

Amanda Rocheleau

Counselling and Consulting

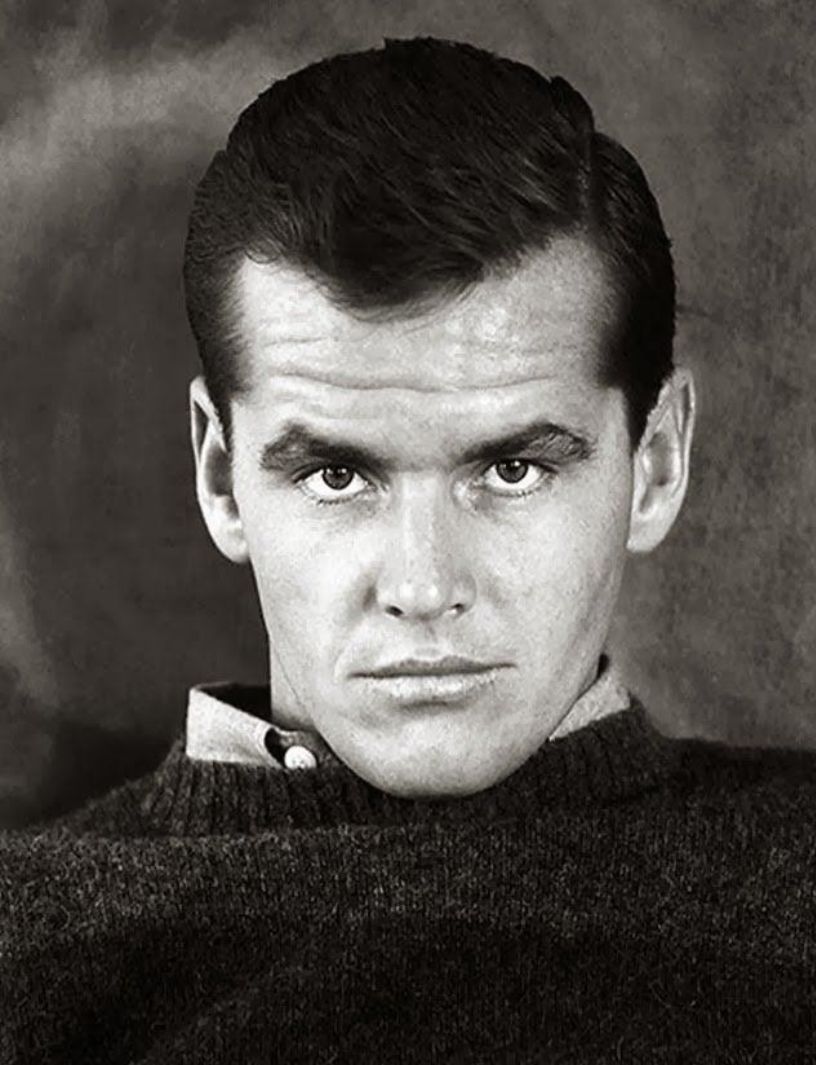
Registered Social Worker

**Specializing in
Psychological Health and Safety**





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**New
Social Worker**



Two years in



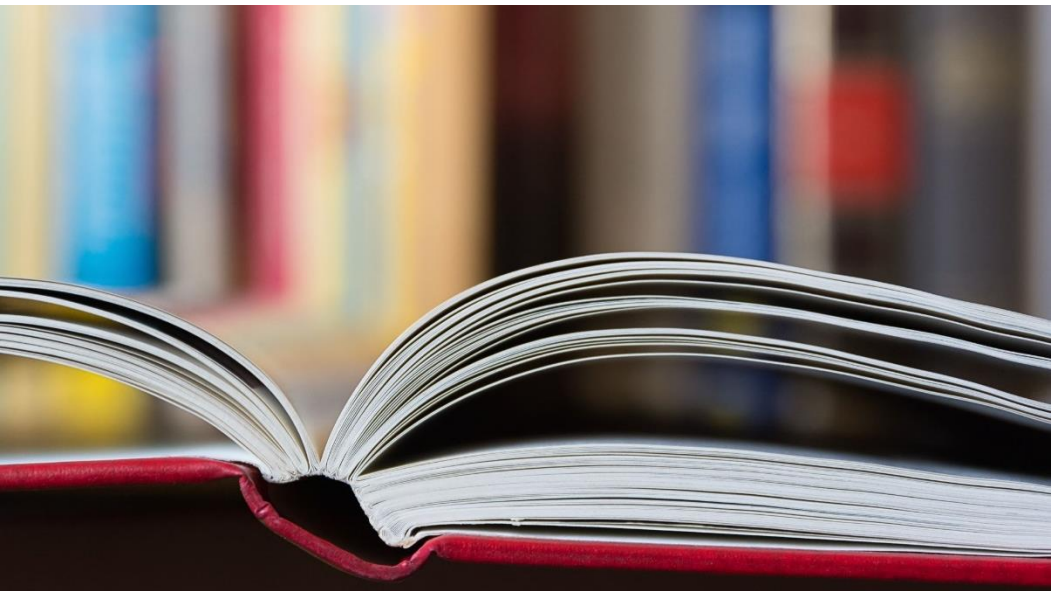
3 year veteran





A male doctor with dark hair, wearing a white lab coat over a blue shirt, sits at a desk. He has a stethoscope around his neck and is holding a blue clipboard with a pen in his right hand, looking thoughtfully at a female patient whose back is to the camera. The background shows a white shelving unit with binders and a small potted plant.

You need
self-care









- The Mental Health Commission of Canada
- The Centre for Mental Health in the Workplace
- The National Standard of Canada for Psychological Health and Safety in the Workplace



A close-up photograph of a lizard's head, focusing on its large, dark eye and the intricate patterns of its scales. The lizard is positioned on the right side of the frame, looking towards the left. The background is dark, making the texture of the scales and the eye stand out.

Stress

A complex response that involves changes physiologically, psychologically, emotionally and behaviorally.

A stress can exist even without the stressor

Chronic Stress

- changes our brain's structure and function
- wears down the body
- is linked to illness, health issues and a dysregulated nervous system



