

Self-care for Social Workers

MUSC Social Work Conference
October 29, 2021



Mindful Minute



Breathe



Center



Focus



WHAT
BRINGS
YOU
JOY?

Session objectives

Participants will:

Acknowledge where we have been/where we are now

Identify adaptations and resilience built during pandemic

Determine strategies to support ourselves & each other

Develop strategies to set healthy boundaries



Agenda

- Welcome & Intro
- Mindful minute
- Gathering activity
- Pandemic weariness
- Post-traumatic growth
- Workplace stress
- Locus of control
- Self-care: boundary setting
- Mindfulness
- Boundary setting part 2
- Meditation
- Closing



DIMENSIONS OF WELLBEING

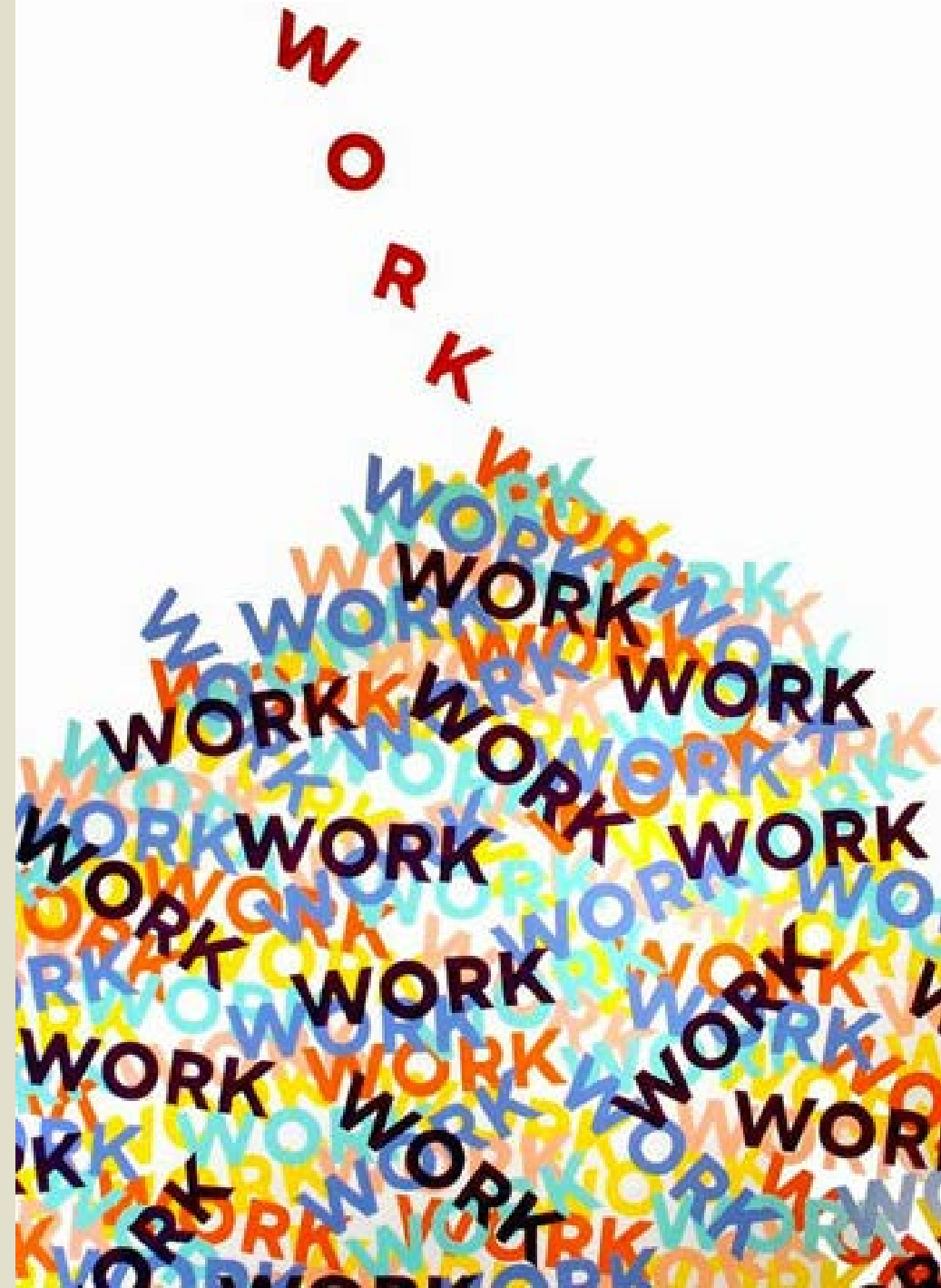
Post-Traumatic Growth

- Greater appreciation of life
- More intimate relationships
- Changed sense of priorities and possibilities
- Greater sense of personal strength
- Spiritual change



MENTAL HEALTH IN THE WORKPLACE

- Americans with Disabilities Act
- University policies
- Department policies & culture





How do we carry stress?

