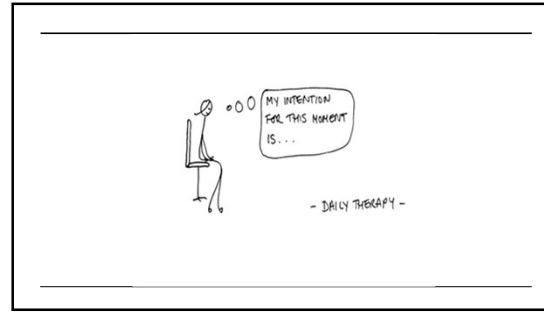


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2

Intentions for this time together:

- To learn additional techniques for stress reduction
- To discuss the impact of journaling on processing and mood
- To discuss the results of the April 2023 Survey regarding burnout and self care
- To leave a little more connected, grounded and content

3

Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: results from a randomized trial. *International Journal of Stress Management*, 12(2), 164.

- This study had 38 health care professionals aged 18 – 65 enrolled the MBSR group (n 18) or wait-list control group (n 20).
- Results suggest that an 8-week MBSR intervention may be effective for reducing stress and increasing quality of life and self-compassion in health care professionals. Implications for future research and practice are discussed.

4

Research on Current Impact

- The American Psychological Association conducted a survey in the latter part of September 2022 to assess the impact of the pandemic on psychologists. A total of 2,295 psychologists responded to the survey. "Almost half (45%) reported feeling burned out in 2022, with similar levels reported in 2020 (41%) and 2021 (48%).

5

SAMPLE FOOTER TEXT

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6

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- The National Institutes of Mental Health in January 2023 reported high levels of clinical depression (48%), anxiety (51%), and loneliness. They found approximately 75% of young people utilized mental health care services, and over 80% in the general population reported a negative impact on and mental health and wellbeing.

3/1/2026

9

7

SAMPLE FOOTER TEXT

April 2023 Survey

N=294

Looked at:

Stress level last 6 months

Self-Care

3/1/2026

10

8

SAMPLE FOOTER TEXT

April 2023

63% of those early in their careers, (1-5 years) felt a moderate stress level however we also found that those in their careers over 25 had a stress level of 46%. We also had a peak of stress level, 48% high, in those 21-25 years of experience.

3/1/2026

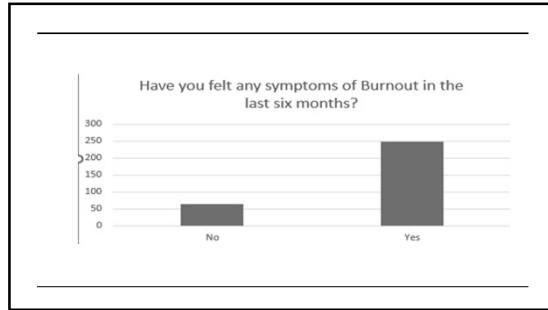
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Stress Level Last Six Months and Years of Service

Years of Service	Very Low	Low	Moderate	High	Very High
1-5	10%	20%	40%	25%	5%
6-10	15%	25%	35%	20%	5%
11-15	10%	20%	35%	25%	10%
16-20	15%	25%	30%	20%	10%
21-25	10%	20%	35%	25%	10%
26-30	15%	25%	30%	20%	10%
31-35	10%	20%	35%	25%	10%
36-40	15%	25%	30%	20%	10%
41-45	10%	20%	35%	25%	10%
46-50	15%	25%	30%	20%	10%

9





13

SAVED FOLDER TEXT

April 2023 Symptoms of Burnout

- It is concerning that 80% of therapists reported experiencing symptoms of burnout in the last 6 months even with most engaging in self-care strategies.

3/1/2023 14

14

Helpful Concepts

- ❖ Breathe, create a mindful space and look at all the information, not just the negative.
- ❖ Recognize that you are human, and every human feels strong emotions. How you respond to emotions is the key.
- ❖ Buddha says "Every moment has 10,000 joys and 10,000 sorrows."

