




Resiliency and Self-Care

Preventing burnout for practitioners and
supporting our clients and their families
during these unprecedented times



NCOTA Children and Youth Special Interest Section Breakout Session: FALL 2020



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Who are we?



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**Children and Youth
Special Interest
Section Co-Chairs**

Objectives

- Discuss tips and strategies to improve our resiliency as therapists
- Discuss ways in which we can encourage and support our clients and their families

🗨️ When poll is active, respond at PollEv.com/kellyanderso226

📱 Text **KELLYANDERSO226** to **37607** once to join

How are you providing services currently?

In person

Virtually

Combination

Which part of our session is of most interest to you?

Practitioner Resiliency

Helping clients/caregivers
build resiliency

Resiliency Definitions

- The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress
- A stable trajectory of healthy functioning after a highly adverse event;
- A conscious effort to move forward in an insightful and integrated positive manner as a result of lessons learned from an adverse experience;
- The capacity of a dynamic system to adapt successfully to disturbances that threaten the viability, function, and development of that system;
- A process to harness resources in order to sustain well-being.

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How have you been feeling over the past week?



Occupational therapy practitioners may experience stress related to work-life balance and exposure to traumatic events. It is first important to recognize the signs of burn-out and acute stress to improve your own quality of life to best support those for whom you care. Use this checklist to identify areas you may need to address. While you may not identify as experiencing a significant disorder, early intervention is necessary to prevent long-term impact.

ACKNOWLEDGE SIGNS OF BURN-OUT AND ACUTE STRESS. CHECK THE BOXES IF THEY APPLY.

- FATIGUE
- POOR FRUSTRATION TOLERANCE
- PHYSICAL AND/OR EMOTIONAL FATIGUE
- INCREASED ANXIETY
- MUSCLE TENSION
- ISOLATING ONESELF/DECREASED SOCIAL INTERACTION
- CHANGES IN YOUR SLEEPING HABITS
- DIETARY CHANGES
- INCREASED ILLNESS
- FREQUENT LOSS OF CONCENTRATION/FORGETFULNESS
- DEPRESSION/FEELINGS OF HOPELESSNESS
- DECREASED PRODUCTIVITY

Burnout and stress

“Stress, compassion fatigue, and burnout may decrease therapist satisfaction with work and affect in-the-moment attention in patient and student encounters.”

Zeman & Harvison (2017)

Challenges:

- Managing Multiple Roles
- Mentoring
- Personal life responsibilities
- Mismatch between job and skills
- Technology interruptions
- Work life and home life overlaps

Burnout and Stress

- Burnout Process
 - Twelve phases: starts with over working, progresses to isolation/ negative behavior changes
- Measuring Burnout
 - Maslach Burnout Inventory (MBI)
 - Emotional exhaustion, depersonalization, accomplishment
 - www.mindgarden.com/117-maslach-burnout-inventory
 - Professional Quality of Life Assessment (PRO-QOL)
 - Risk of burnout relative to degree of satisfaction with helping others
 - www.proqol.org/ProQol_Test.html

Strategies to Prevent Burnout and Manage Stress

- Mindfulness, body scanning, and guided imagery and visualizations (Winters, 2016)
- Saying “no” to extra tasks, prioritizing work tasks, asking for help, chatting with coworkers to problem-solve and feel understood (Valasek, Cunningham, Rich, & Cohen, 2020)
- Professional Self Care (Costa, 2018)
 - Reflective Exercises
- Having a Professional Identity

Reflective Exercise

Timeline Instructions

Career Dream

- When did you decide to pursue OT?
- Why? Who influenced you to enter the field?
- What were you like then? What were your values?

Desire to
Be an OT

Notable life events

- What personal events have significantly impacted your life?
- How have they influenced the way you practice OT?