HOW HEAVY IS THIS BOTTLE?



WHAT DO WE
LET GO OF
FIRST?



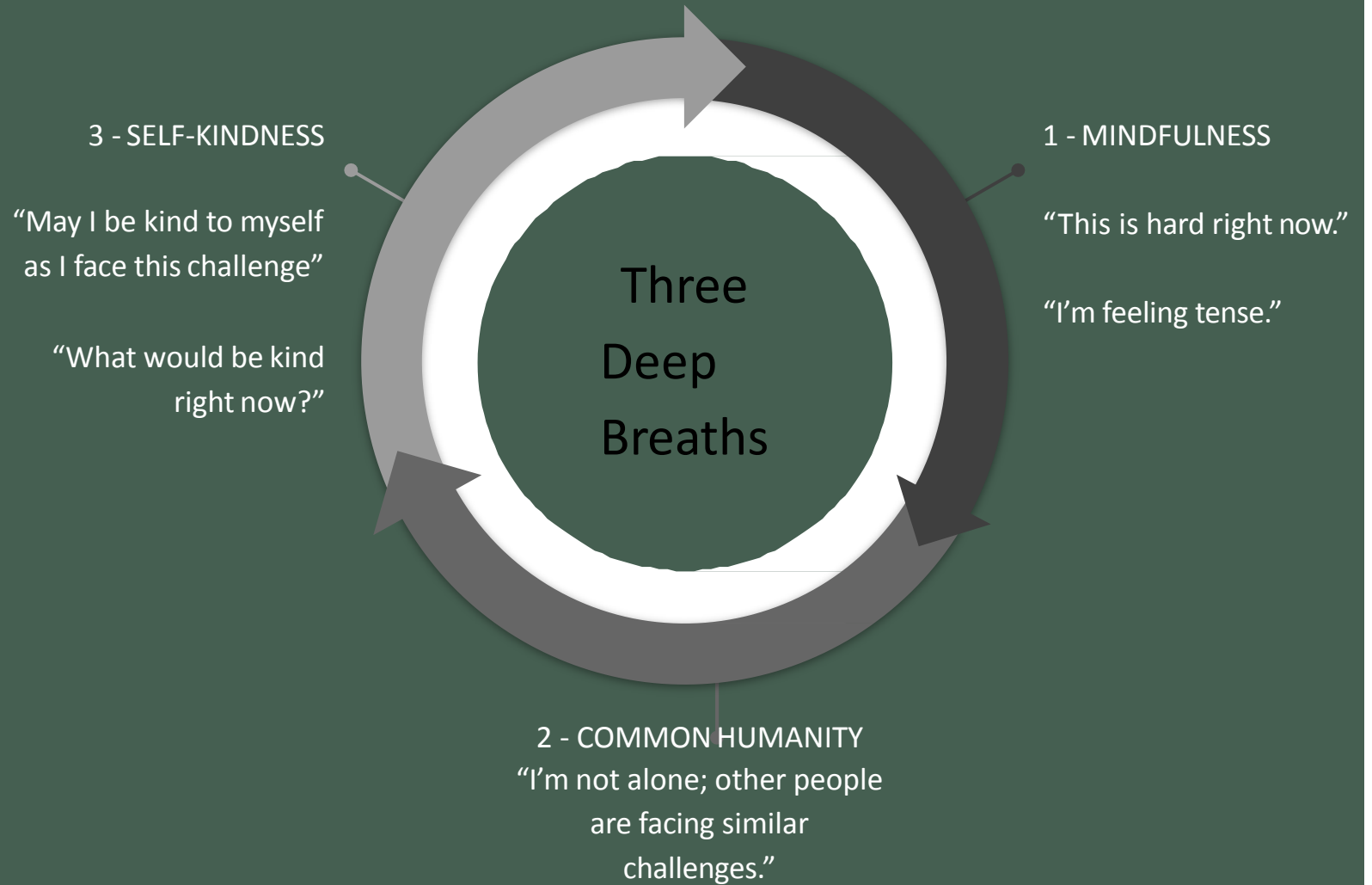
THE POWER OF
SELF-COMPASSION

KRISTIN NEFF & CHRIS GERMER

Self- compassion

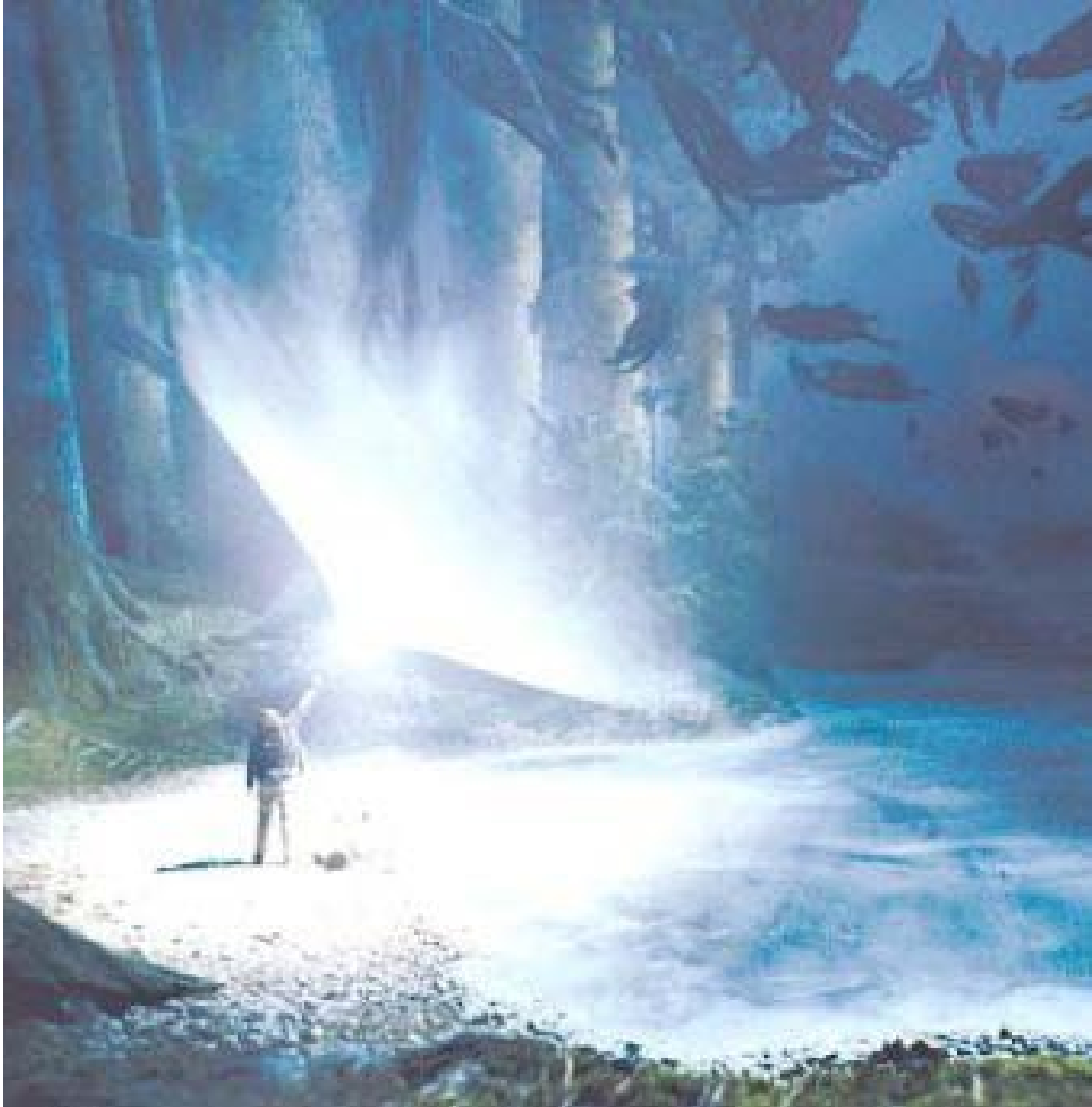
Mindfulness
Common humanity
Self-kindness

WHAT IS SELF-COMPASSION?



Good news - we have some control!





Self-care: BOUNDARY SETTING





TIPS FOR REDUCING STRESS

**Simplify your
schedule**

**Unplug from
technology and
social media**

**Reflect on your
personal mission
statement**

**Do physical
activity that
makes your body
feel energized**

Meditate

Notice beauty

De-clutter

**Yoga with Clare
HC YouTube**

**Sign up for
Wellness Coaching**

Sleep

**Do that item on your to
do list that feels like a
burden**



*be
good to
yourself*



STRATEGIES TO MANAGE MENTAL HEALTH



- Think about this:
 - ~What are some of the “negative self-talk” things you say?
 - ~What are some accommodations you need?