Burnout

Physical & emotional
exhaustion as a result of
prolonged stress &
frustration

Collapse



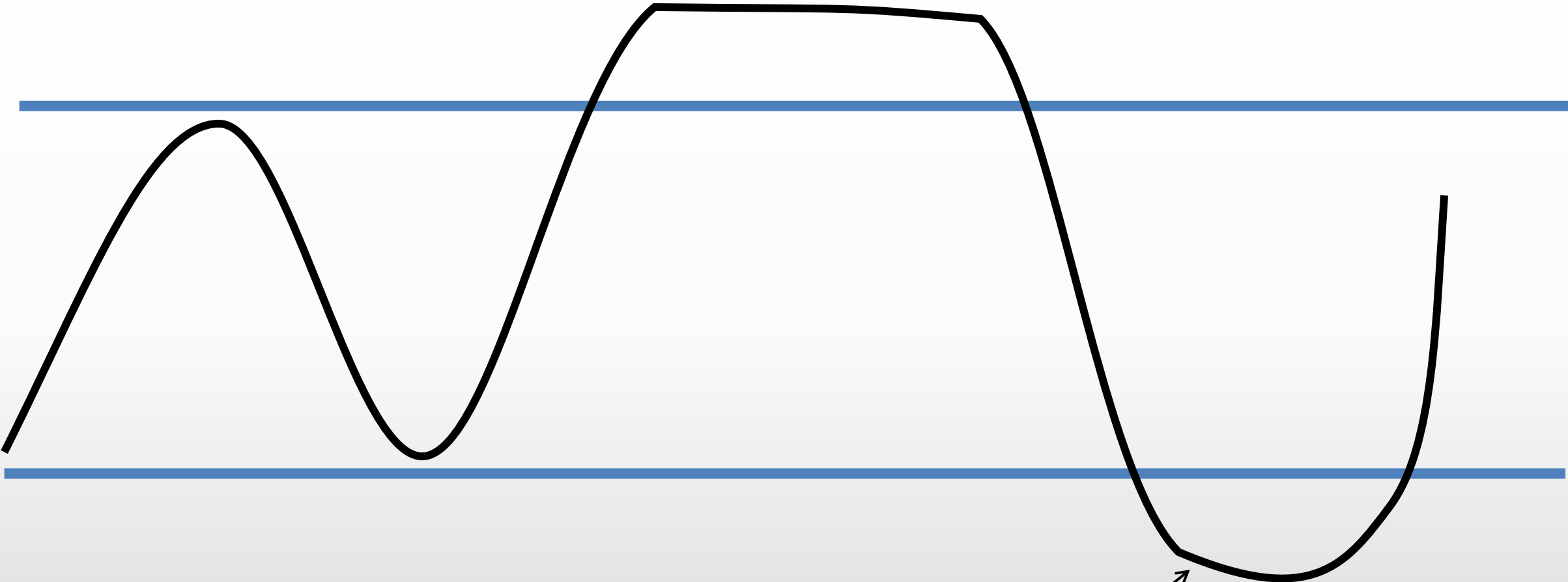
Burnout

WHO included burnout in its international classification of diseases.

In Sweden, burnout is considered a medical condition called chronic stress-induced exhaustion disorder.



Chronic Stress



Forced Recovery



- feelings of energy depletion or exhaustion;
- increased mental distance from work/role or feelings of negativism or cynicism; and
- reduced sense of efficacy and confidence.



An underwater photograph of a vibrant coral reef. The scene is filled with various types of coral, including branching and brain corals, in shades of brown, orange, and purple. Small, colorful fish are scattered throughout the water. The water is clear and blue, with light filtering through from the surface, creating a shimmering effect. A thin orange horizontal line is positioned above the title.

Eco-System

- Individual
- Team
- Management
- Organization
- Culture
- Systems

Psychosocial factors that increase the risk of Burnout

- Workload
- Poor relationships
- Lack of reward/recognition
- Perceived lack of control
- Lack of fairness
- Values conflict