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Helpful Concepts

- ❖ Go slow
- ❖ Breathe at stop lights/in line
- ❖ Find opportunities to be patient
- ❖ Be compassionate to self and others
- ❖ Stretch your body
- ❖ Eat well (Give yourself 'cheat' days)
- ❖ Exercise

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Brain imaging and Visual Changes

BRAIN BEFORE AND AFTER 10 MINUTE MEDITATION

Before and After 30 Days of Meditation

17

Heart exercises

- ❖ Lovingkindness
- ❖ Self compassion
- ❖ Gratitude

18

Meditation for Some


MINDFULNESS FOR ALL



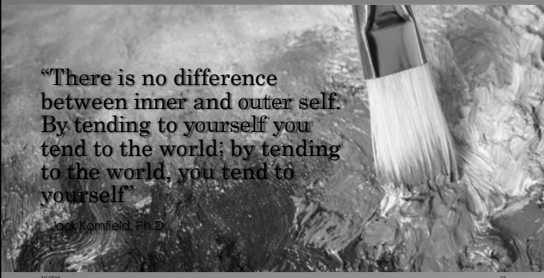
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Yogi Berra

“If life were perfect, it wouldn't be”




20



“There is no difference between inner and outer self. By tending to yourself you tend to the world; by tending to the world, you tend to yourself”

Jack Kornfield, Ph.D.


21



AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- **Who is Vulnerable to Occupational Stress?**
- We all are. Because of the nature of the work, every psychologist is at risk for occupational stress. Over the course of time, the interaction between events in the personal and professional life of a psychologist is certain to create stress, likely distress, and possibly impairment. This vulnerability to stress is not a reflection of pathology in the psychologist, but a reality of the challenge of our work.


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AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- **What Increases Our Vulnerability to Occupational Stress?**
- Professional isolation
- Inadequate consultation (e.g., regular clinical case consultation) or professional support for work that is challenging and complex
- Poor self-care
- Overwork (e.g., too many psychotherapy hours)
- A paucity of leisure and non-work activities
- Stigma within the profession for professionals who acknowledge distress or impairment
- Unrealistic self-expectations, rigidity
- A tendency to focus the needs of others while neglecting our own needs and personal problems
- Poor boundaries, overinvolvement
- Imbalance in caseload/professional responsibilities (e.g., working exclusively with trauma survivors,


23



AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- **What Are the Potential Consequences of Ignoring Occupational Hazards?**
- **Damage to psychologists, including:**
 - Depression
 - Social/professional isolation
 - Job dissatisfaction
 - Suicide Chemical abuse or dependence
 - Relationship conflicts (e.g., divorce)
 - Other addictions
 - Unprofessional behaviors
 - Ethical violations
 - Stress-related illnesses


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AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- Damage to clients, including:
 - Malpractice
 - Suicide
 - Boundary violations
 - Loss of faith in therapy
 - Symptom exacerbation
 - Guilt
 - Iatrogenic symptoms
 - Despair
- Damage to the profession of psychology, including:
 - Loss of credibility
 - Lapses
 - Attrition
 - Negative Media Attention
 - Cynicism


25



AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- What Are Some Warning Signs of Occupational Stress?
- Loss of pleasure in work
- Depression (sleep or appetite disturbance, lethargy, negative mood)
- Inability to focus or concentrate; forgetfulness
- Anxiety
- Substance use/abuse or other compulsive behaviors to manage stress
- More frequent clinical errors
- Less contact with colleagues
- Workaholism


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AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- What Are Some Warning Signs of Occupational Stress?
- Persistent thoughts about clients and their clinical material
- Intrusive imagery from clients' traumatic material
- Increased cynicism, overgeneralized negative beliefs
- Increased isolation from or conflict with intimates
- Chronic irritability, impatience
- Increased reactivity and loss of objectivity and perspective in work
- Suicidal thoughts


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AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- **How Do We Protect Ourselves From the Consequences of Occupational Stress?**
- **Take these risks seriously.** Honestly assess your emotional, psychological and spiritual well being on a regular basis. Seek personal psychotherapy and other resources for health as needed.
- **Make and maintain professional connections** that include opportunities to discuss the specific nature and stresses of our work. Model openness in such discussions for students and colleagues.
- **Seek consultation** with knowledgeable peers and experts concerning specific clinical and professional challenges.
- **Understand that all psychologists are vulnerable to vicarious traumatization and other role-related risks** and consult, limit caseload or make other accommodations or adjustments accordingly.
- **Pay attention to balance in work, rest and play.** Make personal and professional self-care a priority. Attend to your physical and spiritual well being, as well as your emotional and psychological health. Pursue opportunities for intellectual stimulation including those outside the profession.


