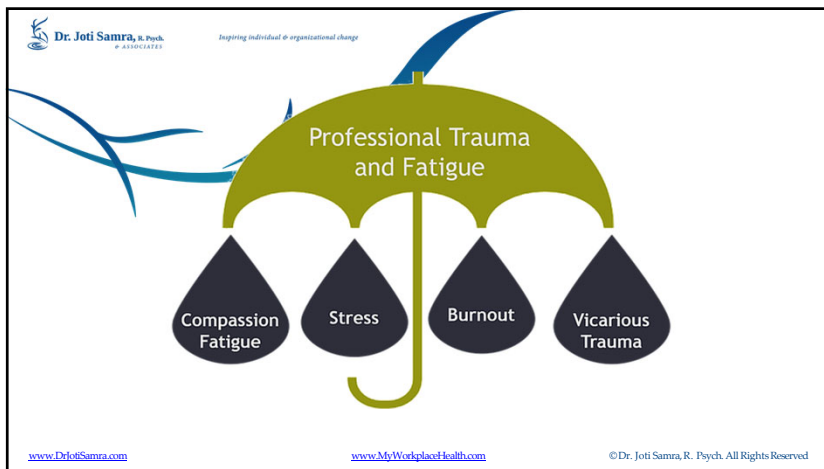


Major Depressive Disorder
• Persistently low, sad, empty, depressed mood or loss of interest/pleasure in things you normally enjoy for at least 2 weeks.



Hazardous Drinking
• Drinking an amount that is above recommended guidelines, posing a risk to physical/psychological health (not dependence or addiction, but still harmful).

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The Stress Response: The Three F's

Fight **Flight** **Freeze**



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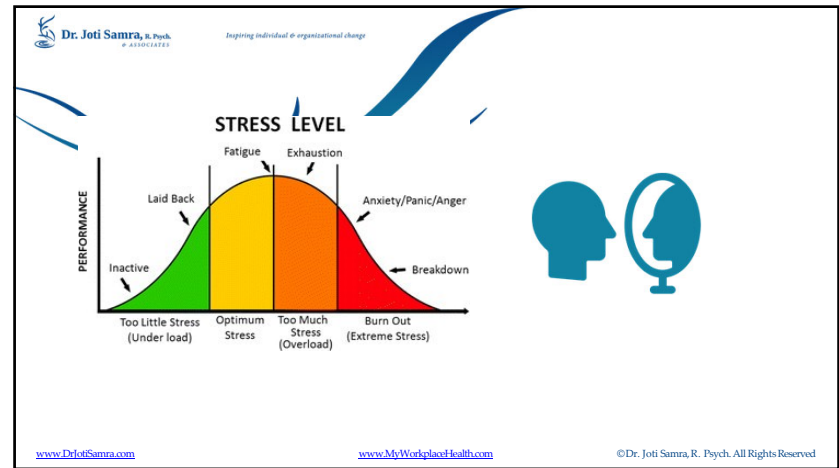
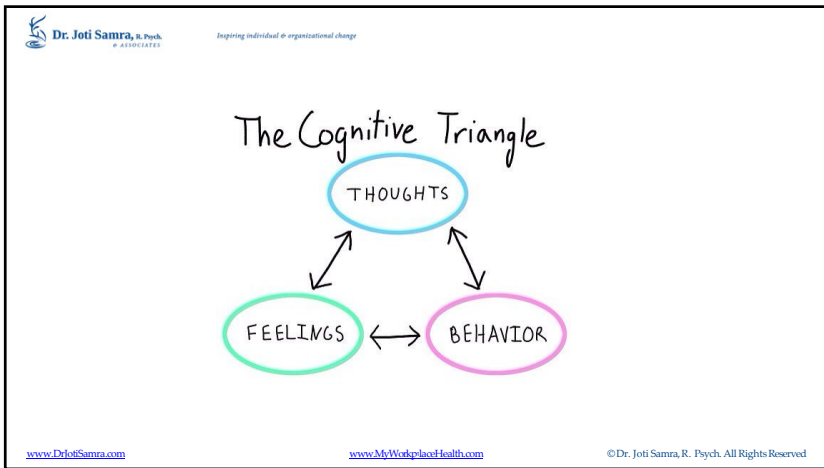
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Functions of Unpleasant Emotions