Trauma

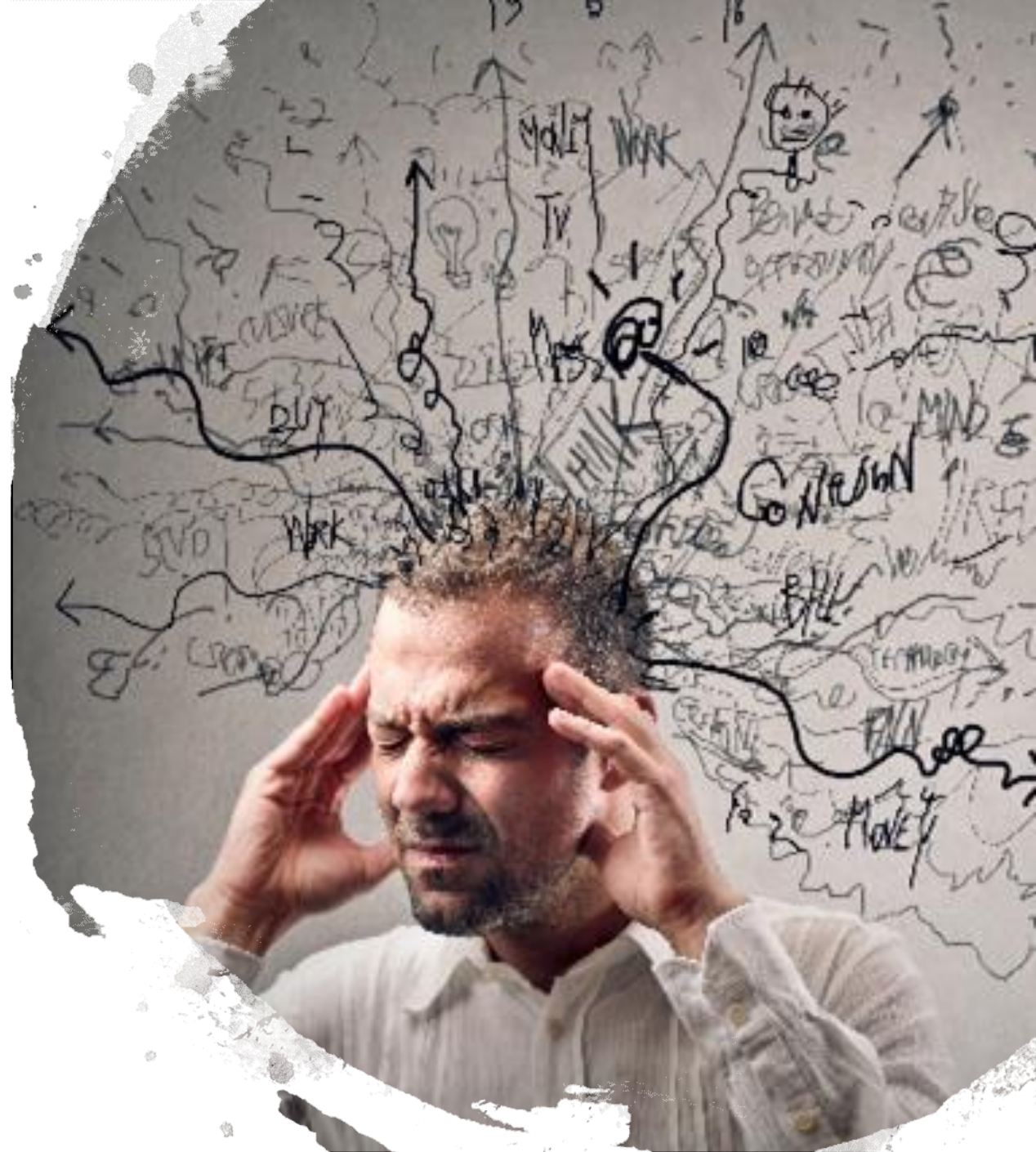
Trauma is the result of an overwhelming amount of stress that exceeds one's ability to cope.

When the natural healing process is interrupted, and we can't integrate the emotions involved with that experience

Vicarious Trauma

When constant exposure to trauma information transforms our perspective of ourselves and the world.