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AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

- **Challenge assumptions that stigmatize** who acknowledge current or past experiences of distress, impairment or personal pain.
- **Develop reasonable and realistic expectations** about workload, responsibilities and capabilities.
- **Become familiar with the literature on occupational risk for psychologists** and pursue continuing education on these topics. (e.g., burnout, vicarious traumatization, compassion fatigue, colleague assistance and professionals in distress).
- **Identify sources of support** for your work and use them.
- **Take regular vacations.**
- **Incorporate topics of occupational vulnerability and professional well-being** into graduate education, professional training and continuing education.

29



AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

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30

Journaling...

- Interviews conducted with 12 people diagnosed with a mental health condition who have engaged in personal writing for a period of three or more years. Transcripts were coded for themes related to the healing properties of writing for those with mental health conditions.
- "Results demonstrated the importance of writing in perspective taking, enhanced understanding of the self and others, the spiritual nature of writing, and the promotion of health and healing."
- "There is power in written expression and the personal sharing of one's story. Writing shows promise not only as a therapeutic tool during intervention, but as an ongoing avocational activity with many personal and health benefits."

Haertl, K. L., & Ero-Phillips, A. M. (2019). The healing properties of writing for persons with mental health conditions. *Arts & Health, 11*(1), 15-25.

31

Journaling for students:

"Guided clinical journaling allows students to reflect and retain their clinical experiences and become an active participant in the learning process. The journal presents opportunities for both evaluation and critical reflection of clinical performance and previously held assumptions related to mental health. Through careful consideration of components, clinical educators have the opportunity to ensure that student learning has occurred as well as provide prompts for guided reflection of the learning experience."

Wedgeworth, M. L., Carter, S. C., & Ford, C. D. (2017). Clinical faculty preceptors and mental health reflections: Learning through journaling. *The Journal for Nurse Practitioners, 13*(6), 411-417.

32

Journaling for adolescents:

- In this article, we discuss and provide an example of journaling in the context of counseling, focusing on its application with adolescents. A script to be read by the therapist is included with prompts for self-reflection and journaling by the client. The excerpts presented are the actual journal reflections taken from a teenager's journal. The proposed technique has been used with positive results with adolescents in a clinical setting. Additionally, we provide suggestions for expanding the concept of journaling to expressive artwork.

Utley, A., & Garza, Y. (2011). The therapeutic use of journaling with adolescents. *Journal of Creativity in Mental Health, 6*(1), 29-41.

33

Journaling...Doesn't Hurt..

- A meta-analysis of 3797 articles which addressed the impact of a journaling intervention on PTSD, other anxiety disorders, depression or a combination of the aforementioned.
- Further studies are needed to better define the outcomes. Our review suggests that while there is some randomised control data to support the benefit of journaling, high degrees of heterogeneity and methodological flaws limit our ability to definitively draw conclusions about the benefit and effect size of journaling in a wide array of mental illnesses. Given the low risk of adverse effects, low resource requirement and emphasis on self-efficacy, primary care providers should consider this as an adjunct therapy to complement current evidence-based management.

Sohal, M., Singh, P., Dhillon, B. S., & Gill, H. S. (2022). Efficacy of journaling in the management of mental illness: a systematic review and meta-analysis. *Family medicine and community health*, 10(1).

34

Journaling Clubs

"critically appraises the usefulness of using a journal club and clinical seminars as a learning strategy for mental-health nursing students." "benefits of using a journal club and clinical seminars."

Owen, S., Wheway, J., and Anderson, M. (2001). Nurse Education Today, The use of a journal club and clinical seminars on a 4-year undergraduate, pre-registration mental-health nursing degree, 21(4) 297-303

35

Namaste

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Self-Care: *when you need it most – Part 2*

Ariss Kurtz MSW, RSW
Janet DiGiorgio-Miller Ph.D




37

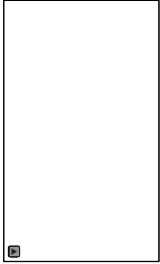
Work/Life Balance...How's Yours?



38

Monkey Mind... *Can you Relate?*


- What did you take care of before this workshop today?
- Where is your mind focused at this moment?



39

What is Your Favourite Way to Calm Your Mind?

- Travel?
- Hobby?
- Exercise?
- Yoga?
- Creative Self-Expression?
- Foodie?
- Read?
- Journal?
- All of the Above?
- Other?



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40

Stress at Work?

