Scríobh amach é

Proof Copy: Not optimized for high quality printing or digital distribution

Contents

Proof Copy: Not optimized for high quality printing or digital distribution

Helping is Hard 4

Performance Expectations 6

Burnout 8

Compassion Fatigue 10

Compassion Satisfaction 12

Self Care 14

Why Journal? 16

Journal Structure 18

- Checking in 20

- If you need a vent 22

- Someone I helped today 24

- Gratitude/Perspective 26

Active Journaling Section 28

Challenging an anxious thought 110

Box Breathing 112

Proof Copy: Not optimized for high quality printing or digital distribution

Helping is Hard

Health and care giving professions are among the highest for burnout rates, with stress and mental health issues a common side effect for those involved.

Everyone has there own ways of dealing with the demands of life and work.

The goal of this Journal is to be a tool that can be used to help navigate some of the mental challenges of Health-care.

Proof Copy: Not optimized for high quality printing or digital distribution

"Never overestimate the strength of the torchbearer's arm, for even the strongest arms grow weary"

- Maslach and Jackson (1896)

Proof Copy: Not optimized for high quality printing or digital distribution

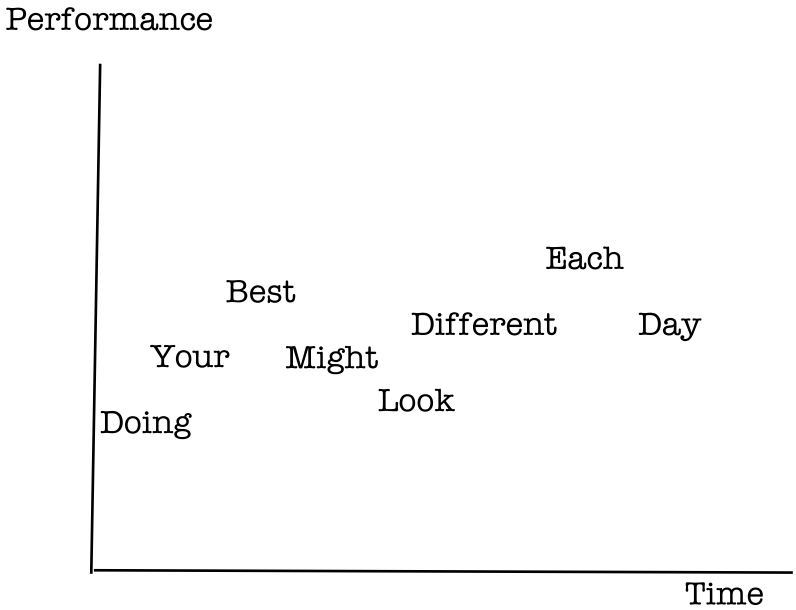
Performance Expectations

Working in healthcare can be a very demanding job with high performance expected on a daily basis.

Being human means that we will all have days when its harder to make progress than others

Give yourself a break from the constant pressure of performance, reminding yourself that your intention is generally to try your best. Somedays your best is a 5/10, somedays a 10/10, either way, you still showed up and helped.

Proof Copy: Not optimized for high quality printing or digital distribution



Proof Copy: Not optimized for high quality printing or digital distribution

Burnout

Burnout can occur due to repeated exposure to chronic stress, although not everyone who experiences chronic stress will burnout. It consists of 3 distinct features:

Exhaustion:
- Feelings of being overextended, drained or "used up"
- Depletion of physical and emotional resources

Depersonalisation:
- Negative, cynical or hostile attitudes towards patients.
- Detached feelings towards patients
- Treating patients as objects rather than human beings

Reduced Personal Accomplishment:
- Negative self-appraisal
- Feelings of Incompetence
- Inefficiency in daily work

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Compassion Fatigue

"The change in the emphatic ability of the caregiver in reaction to the prolonged and overwhelming stress of caregiving"

Lynch et al 2012

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Compassion Satisfaction

"The emotional rewards of caring for others in a health care context; clinicians feels a sense of return or incentive by seeing a "change for better"in patients and families."

Hemsworth et al 2011

Compassion fatigue is found to be strongly positively associated with burnout, whereas, compassion satisfaction has inverse relationship with burnout.

A shift in mindset towards compassion satisfaction and actively reminding yourself of all the people you help is an important focus of this journal

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Self Care

Caregivers in general, lack the attention to their own personal, social and spiritual needs.