AWARENESS

- Change in appearance, habits, mood
- Seeming “distant”
- Changes in mood
- Isolation/withdrawal
- Life events/transition

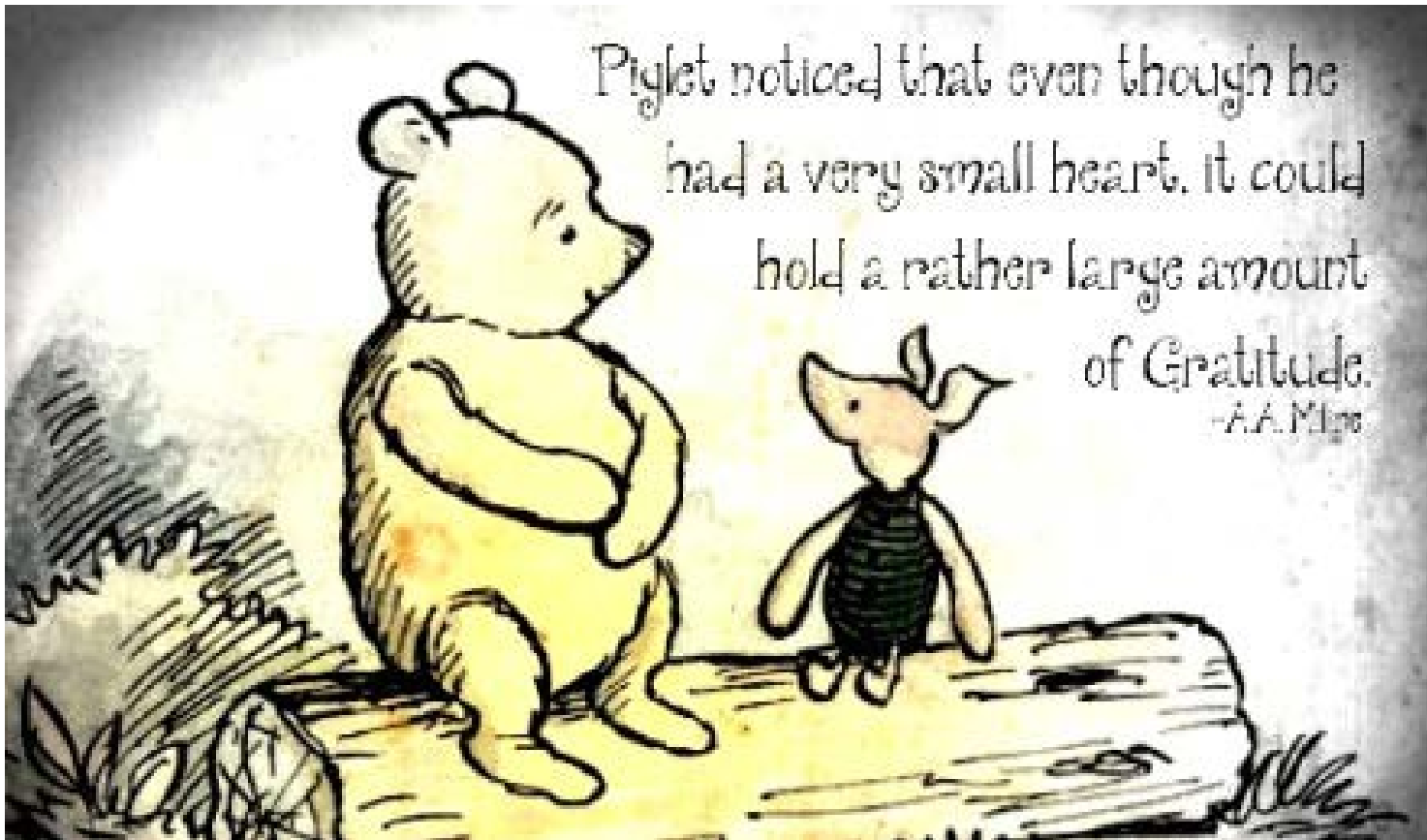


SELF-REFLECTION





Boundary Setting part 2: self-aware = self-care



Reflection

What are you
grateful for
today?

GRATITUDE





“Sometimes letting things go
is an act of far greater power
than defending or hanging on.”

—Eckhart Tolle



- Wellness coaching: balanced eating, stress management, physical activity, tobacco treatment
- Wellness presentations
- Registered Dietitian consults for medical needs
- Sexual Health Education
- Virtual meditation & Yoga
Gamecocks LiveWell FB
Healthy Carolina YouTube





THANK YOU!

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