

Welcome Wellness Teams and Knowledge Keepers

Facilitators:

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House Keeping

- Ringers Off
- Put away your job/role/hat
- Have Fun & Laugh
- & Remember 7 Teachings:
 - Truth
 - Love
 - Respect
 - Courage
 - Honesty
 - Humility
 - Wisdom (sharing your wisdom)
- What is shared here, stays here. If people feel safe and share a personal experience, please keep confidentiality.

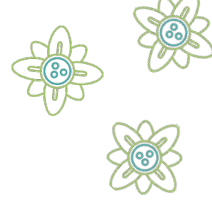
**CHOOSE
TO BE
OPTIMISTIC,**
IT FEELS BETTER



Health & Wellness

“Avoiding Burnout, Understanding Compassion Fatigue and Vicarious Trauma”

November 2022



Topic Outline

- Wellness Definition
- Personal Assessment Tool
- Burnout
 - Signs of Burnout
 - Maslach Burnout Inventory
 - Difference between Burnout and Depression (Video)
 - Avoid Burnout
- Understanding Compassion Fatigue
- Understanding Vicarious Trauma
 - Underlying Facts of Trauma
- Self Care – Mindful Breathing

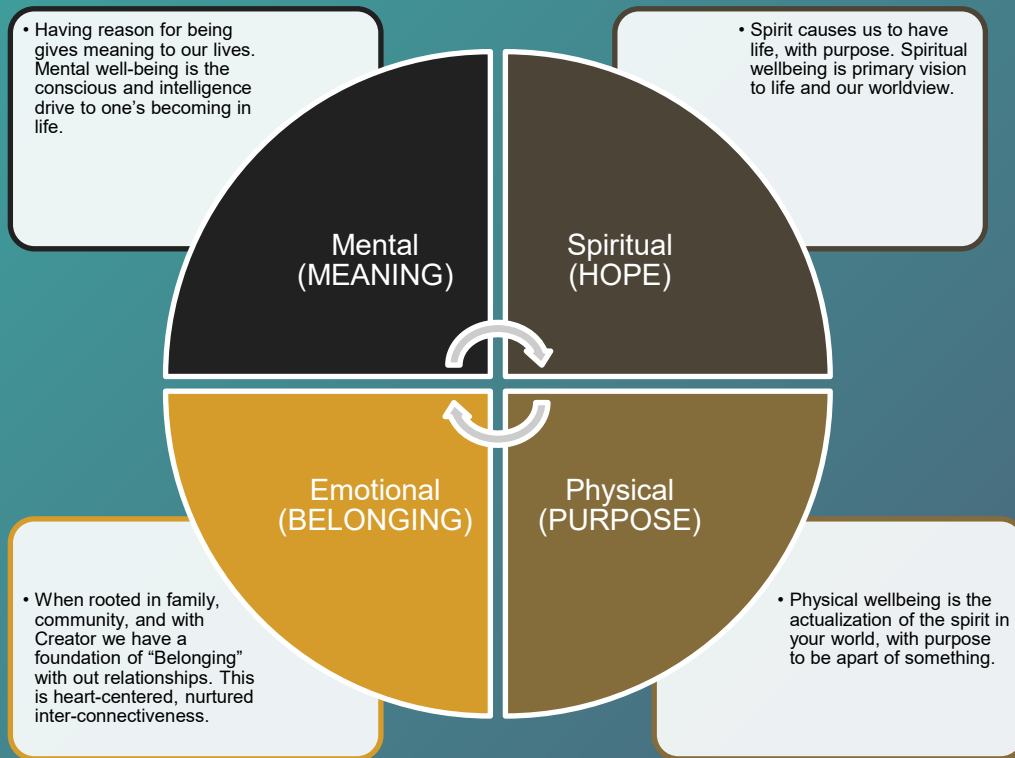


Definition of Wellness

Wellness from an indigenous perspective is a whole and healthy person expressed through a sense of balance of **spirit**, emotion, mind and **body**. Central to our well-being is a belief in one's connection to our language, land, creation (nature), history (ancestry) that is supported by a caring family and environment. (Elder, Jim Dumont)



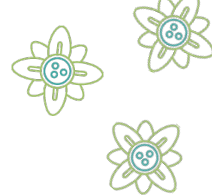
Personal Assessment Tool



What does burnout look like?

