



PROFESSIONAL RESILIENCE

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92% OF AMERICANS BELIEVE STRESS
NEGATIVELY IMPACTS HEALTH

31% of Americans believe stress
negatively impacts their health

Stress & Mental Health Providers

- 2010 Survey (CNNMoney.com) asked mental health providers to rate their stress levels (Scale 1 -5; 1 = totally stress-free; 5 = most stress you could imagine)
 - 40% = 4
 - 12% = 5

Majority of us report very high levels of stress within our jobs

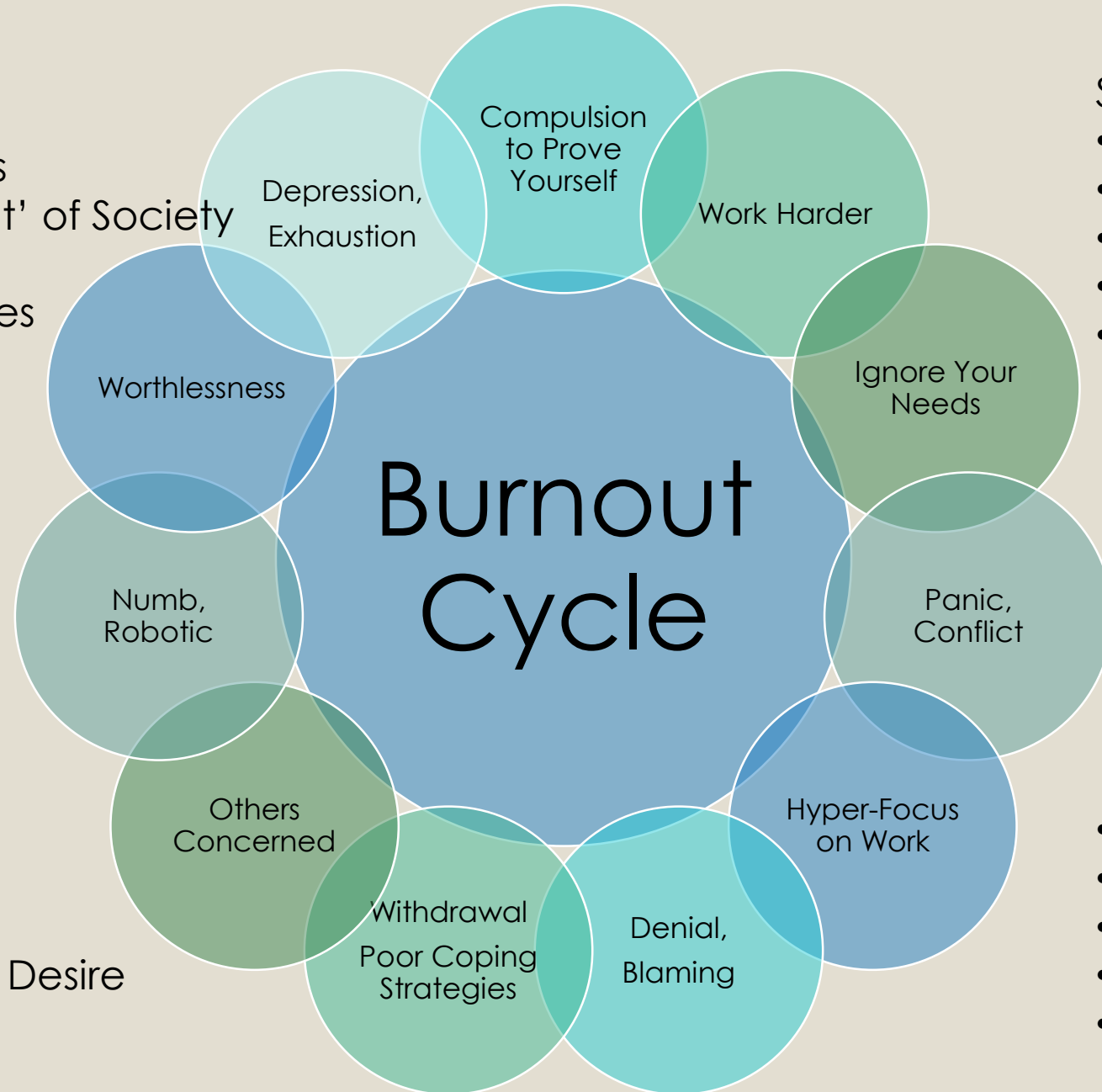
Job Stressors

1. PAPERWORK

2. TOO MANY/TOO FEW PATIENTS
3. TOO LITTLE TIME WITH PATIENTS
4. BUDGET RESTRICTIONS
5. CONFLICT WITH MANAGEMENT &/OR COLLEAGUES

