

# SELF CARE FOR STAFF WORKING WITH SURVIVORS

Growing World Wellness

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# Partners in Learning

Missey -

Pride Program - bead retreat

MIWRC -

Khadra Project -

Kwanzaa Church NWS -

Everyone Here Today -

# YOU



# Tools

- Resource Network - give to & get from
- Your Input - share your thoughts
  - fb or google group
  - in the moment
  - survey

# Staff Self Care Survey

- How do you attend to your health maintenance (walking when possible, drinking h20, etc) at work?
- How does this affect the clients?
- How does this affect your colleagues?
- What more would you like to try?
- What self care tools and/or support would you like at work?

# Yoga Practice

- Moving with breath
- Seated or Standing
- Great for staff care and if practiced regularly, serve as an accessible PTSD informed routine to share with clients

# Pause Feel Journal Share

Your “yoga” can be anything -  
walk, chi gong, any movement  
that supports awareness of your  
bodies’ optimal alignment

# Breath Practice

- Simple Breathing Practice
- Eyes open or closed
- Feet grounded
- Hands on thighs



# Feedback

- Journal
- Thoughts from the room
- As we inform and strengthen our body with a movement practice - is the same support possible for our thoughts through a breathing practice?
- Any examples?

# Self Care Nitty Gritty

- Many who come to this work have been in similar experiences as those we serve.
- Some encounter secondary trauma, etc.
- Various coping mechanisms exist
- Most folks at this age and stage of life have figured out a thing or two to use when they want to create a positive release.
- Examples of positive releases
- Can we invest and indulge in these further as role models of self care, self love?

# Tools for self care at work

- Honor that to care for self makes work more authentic, less drain.
- Sharing that self care inspires others
- Create a basket of tools to share
- Ideas to budget staff care
- Partner w/area advocate (yoga teachers have great networks) for professionals and universities who advocate self care

# Buddy up

- Tell a story of challenge or goal
- How will you shed 1 habit that no longer serves?
- How will you bring in a new healthy habit?
- One year from now I will do/have \_\_\_\_\_
- Decide support email? Text? Thought?

# THANK YOU

Questions?

Thoughts to add?

Resources to share?

On line share spot?