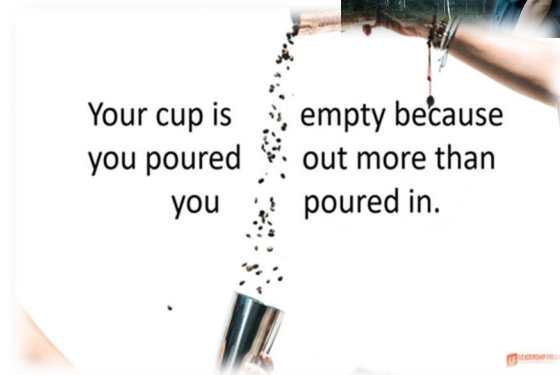
Definition: Physical and Mental collapse, caused by overwork or stress.

- Feeling empty and mentally exhausted,
- Lack of motivation, insensitive, empty glass.
- People experiencing burnout often don't see any hope of positive change in their situations.
- Any stress feels like you're drowning in responsibilities.
- burnout is a sense of being all out of everything to offer in helping others.



What are the signs and symptoms for Burnout?

- Feeling sad or depressed
- Anger and irritability
- Loss of sense of purpose
- Low energy/exhaustion
- Anxiety, particularly feelings of panic
- Memory and concentration problems
- Health or digestion problems
- Socially withdraw
- Using alcohol or drugs to cope



How do I know if I am in a stage of burnout?

- The Maslach Burnout Inventory

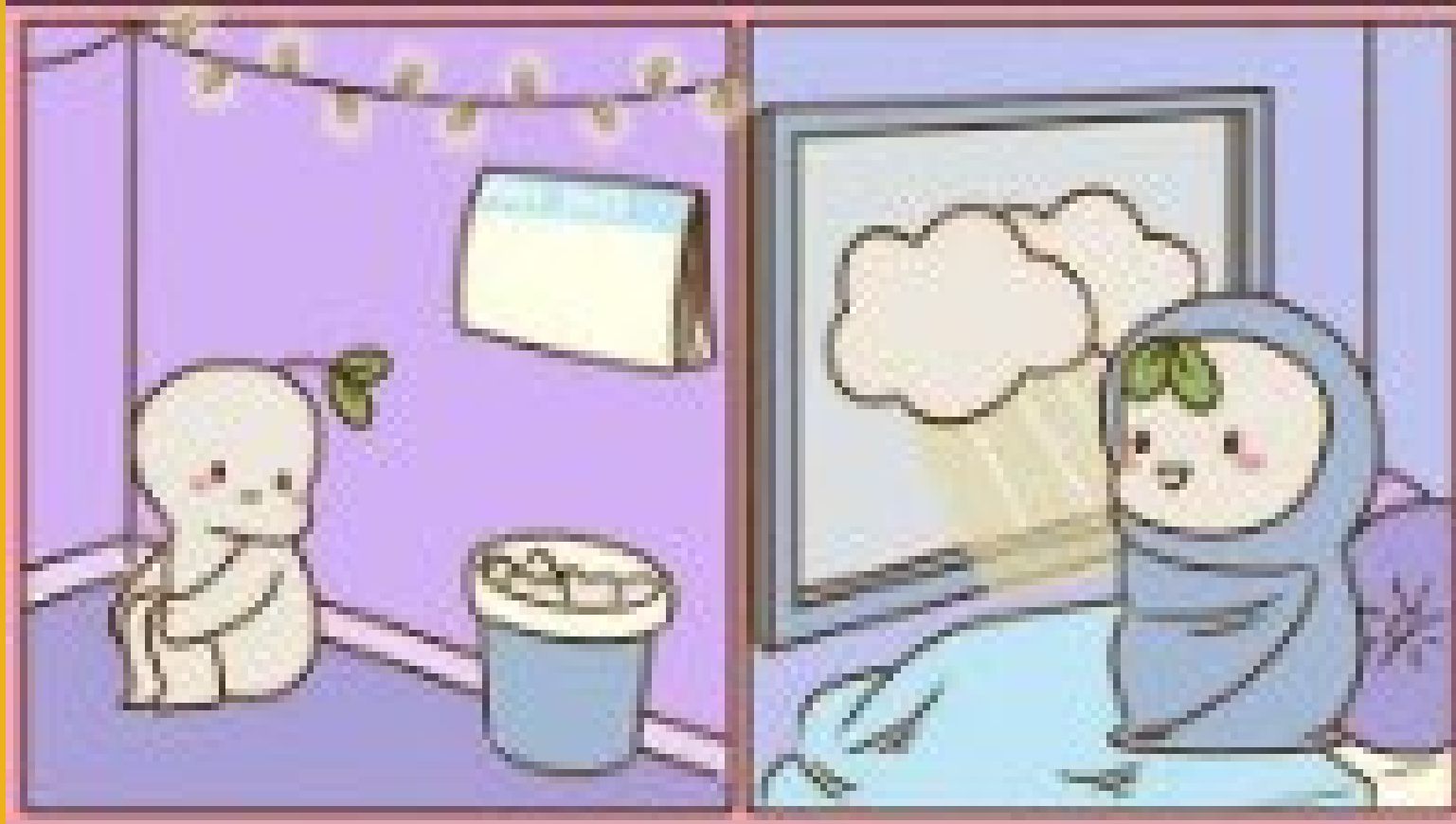
- HANDOUT
- TAKE 10 MINUTES TO COMPLETE THE INVENTORY
- TABLE GROUP DISCUSSION – 15 MINUTES