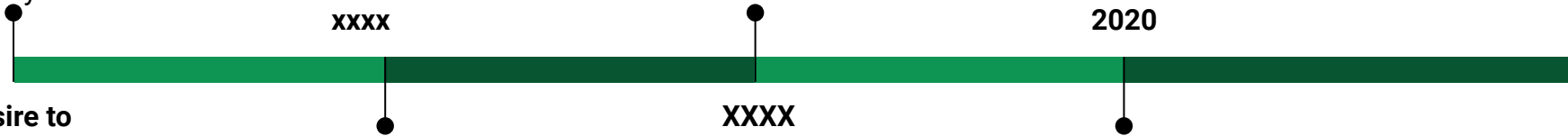
Professional Milestone

- What are milestones in your OT career? Job changes, promotions, etc?
- What ways have you made an impact with individuals, work facilities, communities, etc?
- How have your views of the profession changed? Why?

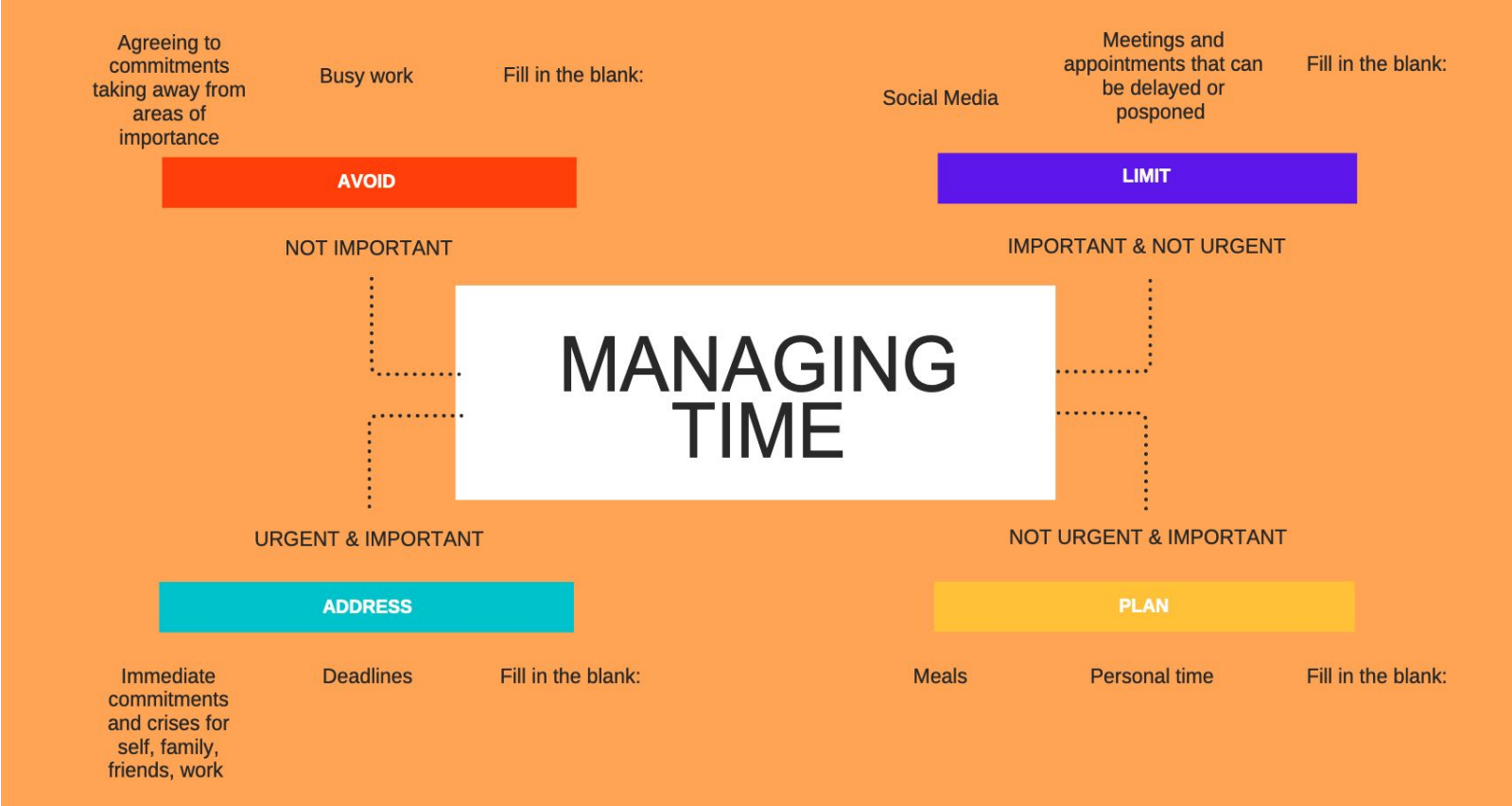
2020

Present

- What are you passionate about?
- Where do you want to make a difference?
- What are your greatest strengths?
- Where do you have influence?



