

**FSS Professional Development #4
Self-Care Forum
October 12 & 13, 2022
10-11 AM**

PCANY: Samantha Fields, Lisa Galatio, Ellen Butowsky

Participants (between 1-3 each program across the two sessions): Bushwick, CAMBA, Central Harlem, Chemung, Corona, Jefferson, Morris Heights, Niagara, Oneida, Ontario/Yates, Otsego, Rockland, Schenectady, Sullivan, Steuben/Livingston, Tioga/Chenango, Wayne

Large Group Sharing: key points

- *Across the state, we often hear about the difficult and emotional situations that FSSs are experiencing professionally and personally.*
- *Self-care is crucial for your own well-being, as well as helping you to be the best support you can be to the families you are working with.*
- *We want to acknowledge that sometimes using the term “self-care” puts too much of the burden on an individual to take care of themselves within a system (could be your agency, community, etc.) that may be unsupportive or detrimental.*
- *This forum is an opportunity for you to share challenges and successes related to self-care with each other, and to gain some helpful ideas from your peers.*

Discussion:

- ***What are some challenges you’ve had with attending to your self-care within a system that you’re a part of?***
 - *There is a level of frustration of things FSS staff don’t have control over, such as being back in the field which presents new time management struggles and challenges*
 - *the health care system is overburdened, we feel that for ourselves and our own families as well as participant families.*
 - *Feeling “guilty” when taking time for self*
 - *Sometimes it feels like in team meetings we’re supposed to be machines that just keep going, we don’t always feel understood.*
- ***What is getting in the way of your self-care on a personal level?***
 - *We don’t work in a vacuum*
 - *This is hard emotional work*
 - *Sometimes the emotional connection we have as human beings with our participants (like if someone’s grandma has cancer) makes it that much harder to let it go, hard to compartmentalize and separate from work.*
 - *Many of us haven’t learned the skills to release the tension in our own families and then we have to help release the tension for participant families.*

Break-out group activity *Discussed two different types of self-care.*

- *Proactive self-care is regular and routine things you do to take care of yourself. Think of it as preventive care or maintenance. What kinds of things do you build into your day-to-day schedule to help you weather the stresses you are facing?*
- *There is also responsive self-care, when we have to employ strategies to get us through something triggering or unexpected. These practices are used in the moment of crisis/dysregulation, e.g. Mindful Self Reflection.*

Breakout group prompts (these strategies can be individual things you do, or that a system does to support your self-care):

- *What strategies have you found to be successful in proactive self-care?*
- *What strategies have you found to be helpful in responsive self-care?*

Large Group Debriefing:

Key items that came up:

- Boundaries, agency policy so you're not the bad guy, learn to say NO
- Taking breaks when you get triggered
- Social support, your relationships with co-workers and supervisor
- Having support at home
- Find a transitional activity, like "showering the day away." This gives a signal to your brain that you're no longer at work, commit to leaving work at work.
- Some fun and joy- make time for play in your day
- Have a treat on your desk when you have a tough visit that you can look forward to when it's over.
- Pre plan something to help you get out of your head at the end of the day.
- Self-care retreats and other activities at work like yoga once a week mentioned at one site.
- Being proactive and organized, keep families in the same day each week- predictability is good for them and us.
- Start day with a cup of coffee.

Wrap-up

What's something you heard today that you want to put into practice?

From chat:

Taking more time off
 Transitional activity coming out of work
 asking for help
 More meditation different types
 shower the day away!
 walking after work
 an activity to signal WORK IS DONE!

Leaving work at work and utilizing my supports
Taking time off
Finding a ritual to signal the end of the day, so I stop thinking about work in the evenings.
Communicating my feelings
plan out fun activity for next day
Try new hobbies
not starting work before actually at work
Planning a day off.....planning my day so I am not home to think about work
Decompress with coworkers.
transitional activity
Actually eating something when it's lunch time
Planning event with families and friends
decompress
group dynamics like games or team building ideas
meditate, even if it's just 5 minutes
put lunch in my outlook planner like it's a meeting with myself.
Say "yes" to yourself."

Are there additional resources you need from the PCANY team related to self-care?

- *"more forums!"*

Save the date: next FSS Professional Development opportunity will be in January. We are going to offer a longer session on self-care that will allow you to practice some strategies and will involve all of the roles. We'll also continue deeper dives into the CHEERS domains and focus on Motivational Interviewing in 2023.

Closing

Thank you for joining us today and sharing your wisdom!