Self-Care
Caring for Ourselves While We Care for Others

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Content Introduction and Caution

In this session, we will be discussing various types of trauma.

Please practice self-care.
Thank you to all PanCare Employees!

- Engagement
- Collaboration
- Active Listening
- Questions
- Staying Open
- Teaching Others

Name Your Strength

Everyone has a strength in a crisis. What is yours?

Morning Icebreaker: Three Things

Take 5 minutes to find three (3) things that you have in common with a group of four (4) people. One person in each group will write down the three things in common on the index card provided.

We will debrief after the five-minute group exercise is complete.
When do we take a break from all this?

What Do we carry with us?

Witnessing
Overexposure to Stories of Distress

Empirical research on being a victim of (survivor) or witness to traumatic events:
Outcomes are similar for both types of exposure.
Witnessing

<table>
<thead>
<tr>
<th>Body Sensations</th>
<th>Emotional Experiences</th>
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<tbody>
<tr>
<td>Clamminess</td>
<td>Anger</td>
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<tr>
<td>Hyper-vigilance</td>
<td>Fear/Anxiety</td>
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<tr>
<td>Lethargy</td>
<td>Grief/Sadness</td>
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<td>Muscle aches/pains</td>
<td>Memory alterations</td>
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<tr>
<td>Numbness</td>
<td>Shame</td>
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Feeling Triggered

Having a brain makes us all vulnerable to vicarious or secondary trauma

Healthcare workers are not immune to trauma

Secondary or Vicarious Trauma

A state of tension and preoccupation with the stories/trauma experiences described by clients, family members, friends and colleagues

"The cost of caring for others in emotional pain."

- Figley, 1982
Empathy

The capacity to understand and respond to the unique emotional experiences of another person.

Empathy
Two Different Psychological States

Imagining how another person thinks or feels given their situation
Imagining how one would think and feel in another’s situation or “shoes.”

“It’s what we cannot do, not what we can do that exhausts us.”

Empathy  Personal Distress  Exhaustion

Reference: Dr. Kaethe Weingarten (2022) Founder and Director of the Witness to Witness Program; Author of Common Shock: Witnessing Violence Every Day How We Are Harmed, How We Can Heal.
Head Off and Manage Personal Distress

- Accept your feelings
- Activate your body
- Practice self-compassion
- Maintain relationships
- Sleep or rest

Leading trauma expert, Bessel van der Kolk, MD, says we can take action now to mitigate the risk of triggering and/or producing a continuous trauma response.

The Antidote for Distress is Self-Compassion

- The life-changing perspective of showing kindness to ourselves in all situations.
- A supportive best friend that lives within us and can be accessed anytime and every day.

Self Compassion Builds Resilience
Three Components of Self-Compassion

- A decision to be kind to ourselves
- A mindful awareness when we are in pain so that we can seek some relief
- A sense of common humanity or connectedness

How to Practice Self-Compassion

Ask yourself three questions:
1. How would I treat a friend in this situation?
2. What do I need to comfort myself?
3. How do I care for myself already?

We Can Manage Our Total Overload
Tapping our Natural Place of Calm

Nervous System
Parasympathetic
The parasympathetic nervous system decreases the heart rate,
while the sympathetic nervous system increases the heart rate.

Take one deep breath, in and out

breathe
It is not selfish.

It does not take a lot of time.

Self-Care
Self-Compassion = Self Care

“No” is a complete sentence

No is not about rejecting someone.

Saying “no” may feel like we are injuring or rejecting others.

In reality “no” is about caring for ourselves so we can care for others better!

Name One Source of your Resilience

- Individual
- Family
- Friends
- Pets
- Community
- Cultural
- Religious
- Spiritual
- Nature
- Ancestors
- Other

We Cannot Be Resilient All the Time
Vicarious Resilience

Inspiration and strength that comes from noticing other people’s capacity to withstand hardship; like “drafting on another’s resilience.”

Ask Yourself

Do you talk yourself out of practicing self-care? How often?