Indirect and subtle



Negativity Bias

The brain's automatic
system of highlighting of
“negative” information



We begin to believe
the world is just a
dangerous place



Compassion Fatigue

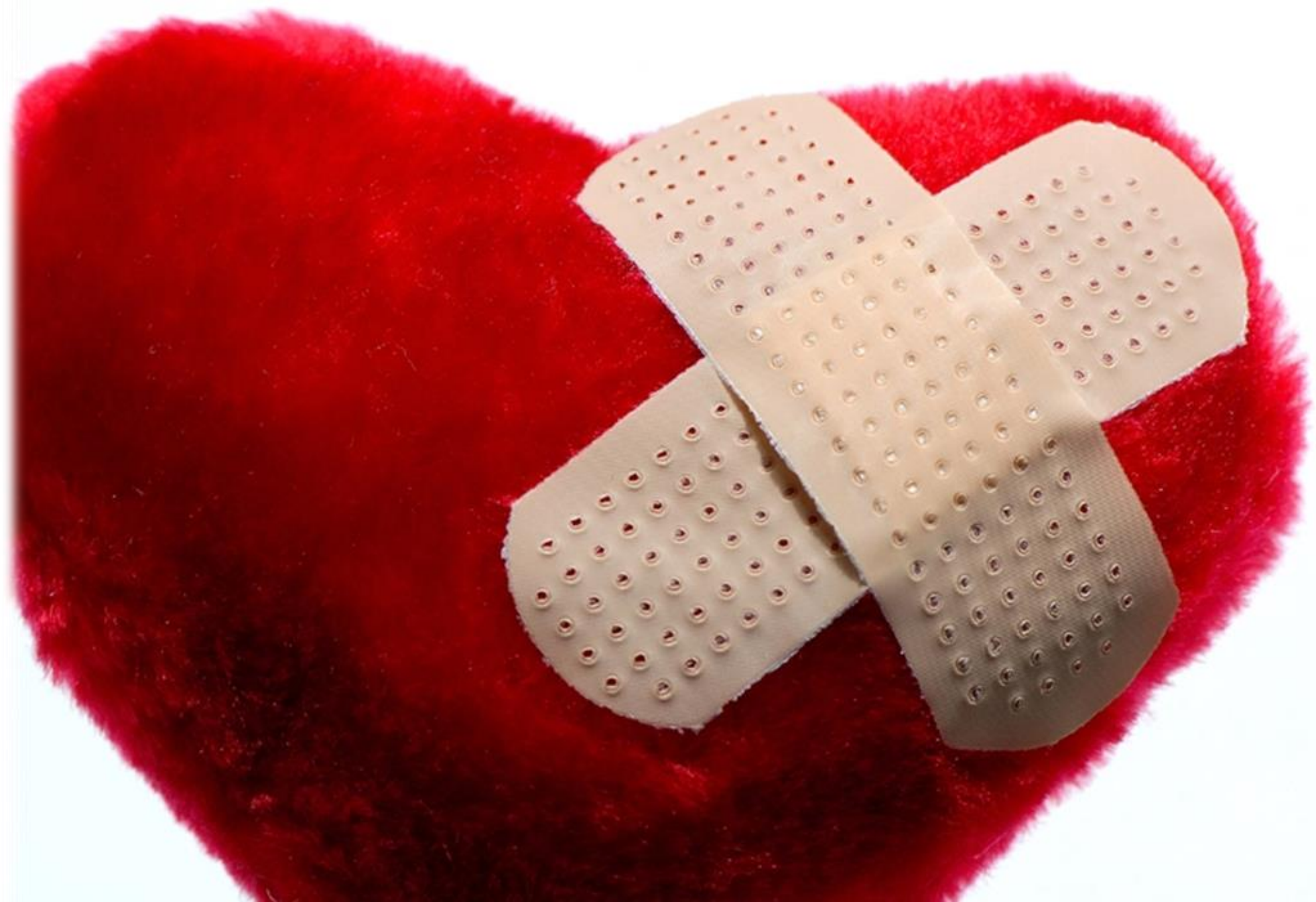
Empathy-based stress

Emotional and physical erosion that takes place when we frequently empathize with other people's suffering


“the cost of caring”











You can't stop the waves, but you can learn to surf.
- Joseph Goldstein

ABCs

Awareness

Balance

Connection





Awareness

Conscious Reflection

Paying continuous attention to key elements of your well-being



What is my body telling me?

What am I feeling?

What am I ruminating on?