- Table Discussion

SPEAK
YOUR
TRUTH



Burnout vs. Depression



Ways to avoid burnout:

What is?

- Time Management
- Setting boundaries – Learn to say “no”, passive aggression, assertive on boundaries
- Lateral Violence vs. Lateral Kindness
- People Pleaser vs Healthy Boundaries & Self Awareness
- Getting enough rest (recommended 6-7 hours of sleep)
- Shared or delegate responsibility –Self-Care

3 Simple Rules in Life

1. If you do not go after what you want, you will never have it.
2. If you don't ask, the answer will always be NO.
3. If you do not step forward, you will always be in the same place



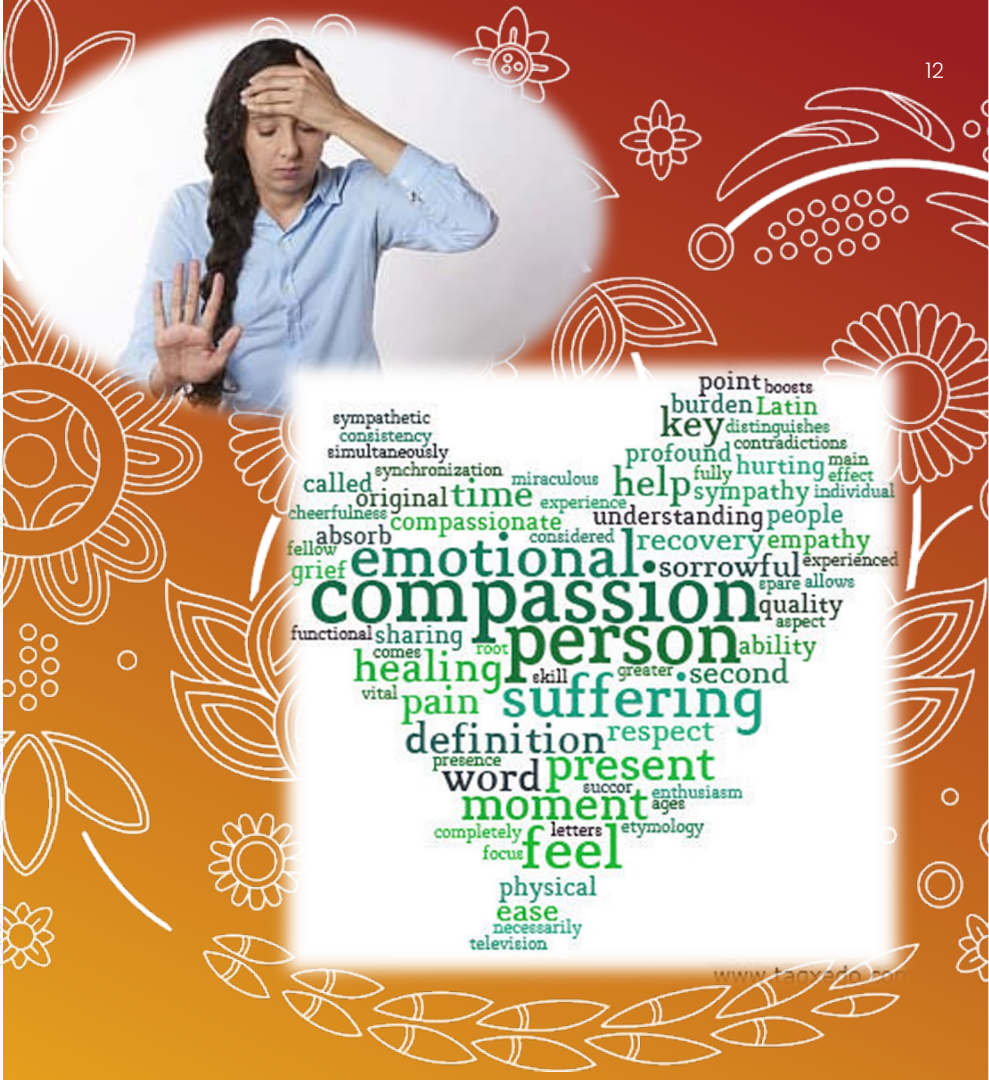
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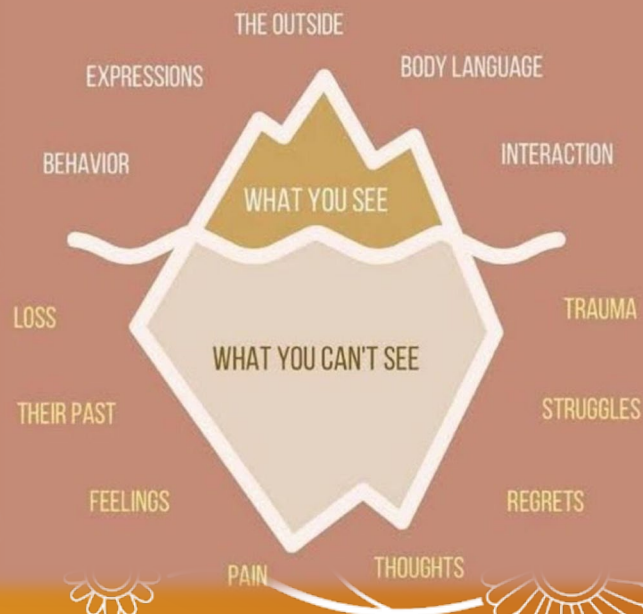


