

Proactive Self-Care

J. Darius Greene,
Dean of Student Services
Roanoke-Chowan Community College

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PRESENTATION OVERVIEW

The Importance of Self-Care

What's in Your Cup?

Filling Your Cup

Proactive Self-Care



OUR ROLES & THE IMPORTANCE OF SELF-CARE



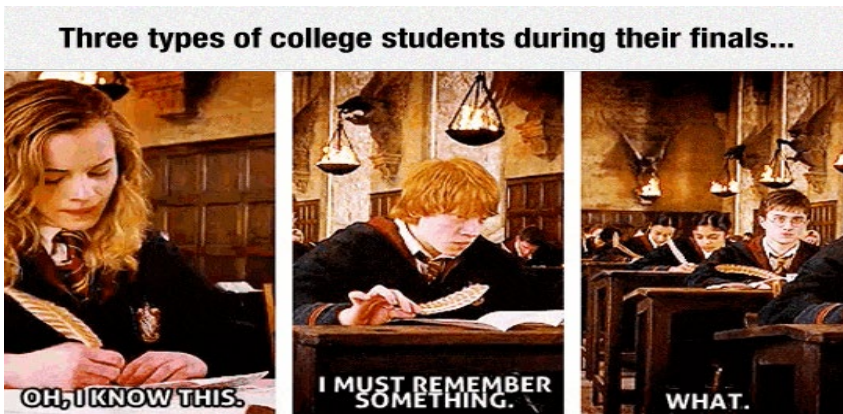
Our students



Working with students



Committees, virtual meetings, etc...



Parents/Families



Burnout is Now an Official Medical Condition

May 29th, 2019 | [Daily Life](#)

May 28, 2019 by Dr. Daniel L. Kirsch, President, The American Institute of Stress

“Burnout syndrome” has been recognized for the first time as an official medical diagnosis.

WHO's [International Classification of Diseases](#) 11th edition (ICD), which categorizes diseases for diagnosis by health care professionals and determines coverage by health insurers, was published on Saturday ending more than four [decades of debate](#) among experts over how to define this stress disorder.

The new diagnosis is defined as a “syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: 1) feelings of energy depletion or exhaustion; 2) increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and 3) reduced professional efficacy. Burnout refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

Exclusion to this diagnosis include adjustment disorder, disorders specifically associated with stress such as PTSD, fear-related disorders and mood disorders (anxiety and depression).

The Staff Are Not OK

It's time higher education started paying attention to the health and well-being of the staff members whose work has pulled campuses through the Covid-19 crisis.

By *Lee Skallerup Bessette* | OCTOBER 30, 2020



NEWS | ADVICE | THE REVIEW | DATA | CURRENT ISSUE | VIRTUAL EVENTS | STORE



GETTY IMAGES

Look, I get it, no one is OK right now under these pandemic conditions: Everyone in academe is struggling to varying degrees with social isolation, child care, elder care, virtual learning, our own mental health, our own physical health. But while the struggles of faculty members and administrators have been well-documented, there hasn't been much attention paid to the [health](#) and well-being of the big pool of campus employees who together make up “the staff.”

By staff — and I am in that group — I mean anyone working on campus who isn't a faculty member or an administrator. You know, the people who were expected to carry out whatever plans were made for the fall semester. And the people who have had to deal with the aftermath when things abruptly changed.

THE CHRONICLE OF HIGHER EDUCATION



Workplace Stress Survey

Enter a number from the sliding scale below, which best describes you.

STRONGLY DISAGREE AGREE SOMEWHAT STRONGLY AGREE
1 2 3 4 5 6 7 8 9 10

I can't honestly say what I really think or get things off my chest at work. _____

My job has a lot of responsibility, but I don't have very much authority. _____

I could usually do a much better job if I were given more time. _____

I seldom receive adequate acknowledgement or appreciation when my work is really good. _____

In general, I am not particularly proud or satisfied with my job. _____

I have the impression that I am repeatedly picked on or discriminated against at work. _____

My workplace environment is not very pleasant or safe. _____

My job often interferes with my family and social obligations, or personal needs. _____

I tend to have frequent arguments with superiors, coworkers or customers. _____

Most of the time I feel I have very little control over my life at work. _____

Add up the replies to each question for your TOTAL JOB STRESS SCORE _____

If you score between 10-30, you handle stress on your job well; between 40-60, moderately well; 70-100 you are encountering problems that need to be resolved.

