



Caring Safely™ Module Four – Video One

Thinking Patters, Community and Self-Care

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In this module

- Awareness of Negative Thoughts
 - Creating Community
 - Support Map
 - Flexi-Self-Care
 - Subjective Units of Nourishment
 - Non-Negotiable Self-Care
 - Saying No
 - Setting Boundaries and Saying "No" for yes – USE Model
 - Celebrate getting uncomfortable
 - Guilt
 - Letting go of perfectionism
 - The 80% Rule
 - Stress Response and Relaxation Response
 - Deep Breathing and Extended Exhale
 - Weekly Self-Care Planner
 - 10 Nourishing Activities for Clinician Wellness
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Awareness of Negative Thoughts

- Perhaps am I overestimating disaster?
- Perhaps am I expecting perfection from myself or someone else?
- Perhaps am I jumping to conclusions and assuming I know how something is going to turn out?
- Perhaps am I blaming or criticizing myself, or someone else, for something that isn't entirely my fault or his or her fault?
- Perhaps am I focusing only on the good or positive aspects of someone else and comparing myself to him or her?

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Awareness of Negative Thoughts con't

- Perhaps am I setting unrealistically high standards that neither I, nor anyone else, could reach?
- Perhaps am I mind reading and assuming someone is thinking negatively about me?
- Perhaps am I concentrating on my weaknesses and forgetting my strengths or all I have already accomplished?
- Perhaps am I "shoulding" all over myself or someone else with judgments about what should or should not take place?
- Perhaps am I thinking in black-and-white terms without checking for other possibilities?

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Awareness of Negative Thoughts con't

Which thought patterns do I tend to use and want to change?

Also a clinical tool – feel free to use

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Creating Community

•Community is a protective factor for Compassion Fatigue

•How can you create more community at work?

- Peer Group Consultation – same field or multidisciplinary
- Sharing gratitude for colleagues
- Pointing out colleagues strengths
- Connecting outside of work to celebrate or
- Having a buddy system – meetings or phone/text
- Setting up events that bring staff and clients together in a non-traditional way
- Setting up a committee at work to discuss the concepts of Caring Safely
 - Bonus Module!

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Creating Community

Creating community in your personal life

Your Support Map:

- People – family, friends, community members, co-workers
- Organizations – community programs, government programs
- Schools, Churches, support/self-help groups

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Flexi-Self-Care

*“Sprinkling nourishment throughout your day,
in small or large portions”*

- Letting go of rigid thoughts/beliefs about what self-care should be
- Getting creative with ways to continuously fill your well
- Think of 1 minute, 5 minute, 15 minute, 30 minute, 60 minute nourishing activities
 - Add these to your Subjective Units of Nourishment list

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Subjective Units of Nourishment

Like SUDs (Subjective Units of Distress) but for wellness!

Think about activities that fill your well. From quick (under a minutes) to longer (up to an hour or longer) that nourishes your heart, body, mind and soul. Put as many as you like for each.

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Non-Negotiable Self-Care

To act with discipline as a form of self-love. Think about the things that show health benefits both physically and emotionally. Personalize these categories to create your own non-negotiable self-care plan.

- Body Movement (30 Minutes)
- Breath Work
- Nutrition
- Connection
- Fresh 20 (Nature)

Personalize and Integrate with Handout

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Review of Video One

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