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Maintaining Optimal Personal Wellbeing as an Allied Health Professional

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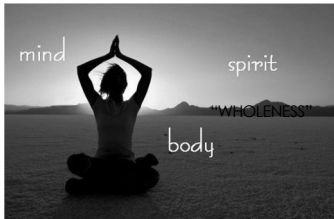

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What is Wellness?

- "Optimal physical and mental health"



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We live in unusual times

- The pandemic has caused decreased mental wellbeing
- As people working in the helping professions, we are exposed to other people's, as well as our own, experiences
- We need heightened awareness and attention to our own health and wellbeing

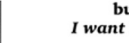
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"I'm learning how to relax, doctor — but I want to relax better and faster! I want to be on the cutting edge of relaxation!"





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Back to the current climate

- A lot of your responses indicated a feeling of overwhelm
- And more seriously, burn-out


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What contributes to "Burn-out"?

Unrealistic expectations?	High responsibility, low control (or ability to help)	Lack of recognition or monotonous work
Values don't align with actions, behaviours or values in your organisation	Excessive workload Little support	Inability to say No



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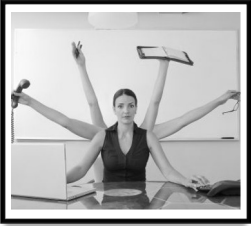
A check-list: Symptoms of burn-out

- Having a negative or critical attitude at work
- Dreading going into work
- Low energy and interest at work
- Trouble sleeping
- Feelings of emptiness
- Physical symptoms – headaches, backaches, illness
- Easily irritated
- Loss of meaning in your work
- Pulling away emotionally
- Blaming others for your mistakes
- Disenchantment with your career

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The difference between stress and burn-out

- Stress – usually short term – can come and go
- Burn-out builds over a longer period
- How do we avoid it?

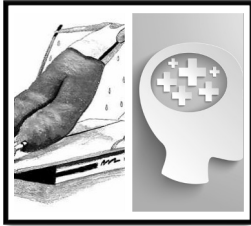


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Personal self care of a health professional is often neglected

We need to consider both:

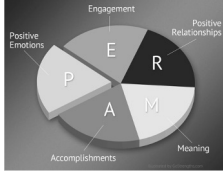
- Physical - are your health **habits** working well?
- How is your **mental wellbeing**?



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Positive Psychology framework for mental wellbeing


- PERMA



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- P ositive emotions
- E ngagement
- R elationships
- M eaning
- A chievement

From "Flourish", Martin Seligman, 2012



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Positive Emotions



Positivity ratio
How can we increase these?
What drains them?
What makes you happy?
How do you start the day?
How do you end the day?

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Engagement




- Disengagement is an issue
- Is there a way to re-engage?
- Use your strengths
- Remind yourself of what good you are doing
- Learn to coach
- Flow activities

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Positive Relationships




- Do you take time for these?
- Do we have time for these?
- Which of your relationships provide the greatest joy?

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Meaning

- Happiness and meaning are not the same
- Belonging
- Purpose – value in your role
- How we tell our story
- Transcendence




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Achievement




- Kick small goals – tiny habits
- Celebrating achievements
- Don't get too caught up in the end result
- Enjoy the journey



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Professional self care

REFLECTION PEER COACHING SUPERVISION

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Coaching others, coaching ourselves


- A new approach?



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Asking the right questions can be more powerful in creating change than providing the answers



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It works like this




- Create a vision
- Discover your "why{s}"
- Identify barriers
- Create strategies
- Devise a plan
- Stay connected

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Creating a Vision

- Can you describe what you would like to be different in your personal wellbeing? What changes do you want?
- In one phrase, try and describe what you would like more of




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But then ask

- Why is that important to me?
- What are your deepest values behind the urge to change?
- Find the intrinsic motivation
- Prioritising what we value in life




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And what's getting in the way?

- Situational?
- Behavioural?
- Cognitive?
- Emotional?
- What strategies can overcome these?
- What possibilities exist?



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Then we create an action plan

- What are the broad areas for change?
- Small steps!
- Three monthly behaviour goals
- What to do next week



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The Coaching approach can lead to

- Better outcomes for your clients
- Greater satisfaction in your work
- Renewed hope and optimism (all round)
- Improved personal wellness

How can you learn more?

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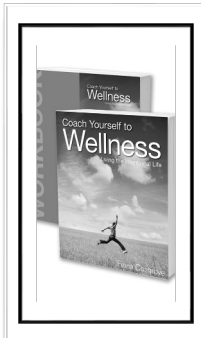
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Nothing changes unless something changes

- What actions will you take next?
- Good Luck!

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Resources

- Tiny habits – B.J. Fogg
- The power of Meaning – Emily Esfahani Smith
- Coach yourself to Wellness – yours truly ☺

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