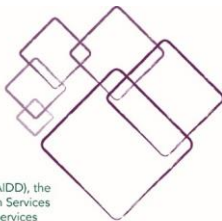


P&A Staff Self-Care 2.0

LaToya Blizzard and Tina Pinedo
June 4, 2020

TASC Training &
Advocacy
Support
Center



TASC is sponsored by the Administration on Intellectual and Developmental Disabilities (AIDD), the Substance Abuse and Mental Health Services Administration (SAMHSA), the Rehabilitation Services Administration (RSA), the Social Security Administration (SSA), and the Health Resources Services Administration (HRSA). TASC is a division of the National Disability Rights Network (NDRN).

Have you previously attended an
NDRN conference in person?

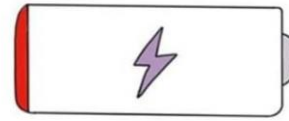
Learning Objectives

- ❑ Recognize the negative impact the COVID-19 pandemic has had on mental health.
- ❑ Assess your self-care patterns and responses in order to increase introspection about your current status.
- ❑ Adjust the ways of exercising self-care in the disability advocacy workplace, and prepare specific strategies to use.

What is Self-Care?

"Self-care is a daily practice, one that is a deliberate and intentional and process of tending to the mind, body and spirit."

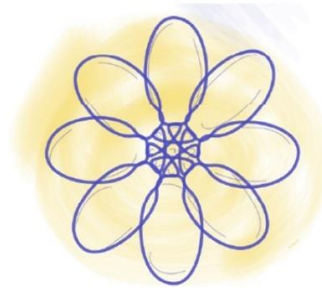
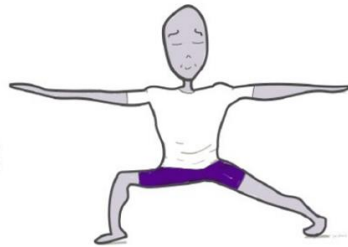
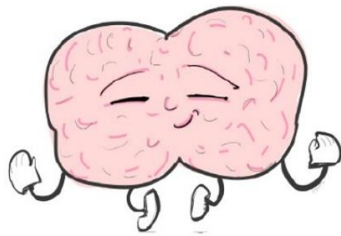
Dr. Kristen Lee



You wouldn't let this happen
to your phone.
Don't let it happen to you either.
Self care is a priority, not a luxury

Self-Care Assessment

- If anyone took this session last year, do you still follow your self-care plan? Have you followed it?
- For new participants, and everyone, please take a moment to take this assessment.

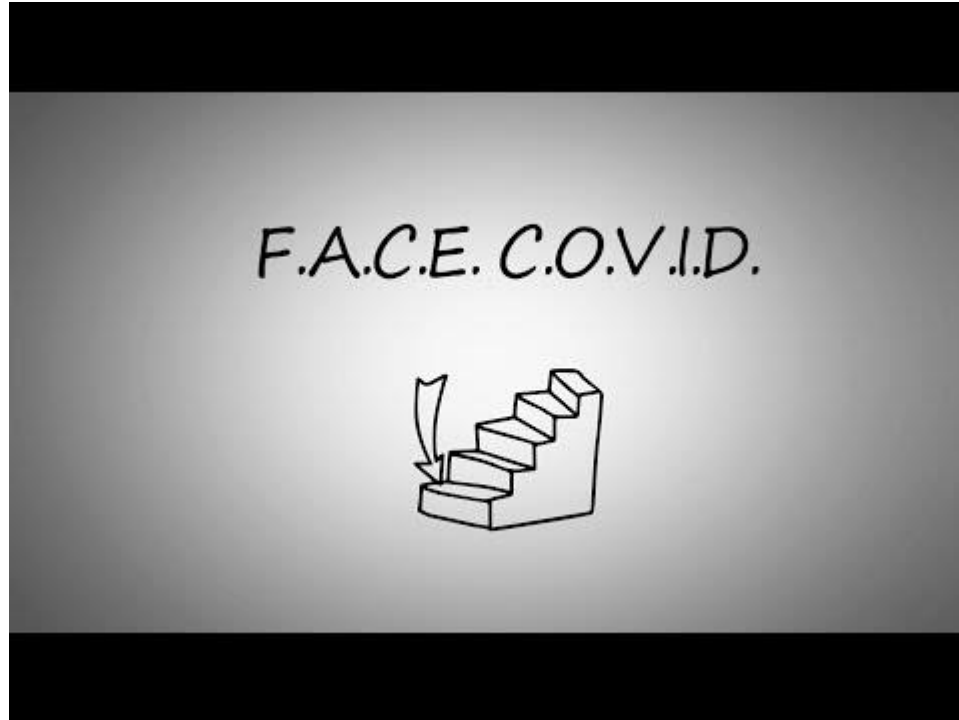


Self-Care in the COVID-19 Pandemic Context

56% of U.S. adults report that worry or stress related to the coronavirus outbreak has caused them to experience at least one negative effect on their mental health and wellbeing, such as problems with sleeping or eating, increased alcohol use, or worsening chronic conditions.

Stat from: <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

Play Video



Self-Care Office Wide?

Does your office have an employee care policy or procedure in place?

Ideas for Self-Care Office Wide

Discuss internal policies around employee care policy wellness.

Notes to Self

- Schedule your time. Don't allow others to dictate your day or your time.
- Take breaks
- Be realistic
- Avoid negative people
- Add scenery, maintain a visually appealing space
- Create a self-care plan
- Get a stress ball
- Contact your agency's EAP
- Stepping away can give you a fresh take on the same task
- Don't add more pressure by taking on more than you know you can (or want) to handle
- Avoid entering conversations of gossip or complaining with people that always seem to be unhappy

Self-Care Exercise

Activity: Create your own self-care plan.

What are things we can do? Consider times of the day:

- During work day / in the office
- “Out of the office”

Wrap Up

For the remainder of this hour, find a self-care activity, and do it!

- Call home
- Take a walk
- Stretch

Do not use this time to respond to work emails!

National Disability Rights Network

Training and Advocacy Support Center

820 First Street NE, Suite 740
Washington, DC 20002

P: 202-408-9514 ♦ TTY: 202-408-9521
www.ndrn.org

Add to Web Links

Self-Care Assessment

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-assessment.pdf>

Self-Care Strategies

<https://www.workplacestrategiesformentalhealth.com/wti/Section3Resource13Page.aspx>

70 Ways for Self-Care <https://www.evelynlim.com/70-ways-for-self-care/>

Self-Care by GoodTherapy <https://www.goodtherapy.org/learn-about-therapy/issues/self-care>

7 Steps to Better Employee Self-Care in the Workplace

<https://www.psychologytoday.com/us/blog/occupational-hazards/200811/7-steps-better-employee-self-care-in-the-workplace>

The Implications of COVID-19 for Mental Health and Substance Use

<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>