

*Self Care & Prevention of  
Burnout & Secondary  
Trauma Stress*

By Katie Tietz, MS, OTR/L

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**Objectives**

- To provide participants with the time and space to explore their own risk and protective factors surrounding burnout, secondary trauma stress and compassion fatigue
- Identify self care strategies and passionate pursuits to foster resiliency and ameliorate risk

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**Who we are as Providers**

- People oriented
- Empathetic
- Put others first
- Some of us may be 'people pleasers'
- These qualities are all wonderful (and likely what attracted us to our profession) - but they also put us at an elevated risk for burnout

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### Where Are You Now?

- Professional Quality of Life Scale (PROQOL)
  - Available online [www.proqol.org](http://www.proqol.org)
- Measures 3 areas of professional risk
  - 1. Compassion Satisfaction
  - 2. Burnout
  - 3. Secondary Trauma Stress

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### Burnout

- Depletion of our resources, both physical and psychological, caused by our desire to achieve certain standard and expectations that are often impossible to humanly achieve
- Physical or mental collapse caused by overwork or stress
- What are your expectations?

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### Secondary Trauma Stress

- The emotional duress that results when an individual hears about, or experiences in some way, the firsthand trauma experiences of another
- Work related, secondary exposure to extremely or traumatically stressful events
- Be mindful of 'Sliming' your family and friends!

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### Compassion Fatigue

- Indifference to charitable appeals on behalf of those who are suffering; experienced as a result of the frequency or number of such appeals
- “The cost of caring” - Dr. Charles Figley
- Displays of chronic stress resulting from the care giving work we choose to do

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### Red Flags

- Anger & feelings of powerlessness
- Negative self talk
- Impatient
- Poor self care
- Apathetic (no longer find activities pleasurable)
- Appetite/exercise changes
- Avoidance behavior

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### Protective Factors

- Strategies to foster resiliency and ameliorate risk of burnout, secondary trauma stress & compassion fatigue:
- Self Kindness - nurture yourself in the workplace
- Mindfulness - breath work, meditation, gratitude
- Notice if we are triggered by things at work
- Movement and exercise (try bi-lateral movements)
- Healthy eating and healthy sleeping
- The path to wellness: Awareness

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Self Care & Passionate Pursuits

Self Care (Daily)	Passionate Pursuits (May/May not be daily)
<b>Let's Make a List!</b>	

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Practice: Deep Breathing & Visualization



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Practice: The Gratitude Game

- Name a *person* you are thankful for and why...
- Name a *place* you are thankful for and why...
- Name a *food* you are thankful for and why...
- Name a *thing* you are thankful for and why...
- Name *anything* of your choice...

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## Resources

- *"Self Care for the Healthcare Professional"* by Katie Tietz, MS, OTR/L
- *"Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma"* by Babette Rothschild
- Insight Timer (Free App for Guided Imagery and Meditations)
- [www.compassionfatigue.org](http://www.compassionfatigue.org)
- [www.self-compassion.org](http://www.self-compassion.org) by Dr. Kristen Neff

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## Thank You!

**Contact Information**  
Katie Tietz, MS, OTR/L  
[Katie@healthpromindset.com](mailto:Katie@healthpromindset.com)  
[www.healthpromindset.com](http://www.healthpromindset.com)



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