

Session: Flexing Your Core – Domain 8 Self-Care

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Most of us in healthcare are experts at providing care to others. When we talk about self-care it's common for health care providers to be more uncomfortable as there is a vulnerability in receiving. Because of this natural discomfort, we have to **practice** receiving.

What is your relationship like with receiving? Are there ways you can think of to increase your tolerance around this vulnerability?

- Can be uncomfortable, I am more of a giver
- I had to specifically learn to do this, was intuitive to be care giver and caretaker. Realized it was harming myself by not receiving and also harming others by not letting them give to me. A necessary and intentional learning curve.
- Context of where you are receiving can affect how comfortable you are with it. It's a lifelong skill to develop in yourself.
- I'm the helper – right? You are in control, big power differential between giver and receiver.
- When we practice receiving and being vulnerable we can better help our clients

Self-Care Toolbox

What are some items in your tool box and what might help you to remember to use this tool box each day?

- Getting outside and taking a walk, sometimes can do this in between clients
- Nature, when I get really rushed still try to make time to be outdoors. Getting enough sleep super important. When I don't get enough I can feel it and noticed I'm dysregulated. When I try to take too many things on, saying yes to too many things
- Boundaries – learnt the hard way learning how to say no. No is a complete sentence which can be hard. Learning to be ok with being a bit uncomfortable when I say no sometimes
- Nature – ocean is very calming, and the magnitude grounds me. What I am overwhelmed with is so small in comparison – same with looking at a mountain. Breathe and step back. Gaining perspective.
- House of self-care. Foundation for my house is reflective practice. Reflective questions to help prevent from doing things over and over. Do this with colleagues in a debrief. Do this all day and everyday. Helps to do things differently. Checking in with self and others, a feedback loop.

Supporting Colleagues

Ways to support your colleagues

- Offering support with an open invitation
- Not minimizing your team members concerns
- Using phrases like “I hear you” to show them you are taking them seriously
- Checking in with your team members throughout the day
- Simply asking how they are doing throughout the day
- Offering help and assistance whenever possible to other team members
- Encouraging colleagues to take breaks
- Connecting, for example asking colleagues if they want to sit outside with you on break

When have you felt most supported by colleagues? What did the colleague do to make you feel supported?

- Holding space, not fixing things, not giving opinions about how they are feeling. Give them space to be human and a bit undone. Cultivates culture to share and be supported in your workplace

Have you every had an experience where the support wasn't helpful

- When people try to intervene right away, instead asking them or saying: ‘let me know if you’d like to chat at some point’. Sometimes the right now isn’t the right time. Respect space and take cues from them.
 - I’ve learnt this is so important. Timing as helpers can be tricky we want to engage and help solved but at times need to give space for colleagues to get through the day. Saying: ‘I am here and will give you space but if and when you do want to talk I’m here for you.’