



# Self-Care

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*This material was prepared by the IPRO QIN-QIO, a Quality Innovation Network-Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication # 12SOW-IPRO-QIN-TA-AA-22-834*



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# DISCUSSION

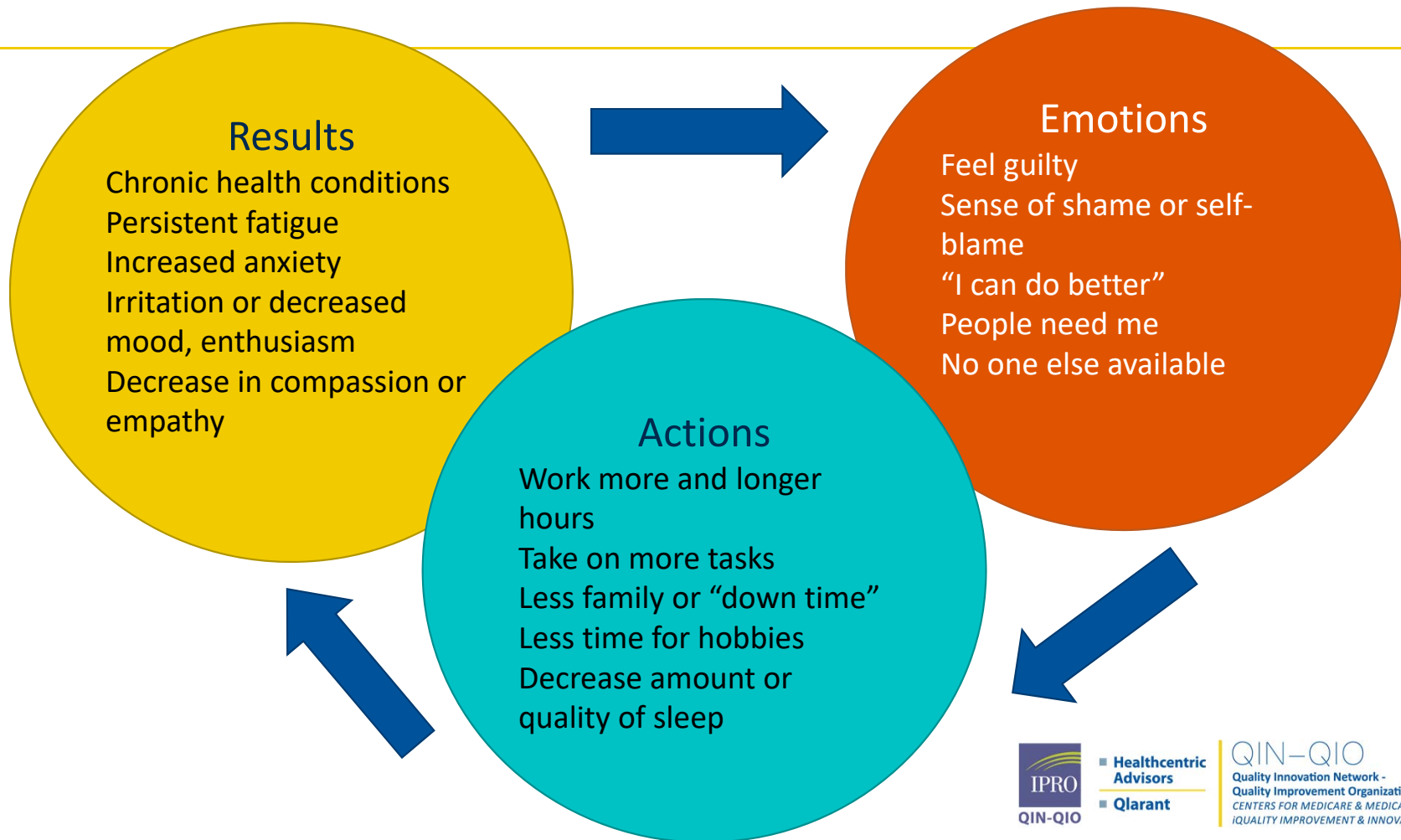
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**How about you?**