1. It motivates us to action
2. It helps us communicate with others
3. It helps us communicate with ourselves



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Habits & Coping


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Two types of reinforcement

Positive reinforcement **Negative reinforcement**



Aspirin

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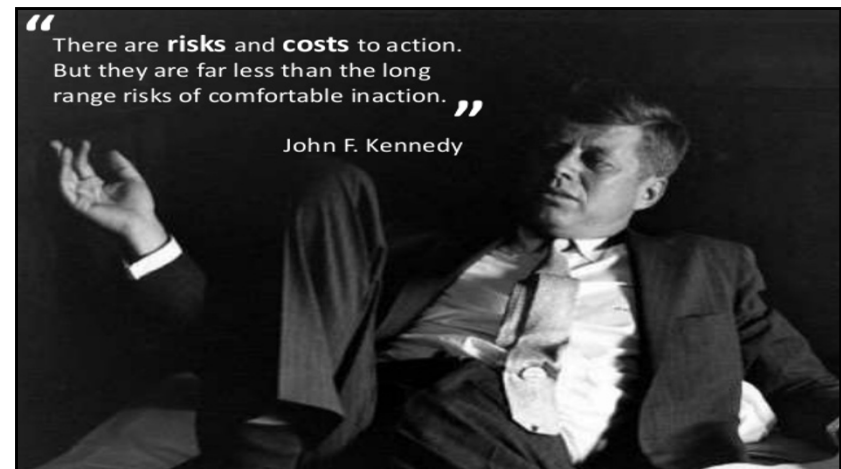
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Opposite action (to the emotional urge)

“Fake it til you make it”

Rewind & repeat!

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KAI ZEN
改善
Change for Good

 **SLOW & STEADY
WINS THE RACE**

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The moment you have an **instinct** to **act on a goal** you must **physically move** within **5 seconds** or your **brain will stop** you.

5-4-3-2-1-GO!


5 SECONDS CAN CHANGE YOUR LIFE

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Values-Based Goal Setting



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My Work To-Do List

10 minute tasks

-
-
-
-
-
-

Other Tasks

-
-
-
-
-
-

Upcoming

-
-
-
-
-
-

Dates

- Respond to media/inquiries
- Follow up on marketing
- Meet w. clients
- Check up on priority
- Admin. items
-
-

Appointments

Time _____

Notes

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free printable
DAILY TO-DO LIST

1/2 sheet size to track lists, meals, appointments, household, and exercise

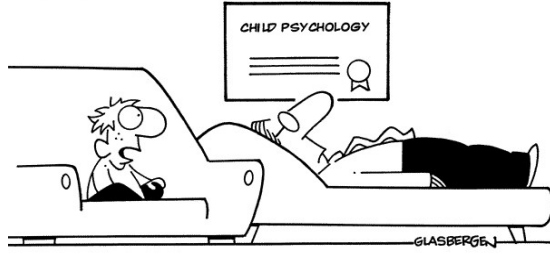
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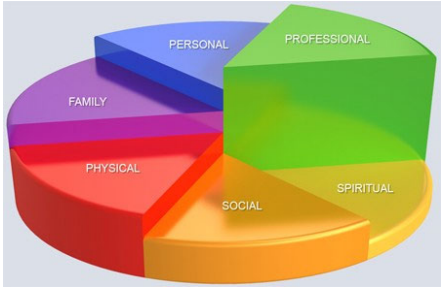


GLASBERGEN, J.


"You're spending the best years of your life doing a job that you hate so you can buy stuff you don't need to support a lifestyle you don't enjoy. Sounds crazy to me!"


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- To live each day with...**
- To appreciate and enjoy...**
- To develop and cultivate the qualities of...**
- To treasure above all else...**
- To be known as someone who...**

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Personal + Workplace

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SMART

Make your SMART goals:

SPECIFIC 	MEASURABLE 	ACHIEVABLE 	REALISTIC 	TIME-BOUND 
--	--	--	---	--

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Identifying Life Barriers

(to our goals & well-being)

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“Make the most of yourself,
for that is all there is of you.”

~Ralph Waldo Emerson~

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