Practical Strategies to Facilitate Resiliency

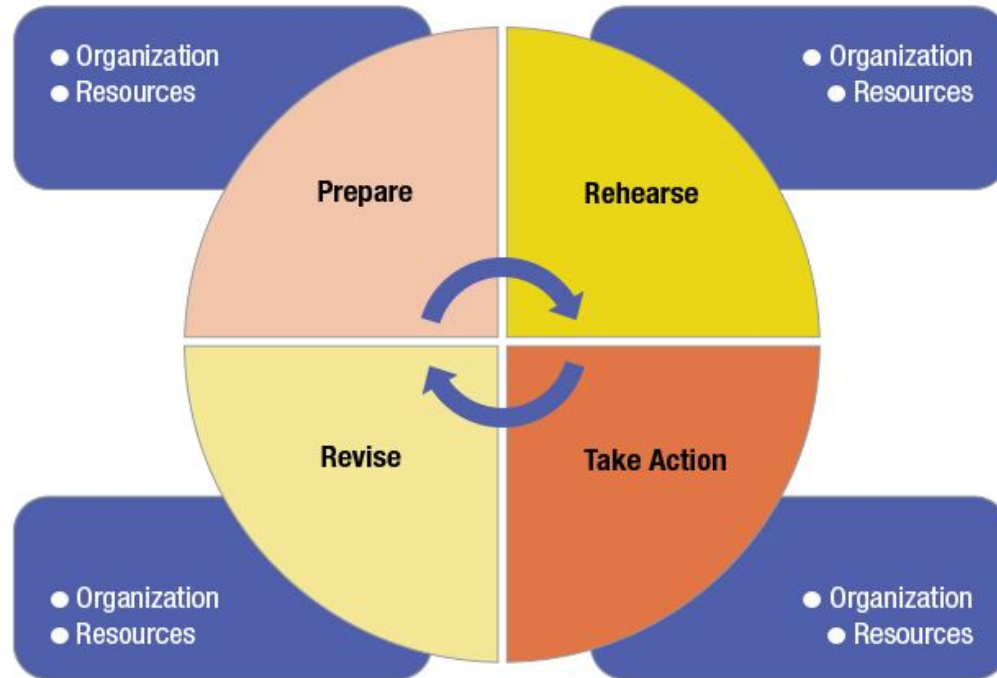


Strategies to Balance Working From Home

- Set a schedule
 - Organization (start and end times, tasks that need to be completed)
 - Have to do, Need to do, Want to do, Avoid
 - Develop a Schedule and Routine
 - Develop a routine for the start and end of your day
 - Self-Care
- Strategies to help with focus
 - Timers, limit distractions (put away phone, turn off TV), lean on your to-do list
 - Forest App- A game where you grow trees by not picking up your phone
 - Stay Focused- google browser add on (block specific sites or only allow specific sites for a set period of time)
- Set up your home office
 - [Home Office Ergonomic Tips](#)

Self-Advocacy Process

Figure 1. Modeling the Self-Advocacy Process



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You can't pour
from an empty
cup.

SELF-CARE ISN'T SELFISH. IT'S NECESSARY.

Supporting Our Clients and Their Families

- Talk about what is going on
- Help families see the big picture
 - What is really important? How can they revise expectations of themselves?
- Strengthening Client/therapist relationships

[AOTA Tips for Families](#)

Supporting Our Clients and Their Families: What can we do?

- Begin to establish habits and routines for school return
 - E-learning or virtual learning days
- Work on routines at home
 - Bedtime routine, mealtime routine, bathtime routines, toileting routines

[AOTA COVID Family Resource Guide](#)

Tips for kids & families

[Remote Learning Resources](#)

[Supporting Kids during COVID](#)

[Building Resiliency in Children](#)

[Mood Boosting Tips for Families](#)

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