

your grief guide

the wound. the work. the wonder.

SELF-CARE STRATEGIES: COMBATTING BURNOUT

ODSI TRAINING JUNE 3, 2025

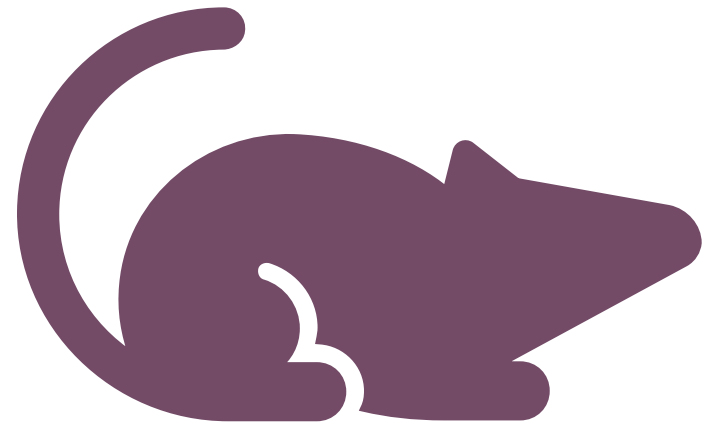
WHAT ARE YOU HEARING?



Lily Tomlin has said:

If you win the rat race, you are still a rat.

For fast acting relief, try slowing down.



THE WORK WE DO EXERCISE

- Write down 3 things that effect you deeply (that you feel in your gut) as a result of your profession, these are 3 consequences of your work

****please write neatly and fairly large****

Now silently turn your card, allowing others to view your card while you view theirs- bearing witness to their story **(no talking please)**

FACTORS INFLUENCING OUR FAILURE TO GRIEVE

Social Negation

Isolation from
support

Professionalism

Need to be in
control

Overwhelmed by
multiple losses,
overdose deaths

Can re-awaken
old losses

WHAT DRAINS YOU??

Burnout: Can't work.

Compassion Fatigue: Can work, but nothing left at home.

Tired is just tired!!!!

DO WE SEE THE SIGNS?

- Hard to track – doesn't happen overnight
- If you are ill, you are ill
- Stress and depression symptoms
- Deterioration of relationships
- Compulsive behaviors
- Loss of faith/lack of spiritual growth

TOOLS THAT EMPOWER

Self-regulation

Intentionality

Power of connectivity

Self care

Balance

TAKING CARE OF YOURSELF

Trust your skills

Reasonable expectations

Feed your soul

Ask for help

Forgive your mistakes

LAUGHTER

Sunshine of your soul

Main ingredient of a healthy soul

Children are good for laughter

Get Silly

- Use props
- If you laugh at lunch/break you are 20% more effective when you go back to work
- Who do you hang out with?
 - Fun OR bitchfest?

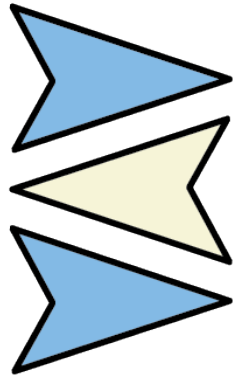




CLOSING THOUGHTS

Professional
Truism

Self Validation



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CONTACT INFORMATION

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Book: Not Another Lasagna: How to truly help a grieving friend. Amazon and Barnes and Noble