



“Fill Your Cup, Too!”

Re-Empowering Self with Mindfulness

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Need for Re-Empowering Self:

- ▶ Nature of helping profession
- ▶ Impact of global pandemic
- ▶ Navigating a “new”
- ▶ Constant rumination and focus on loss
- ▶ Unidentified grief and trauma

Steps for Re-Empowering Self:

- ▶ Recognize self-regulation
- ▶ Identify compassion fatigue and languishing
- ▶ Integrate mindfulness strategies
 - ▶ Increase self-esteem and confidence
 - ▶ Promote resiliency
 - ▶ Experience gratification
 - ▶ Renew motivation

Self-Regulation, Double-Sided:

Individual Self-Regulation:

- ▶ “the ability to manage disruptive or challenging emotions”
- ▶ Focus on self

Clinician’s Self-Regulation:

- ▶ “the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results”
- ▶ Focus on others vs. self

(Bernard, 2020)



How are you doing with
your OWN regulation?

Compassion Fatigue

- ▶ **Compassion fatigue:** “...emotional exhaustion, depersonalization, and a decreased sense of personal accomplishment”
- ▶ Questioning you're effectiveness
- ▶ Burnout rates

(Hesselgrave, 2014)

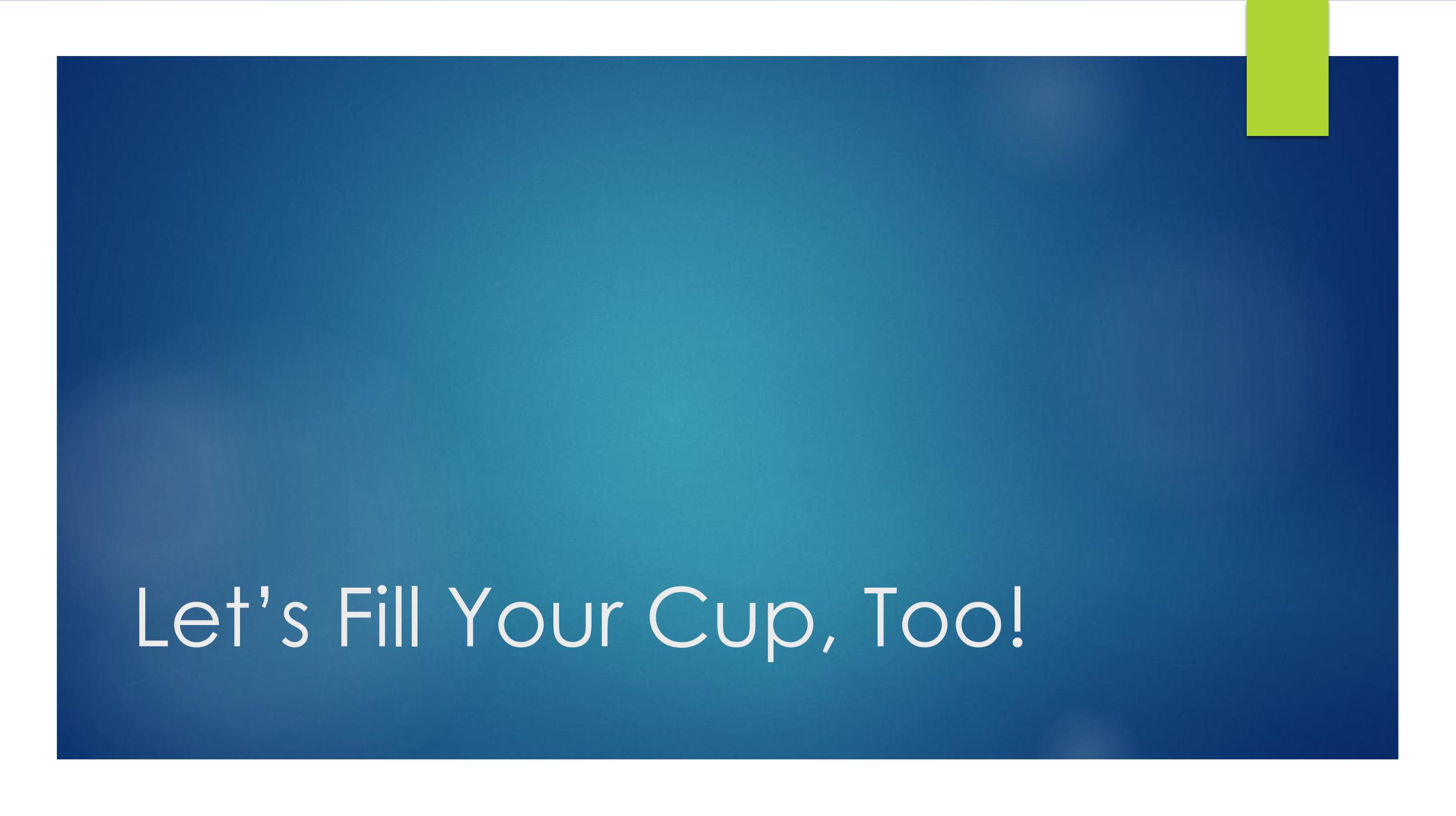
Languishing:

- ▶ **Languishing:** “a sense of stagnation and emptiness”
- ▶ Foggy windshield outlook
- ▶ Little to no motivation
- ▶ Not feeling progress
- ▶ “Healthcare Hero” disconnect

Empty Cup Limitations:

Compassion = oxytocin and serotonin during interactions

- ▶ Limitations:
 - ▶ Rumination surrounding global pandemic
 - ▶ Carrying what's heavy
 - ▶ Doesn't create the gratification



Let's Fill Your Cup, Too!



“

Mindfulness is building awareness around your experience – feeling, thinking, body – to be able to see what is helpful and what is needed

”

Simple Mindfulness Practices

Self-Compassion and Acceptance

- ▶ *Mindfulness is synonymous with “heartfulness”*
 - ▶ “I need balance in the shared space of being a healer and needing healing”
 - ▶ “I know I’ve been doing this for over a year, but it still can be very hard”
- ▶ Set aside your high expectations

Simple Mindfulness Practices

Experience with CURIOSITY

- ▶ Leave judgment aside
- ▶ Explore details and reasons
- ▶ Increases dopamine release
- ▶ Sparks interest and attention – allows you to be present
- ▶ Stimulates the learning part of your brain

Simple Mindfulness Practices

Non-Clinical Connections

- ▶ Connect with others without emotional weight
- ▶ Decreases emotional fatigue and recharge
- ▶ Establishes a sense of normalcy
- ▶ Takes away the monotony

Simple Mindfulness Practices

Resiliency Mindset

- ▶ Suffering and thriving mentality --> two sides
- ▶ Let go of **fixing** right away
- ▶ Allow yourself to take time and be present
- ▶ Emphasizes focus and purpose

Mindfulness Habits:

- ▶ Intention
- ▶ Plans
- ▶ Practice
- ▶ Routine



Body Scan: Emotion Awareness

- ▶ Close your eyes and come to a comfortable seated position with your back straight and shoulders relaxed.
- ▶ Scan the body by becoming more aware of any sensations that can be observed.
- ▶ Notice any thoughts that arise alongside the emotion and see if you can release them before you go into the investigation.
- ▶ Open up to the emotion you are experiencing with a sense of curiosity and from a place of compassion.
- ▶ Spend five minutes or so consciously *allowing* this experience to be exactly as it is as you open yourself up to these feelings in a new way.

“Take 5”

- Offset “Fight or Flight”
- Take five deep breaths (diaphragmatic “belly” breathing)
- Ground your feet on the floor
- Let muscles relax
- Stack the vertebrae in my spine