A study by Karen Alkema identified a relationship between self-care strategies, and lower levels of burnout and compassion fatigue, and higher levels of compassion satisfaction among hospice professionals

Self care is unique to each individual and can vary across a range of constructs including:

- Eating regularly (physical)
- Making time for self-reflection (psychological)
- Allow yourself to cry (emotional)
- Being open to inspiration (spiritual)
- Chatting with co-workers (workplace)
- Striving for a balance among work, family, relationships, play and rest (balance)

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Why Journal

Proof Copy: Not optimized for high quality printing or digital distribution

"Journaling about complex situations is a practical way for the author to have a relationship with her/his own mind"

Proof Copy: Not optimized for high quality printing or digital distribution

Journal Structure

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Checking In:

If you need a vent:

Someone I helped today:

Gratitude/Perspective:

Proof Copy: Not optimized for high quality printing or digital distribution

Checking In:

Health-care can be a demanding and stressful profession. Stress is a normal part of life, however, chronic stress can lead to burn out.

Everybody has their own coping strategies and normal reactions to stress.

Self-awareness is very important. Regular "check ins" can help you become more aware of the way you as an individual respond to stress.

In turn regular reflections can help you identify potential abnormal responses you as an individual are having to stress

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

If You Need a Vent

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Someone I Helped Today

"Someone I helped today" is designed to promote compassion satisfaction by gently shifting focus away from a "negativity bias".

The negativity bias is the notion that, even when of equal intensity, things of a more negative nature have a greater effect on one's psychological state and processes than neutral or positive things.

Often in healthcare our thoughts can be consumed with a person that is challenging or not working out as planned and we forget about all the positive influences we are having.

Proof Copy: Not optimized for high quality printing or digital distribution

"The squeaky wheel
gets the oil"

- American proverb

Proof Copy: Not optimized for high quality printing or digital distribution

Negativity Bias

The negativity bias is the notion that, even when of equal intensity, things of a more negative nature have a greater effect on one's psychological state and processes than neutral or positive things

Proof Copy: Not optimized for high quality printing or digital distribution

Today I am Grateful For...

"Breathing is the remote control to the brain"

Breathing exercises have been shown to reduce the production of stress hormone such as cortisol.

Box breathing is a simple breathing technique that consists of an inhale, a breath hold, an exhale, and a hold on the exhale

Box breathing is so named because each aspect of the breath is of equal length, and can be visualized like the sides of a box. For example:

.

Proof Copy: Not optimized for high quality printing or digital distribution

"Caregivers in general, lack the attention to their own personal, social and spiritual needs."

Proof Copy: Not optimized for high quality printing or digital distribution

Self Care Activities

"Breathing is the remote control to the brain"

Breathing exercises have been shown to reduce the production of stress hormone such as cortisol.

Box breathing is a simple breathing technique that consists of an inhale, a breath hold, an exhale, and a hold on the exhale

Examples of Self Care Activities:
- Meeting friends
- Spending time with family
- Exercise
- Reading
- Podcasts
- Doing things you value

Proof Copy: Not optimized for high quality printing or digital distribution

"Caregivers in general, lack the attention to their own personal, social and spiritual needs. "

Proof Copy: Not optimized for high quality printing or digital distribution

BOX BREATHING

"Breathing is the remote control to the brain"

Breathing exercises can help calm and regulate the autonomic nervious system.

Slowing down the breath allows CO2 build up in your blood, which stimulates the vagus nerve, producing a feeling of calmness in the body

Box breathing is so named because each aspect of the breath is of equal length, and can be visualized like the sides of a box. For example:

- Inhale for 4 seconds,
- Hold your breath for 4 seconds,
- Exhale your breath for 4 seconds,
- Hold for 4 seconds before you begin your next inhale.

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

CHALLENGING AN ANXIOUS THOUGHT:

"I have lived a long life and had many troubles, most of which never happened"

- Mark Twain

Stress and anxiety is highly prevalent in healthcare professionals and can significantly impact performance at work and quality of life. (Çelmeçe et al., 2020)

Fear of making a mistake or worst case scenario thinking can heighten levels of anxiety.

Challenging these thoughts and journaling can help rationalize the situation and be a tool to help dampen excessive anxiety

Proof Copy: Not optimized for high quality printing or digital distribution

Is there any real evidence for my thought other than my imagination?

What would I say to a friend who had this thought?

Am I biasing this thought on fact or feelings?

Am I stuck on this thought because it is fueled by fear? What would my thought look like if I fuelled it by trust and safety?

Is the thought the worst outcome? Can I also think about neutral, or even positive ones?

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Checking In:

Someone I helped today:

Today I am grateful for...

Self Care Activity:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

HP JOURNAL Date:

Thoughts/ Feelings/ Ideas:

Someone I helped today:

Today I am grateful for...

Exercise/ Meditation/ Podcast:

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution

Proof Copy: Not optimized for high quality printing or digital distribution