**In the chat, please tell us:  
Why did you enter Healthcare?**

**Are you satisfied and happy with  
your decision?**

# Health care provider life....(vicious cycle)





**44%**  
of **physicians**  
experience symptoms  
of burnout



**1/3**  
of **nurses** have  
"high burnout"



**HALF** of workday hours  
are spent on **EHRs**  
This contributes to  
burnout rates of over **50%**



**MORE HOURS**  
worked causes burnout  
since it leads to **less sleep**

Less than 7 hours of sleep  
per night is **inadequate**

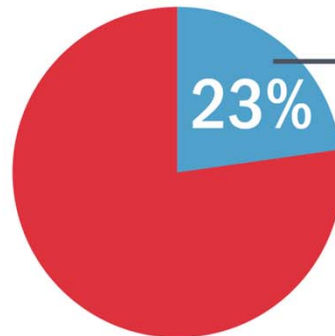


**\$192,000**  
is the **average debt** of medical  
school graduates



**29%**  
of physicians say they  
experience burnout because  
of **insufficient compensation**

**45%** of healthcare workers get less  
than **7 hours of sleep per night**



Nearly a quarter of  
physician burnout is  
from **lack of control**

# Why do healthcare providers need self-care?

There is an ever-increasing variety of terms being used to describe conditions affecting healthcare providers:

- **Compassion fatigue** - occurs when nurses develop declining empathetic ability from repeated exposure to others' suffering.
- **Moral Injury**- the feeling that occurs when we are prevented from doing what we believe is right.
- **Burnout**- a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.



[Moral Injury in the Nursing Workforce - healthcareers.com](http://healthcareers.com)



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# DISCUSSION

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**How about you?**

**In the chat, tell us:**

**What are some that you have heard or experienced?**

“One of the more challenging aspects of self-care is finding the time. With long shifts, especially amid a pandemic, self-care may seem unattainable or overwhelming. However, some techniques can help carve out the necessary time.”

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- <https://nursejournal.org/resources/self-care-for-nurses/>

# Taking care of ourselves, is not so simple

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Self-care is meant to help professionals in health care and social services recognize their stress levels and engage in self-care and resilience building.

Self-care is important because chronic stress or current or past traumatic experiences can result in multi-dimensional suffering: physical, energetic, mental, emotional, and spiritual.

Self-care ends up being another item on our “to-do” list

[Self-Care for Healthcare Professionals \(welldoing.org\)](http://welldoing.org)

**SELF**  
*Care*  
IS NOT SELFISH



# Where to find time and how....

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## How long is your commute?

Use the time for podcasts (i.e. Brené Brown, Cy Wakeman, etc)  
Audiobooks, music, or enjoy the silence

## Bedtime routine

Add meditation, music, bath, relaxation “box” breathing

Find a moment during the day to go outside and walk around your workplace (*possibly others will join*)

## Spend time with your residents/patients

Dining room, playing a game, chatting about their day, assisting with a stroll in the hall  
Providing care – slow down and talk

<https://www.dmu.edu/wp-content/uploads/Relaxation-Techniques-for-Stress-Relief.pdf>



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# DISCUSSION

## How many points did you gain? In the chat,

### 10 Points for “commute care”

Use the time for podcasts (i.e. Brené Brown, Cy Wakeman, etc)  
Audiobooks, music, or enjoy the silence

### 10 Points for “bedtime basking”

Add meditation, music, bath, relaxation “box” breathing

### 10 Points for a “walking unwind” outdoors or around your workplace (10 extra points if you grabbed a friend)

### 10 Points for spending time with your residents/patients

Dining room, playing a game, chatting about their day, assisting with a stroll in the hall  
Providing care – slow down and talk

Try this . . . .

### ABDOMINAL BREATHING TECHNIQUE



slowly take a deep breath in,  
fill your lungs with air



expand your abdomen



exhale and contract  
your abdomen inwards



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## Physical Self-Care

- Take a walk
- Eat healthy food
- Ride a bike
- Work out
- Join a yoga class



## Mental Self-Care

- Praise and compliment yourself
- Find an emotional outlet (e.g., drawing, playing music, writing, etc.)
- Create a gratitude practice
- Express emotions when you feel them



## Social Self-Care

- Talk with coworkers about nonwork-related issues
- Go out to dinner with a friend
- Spend time with family



## Spiritual Self-Care

- Meditate
- Volunteer
- Engage in your faith



## Personal Self-Care

- Try a new activity/hobby
- Create a skincare routine
- Go on a drive
- Reward yourself after a hard task

<https://nursejournal.org/resources/self-care-for-nurses/>



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Goal: one self-care activity a day, even for one minute

Taking care of your mind & thoughts

Taking care of your physical health & body

# Self-Care

Increasing your own well-being through self-care behaviors

Taking care of your spiritual health

Taking care of your emotions

it's okay to

 take a break	 ask for help	 grow as a person
 ditch toxic people	 have bad days	 say "no"

@GHE.DESIGNS



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# Contact us

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