EXHAUSTION

- Depression
- Digestive Problems
- Desire to 'Drop Out' of Society
- Suicidal Thoughts
- Chronic Headaches



STRESS AROUSAL

- High Blood Pressure
- Grinding Teeth
- Insomnia
- Poor Concentration
- Headaches

ENERGY

- Procrastination
- Tardy
- Late Work
- Decreased Sexual Desire
- Apathy

CONSERVATION

- Cynical
- Resentful
- Self-Medicating
- Increased Sick Days
- Persistent Tiredness

Long-term effects of
prolonged stress
exposure:

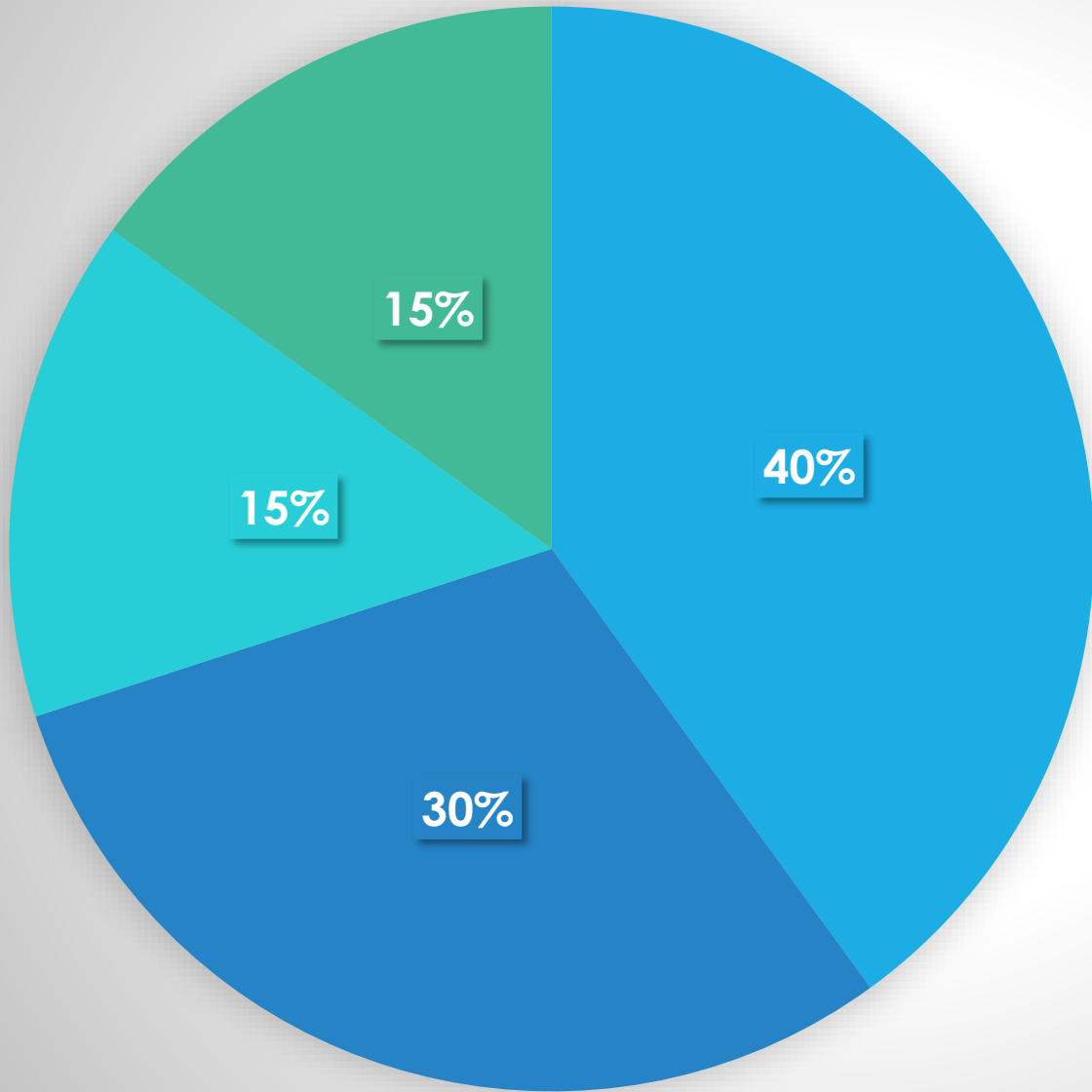
Hormonal Imbalance

- Fatigue
- Sleep Disruption
- Weakened Immune System
- Reduced Cognitive Functioning
- Cardiovascular Concerns
- Muscle Pains, Spasms
- Psoriasis, Eczema, Acne
- Reproductive Health
- Cancer



How safe are
we right now?