Tuning in instead of tuning out






Pause



Collect Data

- Assessments
- Questionnaires
- Interviews
- Feedback
- Check-points
- Themes



Wellness Continuum

**We know we are experiencing
wellness when...**



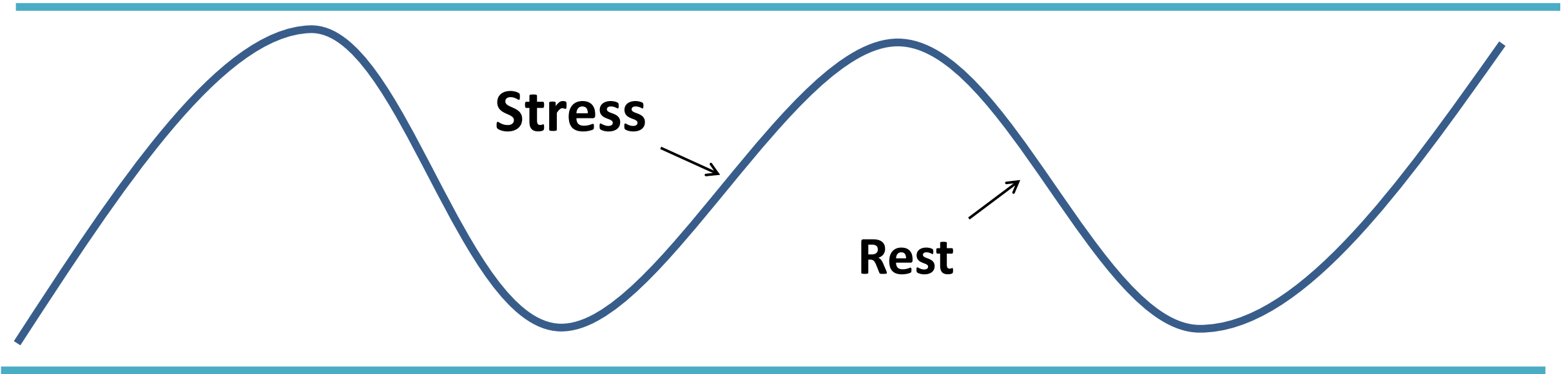
We know stress is a problem when...





Balance





BALANCE

If you don't make time for your wellness,
you'll be forced to make time for your illness.



Daily Practices of Centering Ourselves

Outward focus

Inward focus

Engagement

Rest

Spending

Replenishing

Doing

Being

Past/Future

Present



Balance the Nervous System

Complete the
Stress Cycle



Breathing

The common language between the body, the nervous system and the brain

Sends the message “I’m ok”

Tranquil Rest

Sit in a restful manner

State of relaxation



Physical Activity



Engage the senses



Balance the Mind

A glowing blue neuron with orange dots on its axons, set against a dark blue background with other faint neurons.