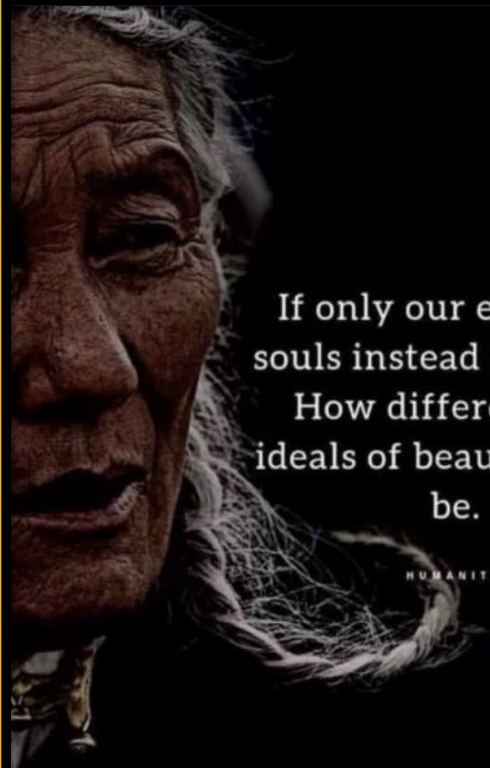
Understanding Vicarious Trauma

What is Vicarious Trauma:

- Vicarious trauma is the trauma a person feels indirectly, or vicariously, through another person.
- It is common among certain professions including RHSW, Wellness Workers, Crisis Response and counselors.
- Vicarious trauma is usually a symptom of an overuse of empathy
- BUT empathy is very important in our line of work so we need to take of ourselves

WHY EMPATHY IS IMPORTANT





If only our eyes saw
souls instead of bodies.
How different our
ideals of beauty would
be.

HUMANITY



Understanding Trauma

As Indigenous people we have undergone intergenerational trauma through loss of land, language and culture;

Government institutions: Residential Schools, 60's Scoop, MMIWG, Child Welfare, Unmarked graves, COVID Pandemic, and displacement through natural disasters (ie. flood and forest fires)

Trauma is an **emotional response** to a terrible event like a critical incident or accident, or natural disaster.

- After a traumatic event, shock and denial are one of the first feelings. Long-term reactions include triggered unpredictable emotions, sleep disruption or insomnia, flashbacks, strained relationships, and even physical symptoms like headaches, pain in body, and nausea.

Trauma: is the **response** to a deeply distressing or disturbing event that overwhelms and individuals' ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel a full range of emotions and experiences.

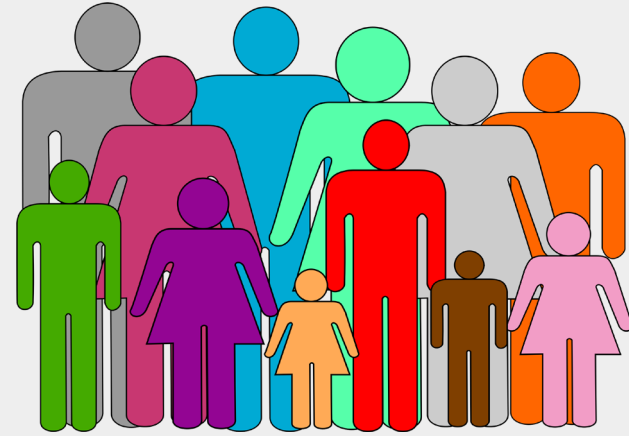


Who is at risk?

Any person who has experienced a traumatic critical incident or has a significant relationship with a survivor of trauma may also come to experience secondary trauma traumatization.



Life is short and we need to remember to take of you, before you take care of others.



Noticing how trauma is stored in the body

Burnout, compassion fatigue and understanding that our own trauma experiences, alongside those you may have witnessed or heard about, are stored as memories in both body and mind.



Explicit (or) Declarative Memory Process

- **Trauma memories are not processed as other memories.**
- **The declarative memory system is responsible for storing memories (and it fails to work as designed) regarding trauma memories**
- **Rather than log in the memory, it encodes it on a cellular level.**
- **Trauma is stored in the brain like fragments or shrapnel, which impedes the brains natural healing process**



Muscle Memory

- Trauma is stored through out the body on a cellular level and in our muscles and this can be known as 'muscle memory'
- we often hear about the transmission of trauma, generationally, and this is an aspect of how that occurs
- Human experience is thought to be 50% nurture and 50% nature which is to say, half of who we are is our experiences, and the other half is our genetics
- This makes healing and self care a personal responsibility and impacts future generations