Change Factors



■ Extratherapeutic Activities

■ Therapeutic Relationship

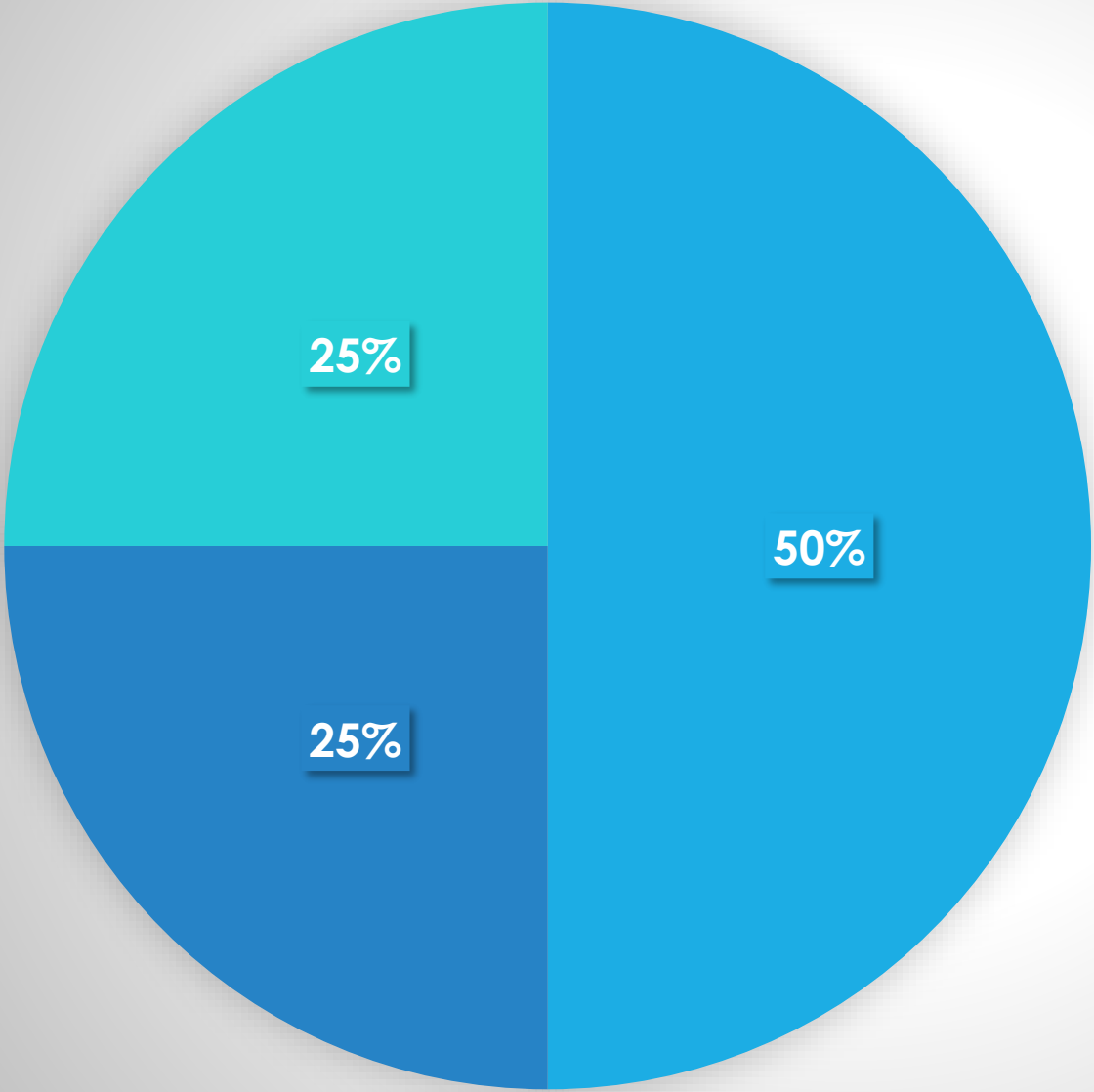
■ Positive Expectancy

■ Technique

Impact on Change in Counseling Participants

(Lambert & Barley, 2001)

Therapeutic Change



■ Therapeutic Relationship

■ Hope

■ Techniques

Counseling Impacts & Change



We cannot meet
suffering or despair
with exhaustion
and expect to
impart hope.



WHAT TO DO?!?!?