Counter The Negativity Bias

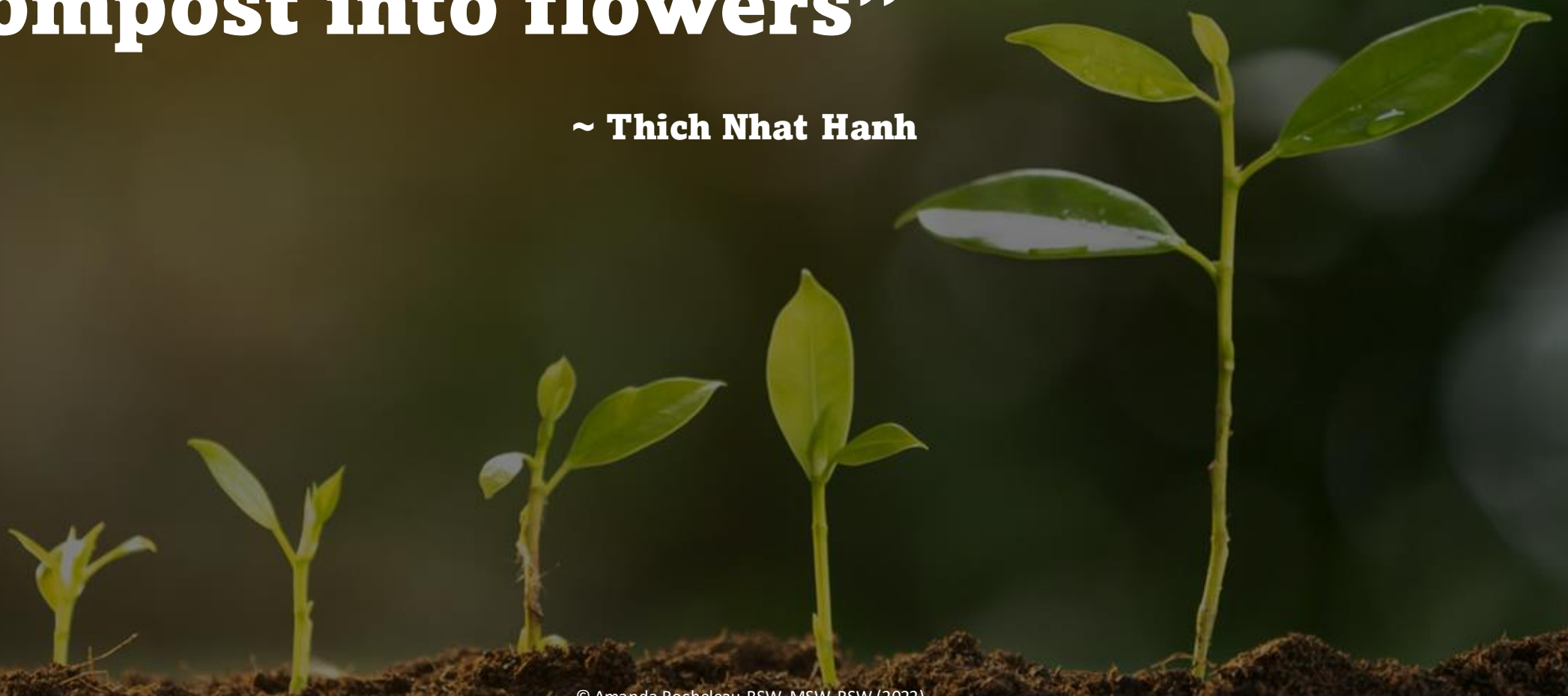




Where is
the good?


**“The art of transforming
compost into flowers”**

~ Thich Nhat Hanh



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A hand is shown holding a purple paper cutout of a house. In the center of the house cutout is a heart-shaped hole. A bright, glowing light source, likely the sun, is positioned behind the heart, creating a lens flare effect. The background is a soft-focus sunset or sunrise over a cityscape, with warm orange and yellow tones. The overall mood is hopeful and serene.

Wholehearted Living in a Brokenhearted World

~ Pema Chödrön



Connection

DISCONNECTED

- Distracted
- Avoidant
- Numb



CONNECTED

We need to stay
flexible and curious
about the parts of
ourselves that we
may be silencing
and inquire about it

The background of the image features several stylized, orange-colored paper figures holding hands in a circle, set against a warm, glowing orange and yellow background. The figures are simple, flat shapes with rounded heads and outstretched arms, creating a sense of community and support.

Self-Care is rarely done ALONE.

**We need support
to be able to
take time to care
for ourselves**

Collective Care

When we create a culture where wellness is valued, promoted and encouraged. The *collective* shares the responsibility of wellness.





Community

- Community provides us with a sense of place, purpose, and belonging
- The psychological sense of community can prevent burnout

Self-Compassion

being with ourselves
in a compassionate
way where we
acknowledge,
validate and soothe
our own pain.



A wooden heart is positioned in the lower-left foreground on a dark, textured wooden surface. The background is filled with a bokeh effect of warm, golden-yellow lights, creating a soft and inviting atmosphere. A white rectangular box with a torn bottom edge is overlaid on the right side of the image, containing the title and list.

Self-Compassion

- Treating oneself in a caring and understanding manner
- Offering compassion to ourselves to cultivate compassion for others

ABC



Awareness

Instead of avoidance



Balance

Instead of over giving



Connection

Instead of isolation



**We must treat
mental health
like dental health**

*The personal daily hygiene
commitments to prevent decay*



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