Emails and other communications	Co-Worker relationships	Management	Workload
Deadlines	Professional liability	Court/legal responsibilities	Income flow
All of the above		Other	

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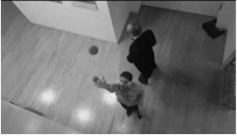
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Stress at Home?

Relationship/lack thereof	Parenting	Ageing parents
Pets	Home maintenance	Bills
Not enough time for yourself	All of the above	Other

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Life: The Great Juggling Act...

"Imagine life as a game in which you are juggling some balls in the air. You name them - work, family, health, friends, and spirit; and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life."

Bryan Dyson, former Vice Chairman and COO of Coca-Cola

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**Another way of looking at it...
Work/Life Harmony**

All the different aspects of our life come together to make beautiful music.
(Kate McCready, LeadingBeings.com)

The key is not to prioritize what's on your schedule but to schedule your priorities.
(Stephen Covey, Author)

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Who are you (really)?
A Guided Visualization
(Jackie Chiodo, ERYT 500,
<https://www.jackiechiodo.com>)



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45

Take Care of You...Inside and Out

A graphic with a dark grey background. On the left, a white hand is holding a black heart. To the right of the heart, the word 'MYSELF' is written in large, bold, black capital letters. To the left of the heart, the letter 'I' is written in the same style.

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Disaster Management: Prevention is Key

A photograph of a white sign on a metal pole. The sign has black text that reads: 'HURRICANE SALE', 'ICE BATTERIES CANDLES', 'NICE WATER', '24 PK 249', and 'WITH CARD'. To the right of the sign is a pedestrian crossing sign and a 'Yield' sign.

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What are Your "Non-Negotiables?"

A circular diagram with seven boxes connected by arrows in a clockwise cycle. The boxes contain the following text: 'Sleep/Rest', 'Hydration', 'Exercise', 'Leisure/Recreation Activities', 'Challenge "Wonders" (Not To Fail)', 'Stress-Reducing Activities', and 'Spiritual/Religious/Priority'.

Daily acts of self-care you know you can't let go without a negative impact


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Mine is Yoga: The Mind/Body Connection

(Dickerson, 2022)

- Has 8 "limbs" that include practices for relating to others, daily personal care, postures, breath, concentration, meditation, and spirituality
- Stills the changing states of the mind
- Activates the parasympathetic nervous system (rest and digest) and calms the sympathetic nervous system (fight or flight).



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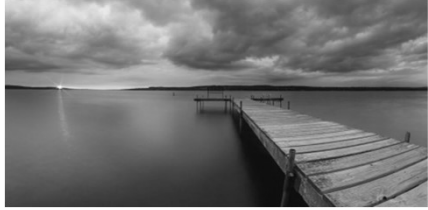


Those who approach the day as a race against time...

Do not have the best chance at perfect balance.
Deepak Chopra

50

The Calm Before the Storm: Uniting Mind, Body, and Spirit (even if you're not a yogi)



51

Before the day starts...


- Ground in Gratitude (*notice the good in your life*)
- Deepen your Breath (*and open your heart*)
- Plan Your Perspective (*set an intention for your day*)
- Release Muscle-Tension (*notice your body sensations*)
- Mindful Sensory Awareness (*notice your surroundings*)
- Stay in the Present (*let go of worry and regret*)



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**The Eye of the Storm:
Distress Tolerance**




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Calm under Pressure


Notice your:
 Thoughts – *change perspective*
 Feelings – *name it to tame it*
 Bodily reactions – *breathe, relax muscles*
 Expression – *relax face, unclench teeth*
 Act vs react – *being mindful of our words and actions*



Mindfulness is simply being aware of what is happening right now, without wishing it were different.

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...and STOP!
(Linehan, 2015)

- Stop
- Take a Break
- Observe
- Proceed Mindfully

(Digital art by Katelyn Kurtz @katesgraphics)

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The Rainbow After the Storm:
Rest, Reset, and Re-center

56

When difficulties arise...as they often will

- Connect with loved ones/supports
- Focus on a win in the day
- Consider what can be learned from the experience
- Do something kind for yourself
- Make choices aligned with your values
- Go back to the non-negotiables
- Know your limits and set boundaries



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Even Superman has to set boundaries sometime...



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Closing Meditation with Janet



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Questions? Thoughts?



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Thank You for Attending!




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Go Slow



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