**YOU ARE NOT REQUIRED TO
SET YOURSELF ON FIRE
TO KEEP OTHERS WARM**



Mindful: Being Present

- ACTIVELY, INTENTIONALLY, DILIGENTLY, & INTENSELY RELAX!!!!
- PAY ATTENTION TO YOUR BODY
- “CHECK OUT” REGULARLY (5-20 MIN) AND BRIEFLY (2-3 SEC)
- PERFORM SOFT-BELLY BREATHING & PELVIC FLOOR RELAXATION PRIOR TO & DURING STRESSFUL ACTIVITIES

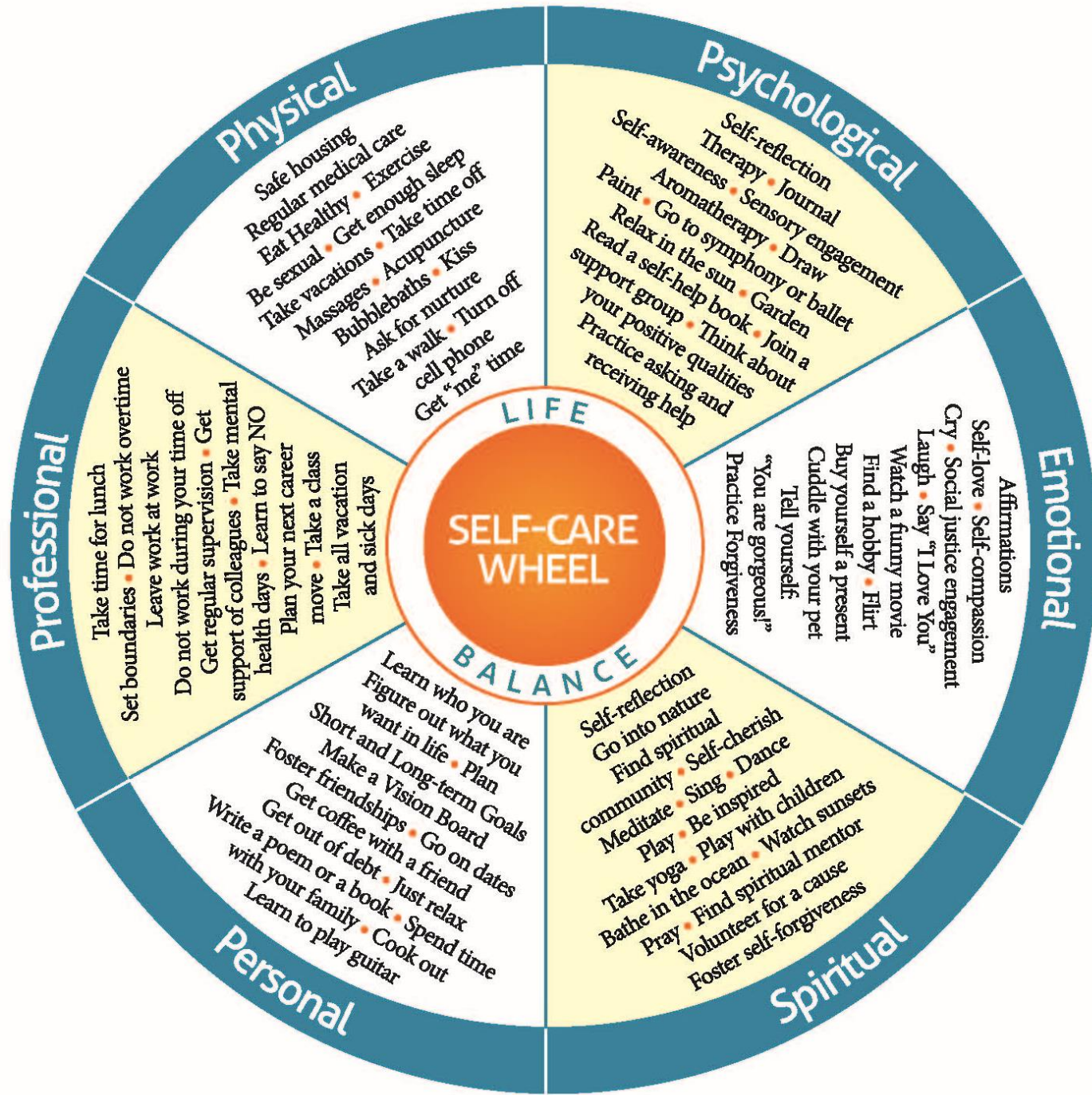


Maitri

CHODRON, (1996)



MEDITATING BODHISATTVA, ca 520s



Finding Balance with Self-Care

From www.olgaphoenix.com

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