Hand Hygiene Moments

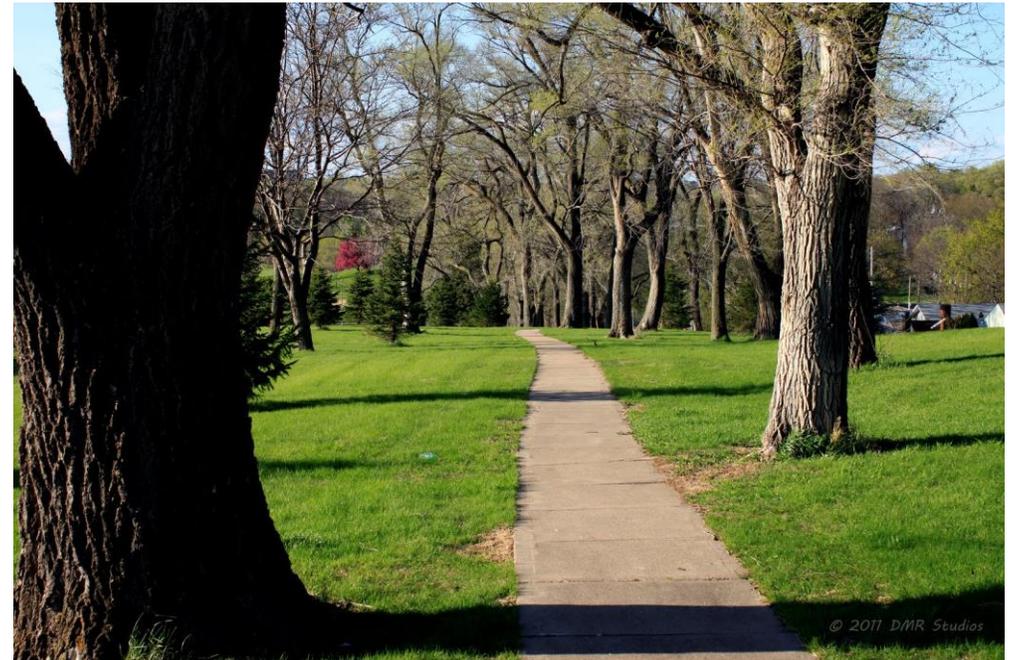
- ▶ While washing your hands, connect with the sensations it brings with it.
- ▶ Listen to the sound of the water and how it feels as it touches your hands.
- ▶ Be aware of the temperature of the water.
- ▶ Notice the feeling of the soap on your hands and its texture.
- ▶ Bring as much present moment awareness to all the sensations involved.

OR

- ▶ Use as time to reflect on gratitude – 5 things/persons you're thankful for

Connect with Nature

- ▶ Biophilia is our "very human desire to interact with nature and the natural world"
- ▶ Walk barefoot in grass, physical grounding
- ▶ Walk in nature or look out a window and note the senses around you



Filled with Mindfulness

- ▶ Increase in self-esteem and confidence
- ▶ More self-resiliency and satisfaction
- ▶ Increase in feelings of gratification
- ▶ Renewed motivation
- ▶ Decrease in fatigue

Resources

- ▶ Bernard, Shaeanne, "Self-Regulation and Internalizing Symptoms in College Students" (2020). Psychology and Social Sciences. 22nd Annual Student Research and Creativity Conference. SUNY Buffalo State.
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- ▶ Kabat-Zinn J. Mindfulness-based interventions in context: past, present, and future. *Clinical Psychology: Science and Practice*. 2003;10:144-156.
- ▶ Klatt, M, Steinberg, B, Duchemin, AM. 2015. "Mindfulness in Motion (MIM): An On-site Mindfulness Based Intervention (MBI) for Chronically High Stress Work Environments to Increase Resilience and Work Engagement." *Journal of Visualized Experiments*. Online open access <http://www.jove.com/video/52359>
- ▶ Kreitzer, MJ, Klatt, M. 2016. "Educational Innovations to Foster Resilience in the Health Professions", *Medical Teacher*. 1-7.
- ▶ Raski MP. Mindfulness: What It Is and How It Is Impacting Healthcare. *UBCMJ*. 2015: 7.1 (56-59).
- ▶ Zhang YY, Han WL, Qin W, et al. Extent of compassion satisfaction, compassion fatigue and burnout in nursing: a meta-analysis. *J Nurs Manag*. 2018;26(7):810–819.
- ▶ Mindfulness Questionnaire: <https://ogg.osu.edu/media/documents/MB%20Stream/FFMQ.pdf>