You?

Why did you choose this work?

Got Burnout?

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started once you arrive?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits or appetite changed?
- Are you troubled by unexplained headaches, backaches or other physical complaints?

http://www.mayoclinic.org/healthy-living/joint-health/dept/burnout/art-20009162
RESILIENCE: THE CAPACITY TO RECOVER QUICKLY FROM DIFFICULTIES

What Works for You?

Gretchen Rubin
Four Tendencies
- Upholder
- Questioner
- Obligor
- Rebel
“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. And then I sometimes add, in the service of self-understanding and wisdom.”

Jon Kabat-Zinn
Let's Try?

Reframing
We grow from stress

Going through stress makes you better at it in the future
Easier to face new and different stress

Stress as Friend?

- Accelerated breathing carries more oxygen to the brain
- Pounding heart allows for faster reactions
- Stress produces oxytocin, anti-inflammatory hormone that makes us more sociable, prone to connection
- Blood vessels relax, heartbeats slowing, risk of death reduced

Are we people and places of safety?
“We are like islands in the sea, separate on the surface but connected in the deep.”

William James

Hard Eyes v. Safe Eyes

Let’s Try?
Vicarious Resilience

- Psychotherapists who have shared experiences of trauma and torture
- Notice the positives, gain meaning from them
- The "wounded healer" model:journey toward wholeness
- Appreciate how a crisis can be a means to seek change
- Seeing and honoring the dual nature of suffering
- Witnessing the coping mechanisms and strategies
- What helped them survive and thrive
- Advocating for and supporting others

Meaning

Passion or Purpose?
Got Mantra?

Our work is important. Not on my watch!

Today I can. I believe in second chances. I make a difference here.

I really love this work. We provide hope!

This is a great team! I am a wounded healer.

I can help!

The strength of the wolf...

The strength of the wolf is in the pack. The strength of the pack is in the wolf.
Peace and Thank You!!!