Methods for Trauma Body Work

- Somatic Experiencing: to modify the trauma stress response
 - Mind & Body connection
- Massage
- Art Therapy
- Humming
- Tapping
 - EFT Emotional Freedom Technique which stimulates acupressure points
- Equine Therapy
- Yoga

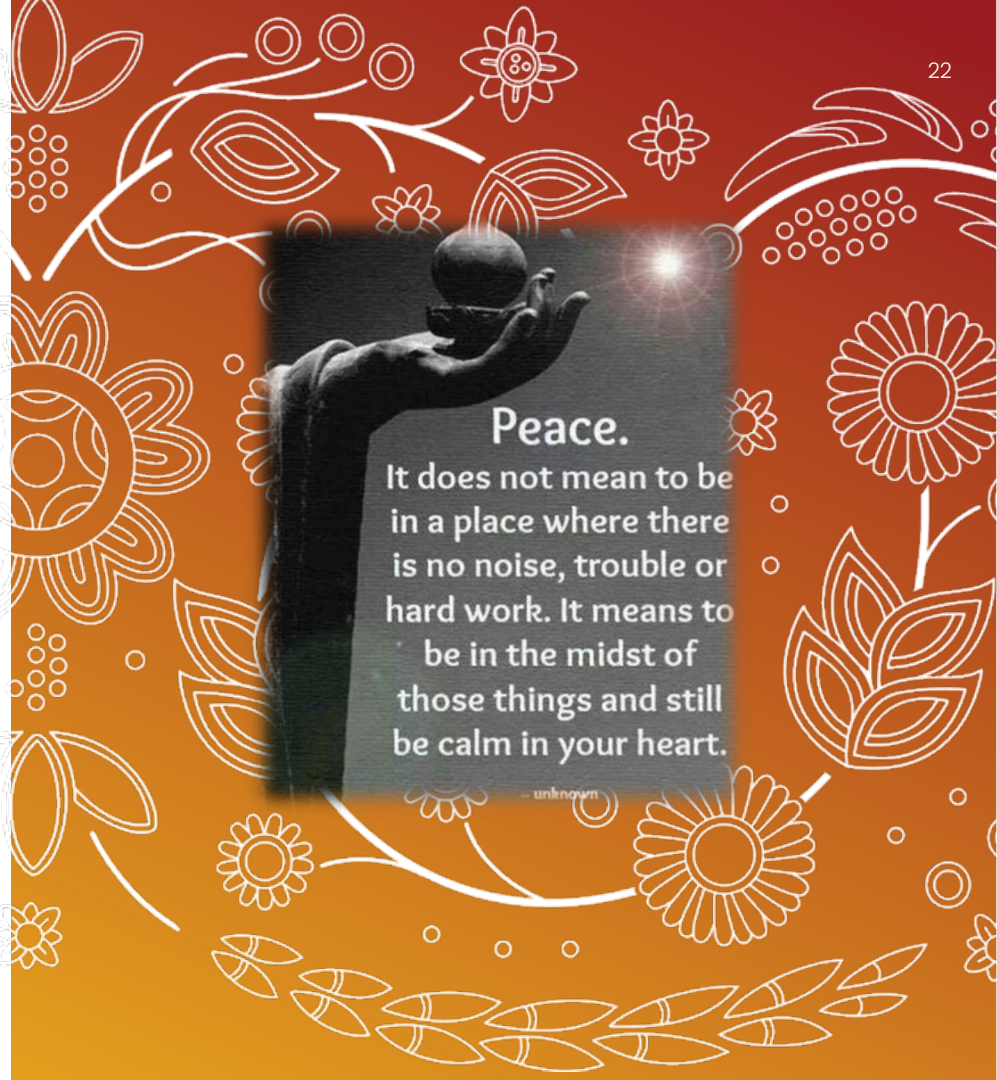


The importance of SELF CARE



Mindful Breathing

- We can combine the process of deep breathing with the practice of mindfulness:
- This speaks to the Medicine Wheel as to how we are connected and brings together body, mind and spirit



Peace.

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

— unknown



Miiigwetch

Please Take Care of yourself

