



Self-Care and Work-Life Balance: Minimizing Stress, Burnout and Compassion Fatigue

Self-care is more than Netflix & Chocolates

Agenda:

I. Introductions & Overview

- a. Introductions / Overview of the Workshop: Format, Handouts, Assessments, Discussion
- b. Our answers to “The Questions”

II. Understand the Concepts & Personal Assessments

- a. What are your personal and professional stressors?
- b. Identify what wellness means to you.
- c. *Self-care & Resiliency for Helping Professionals: Definitions and Pro-Active Remedies* - (Definitions & Concepts: Stress, Psychological Resiliency, Trauma, Post Traumatic Stress Disorder, Burnout, Secondary Traumatic Stress, Vicarious Trauma, Compassion Fatigue, Oppression Fatigue, Political Trauma Stress, Savior Burnout, Moral Injury)
- d. My Assessments: 1. *My Resiliency* 2. *How Stressed Am I?* 3. *Identify My Factors & Symptoms of Burnout, Secondary Trauma Stress, Vicarious Trauma, PTSD and Compassion Fatigue* 4. *What Do I Do for Personal and Professional Self-Care* – by Irene Greene
- e. Understand the psycho-physical reactions that stressors and stress can have on our mind, body, and emotions: *Flee, Flight, Fawn, Freeze* and how to get to *Face*
- f. Learn research-based strategies that help to reduce our stressful reactions to our stressors: “*How to not let the stressor stress us out.*”

III. Moving Forward with Sustainable Personal and Professional Self-care and Increased Workplace Wellness

- a. Identify concrete self-care and stress reducing ideas and strategies to increase your professional and personal emotional and physical health and wellbeing
- b. Explore what you and your workplace can do to minimize stress, burnout and compassion fatigue
- c. Explore what interferes with you doing the professional and personal self-care you want to do. Learn what helps us make positive sustainable changes. Explore how self-compassion and our personal values aid us in sustaining self-care
- d. Make a personal and professional written self-care improvement plan: *Improving My Personal & Professional Self-Care & Wellbeing: Starting with One Change* – by Irene Greene
- e. *Recommended Readings/Resources* - by Irene Greene

FOR CEUs:

I confirm that _____ attended this workshop on 8.15.19 from 1p-4pm.

Signed: _____ (Typically 3 CEUs have been granted.)

Facilitator Irene Greene MSED: Irene has 29+ years as a psychotherapist, positive psychology holistic wellness coach and educator. She is the Chair of the MN LGBTQ+ Therapists Network, a psychological first-aid street medic trainer and has certification trainings in conflict resolution, compassion fatigue and trauma. Irene was the first director of the UM-Sexual Violence Program, worked in the State of MN’s Crime Victim Services Unit, served as Chair of the MN Coalition Against Sexual Assault, and on the board of MN Women in Psychology.

Irene currently facilitates three support and skills groups: a sexual abuse survivor group, a group for executive directors of non-profits, and a burnout and compassion fatigue group for helping professionals. She also offers relationship coaching and individual counseling.

Irene adheres to a fundamental consciousness for how the layers of cultural and systematic oppression and trauma can shape personal, inter-personal, inter-generational and community health and well-being. Irene provides burnout and compassion fatigue trainings and addressing our whiteness trainings to social service, medical, educational, mental health, and non-profit community-based agencies and organizations. *Her groups and workshops aim to be anti-racist, sex-positive, affirming and inclusive of the fluidity and variety of sexuality, sexual and gender expressions and relationships.*

Examples of recent & upcoming training locations: Regions Hospital, St. Paul, MN; University of Minnesota Anatomy Bequest Program, MN LGBTQ+ Therapists’ Network; Headway Emotional Health Services, Twin Cities; University of Minnesota Advising Program: Office of Undergraduate Education; Telling Queer History, Twin Cities; BECAUSE Conference, St. Paul; Touchstone Mental Health, St. Paul; Way to Grow, Minneapolis, The Well: Healing Arts Center.

Irene M Greene MSED © *Enhancing Personal, Relational, Professional and Community Change for the Socially Conscious*