Approximately how many times per week do you talk yourself out of engaging in a self-care practice?
The Importance of Saying "No" Cannot Be Overstated

Find Out What Restores You

• Take a walk in the fresh air
• Take a nap
• Listen to meditations
• Journal
• Sit outside and observe what you see, hear, and smell (nature is healing)
• Think of what you have to be grateful for
• Cook a nourishing meal
• Spend time quietly with loved ones

A mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting our feelings, thoughts, and bodily sensations.

MINDFULNESS IS SELF-CARE

Mindful Awareness

Helps in working through difficult emotions

Allows us to stay with pain and suffering long enough to make a conscious decision to take care of ourselves

Infants respond to touch as a signal of care because they do not yet have words
Self-Care is a Walking Meditation

Quick Ways to Feel Better Right Away
- Jump or move in place
- Set a goal and plan for it
- Laugh
- Nap
- Give, get or watch a hug
- Notice something beautiful
- Breathe
- Write down two things you are grateful for

Self-Care is Laughing (Video 1)
Reasonable Hope

Hope is something we do together

Just Breathe (Video 2)

AETC Program – National Centers and National HIV Curriculum

- National Coordinating Resource Center – serves as the central web-based repository for AETC Program training and capacity building resources; its website includes a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and other events. Learn more: https://aidsetc.org/
- National Clinician Consultation Center – provides free, peer-to-peer, expert advice for health professionals on HIV prevention, care, and treatment and related topics. Learn more: https://nccc.ucsf.edu
- National HIV Curriculum – provides ongoing, up-to-date HIV training and information for health professionals through a free, web-based curriculum; also provides free CME credits, CNE contact hours, CE contact hours, and maintenance of certification credits. Learn more: www.hiv.uw.edu
National Coordinating Resource Center

- The National Coordinating Resource Center (NCRC) is the central "hub" of the entire AETC program that supports the work of the eight regional AETCs, two national AETCs, and the National HIV Curriculum.

- What Does the NCRC Do?
  - Provides free, self-directed or downloadable resources for education of health care providers working with people with or at-risk of HIV.
  - Serves as the central web-based repository for AETC Program training and capacity building resources.
  - Fosters communities of practice, collaboration, group facilitation, and resource development among AETCs and with external partners.
  - Coordinates and facilitates national AETC Program webinars.
  - Maintains a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and events.

Learn more: https://aidsetc.org/

National Coordinating Resource Center

The AETC NCRC website aidsetc.org includes:

- Free virtual library with training and technical assistance materials
- Program Directory for AETC Program
- Calendar of AETC trainings and other events
- Online learning and training tools

The AETC NCRC Social Media Channels:

- Free Facebook, Twitter, YouTube, LinkedIn, and Pinterest
- HIV Care Tools mobile app coming soon!

National Clinician Consultation Center

The National Clinician Consultation Center (NCCC) provides free expert clinical advice to health care professionals on HIV prevention, care, and treatment and related topics (e.g., hepatitis C) through telephone and e-consultation.

The NCCC manages the following hotline and warmlines:

- HIV/AIDS Management Warmline
- Perinatal HIV Hotline (open 24/7)
- Hepatitis C Management Warmline
- Substance Use Management Warmline
- PEP line Warmline
- PrEP line Warmline

Learn more: https://nccc.ucsf.edu
National HIV Curriculum (NHC)

The National HIV Curriculum (NHC), developed by the University of Washington, is a free, web-based curriculum that provides ongoing, up-to-date HIV training information to health professionals.

The NHC:
- Contains 6 self-study course modules designed to provide health care providers with core knowledge on HIV prevention, screening, diagnosis, and ongoing treatment and care.
- Offers free CME credit, CNE contact hours, CE contact hours, and maintenance of certification (MOC) credits.
- Is appropriate for all levels—from novice to expert.
- Learn more: [www.hiv.uw.edu](http://www.hiv.uw.edu)

Resources – Images

- Image accessed on 4/13/2022 at [www.pixabay.com](http://www.pixabay.com)
- Image accessed on 10/5/2021 at [www.pixabay.com](http://www.pixabay.com)
- Image accessed on 4/13/2022 at [www.pixabay.com](http://www.pixabay.com)
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- Image source: [https://bodytomy.com/sympathetic-parasympathetic](https://bodytomy.com/sympathetic-parasympathetic)
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