WHAT IS SELF-CARE?

These are our daily activities in looking after ourselves. The process of looking after one's self. Avoiding all threats and issues that may make a person face irritable and uncomfortable circumstances.

Psychology Dictionary

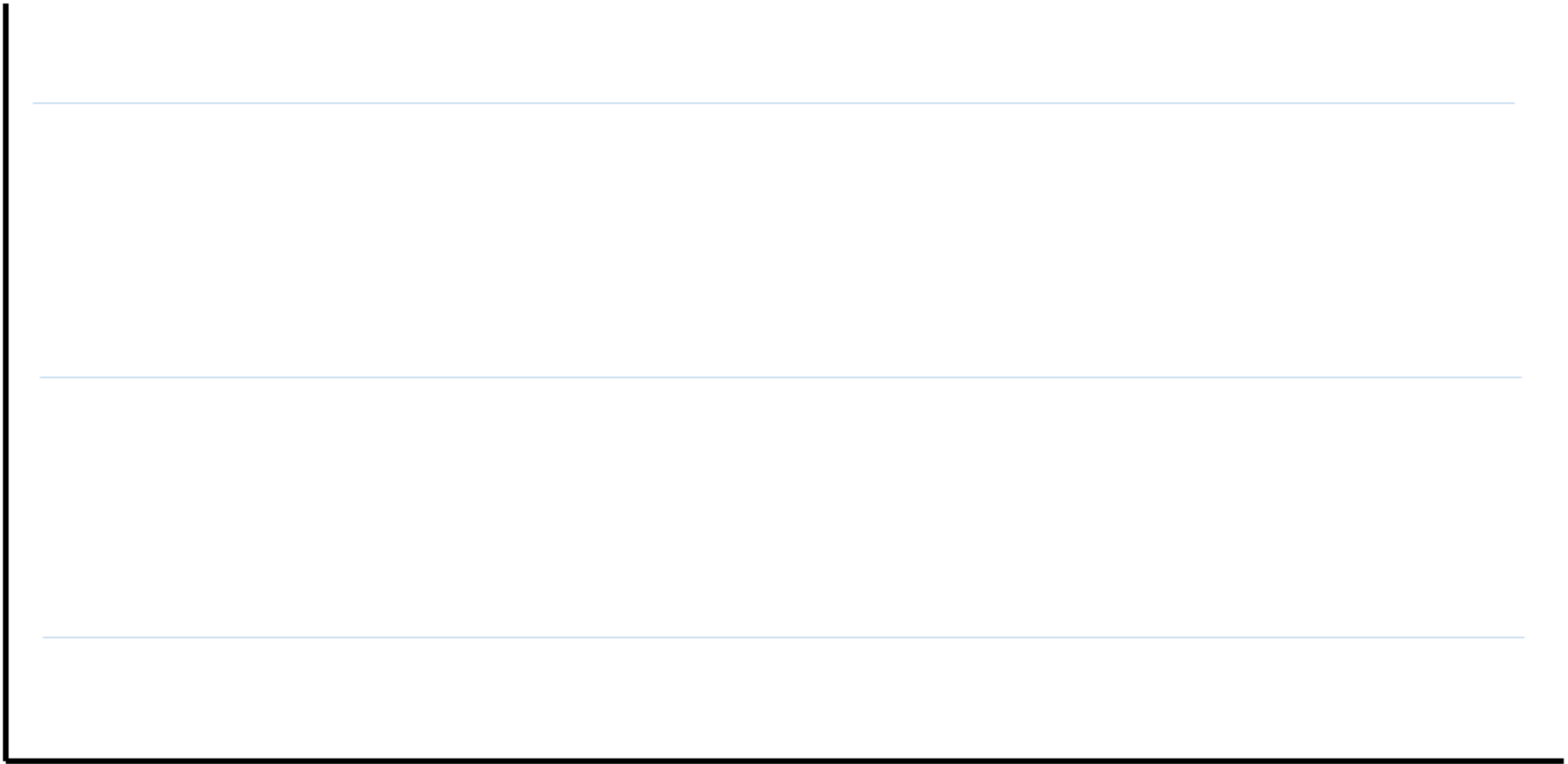


The practice of taking action to preserve or improve one's own health; the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Oxford Dictionary

WHAT'S IN YOUR CUP?





AUG

SEP

OCT

NOV

DEC

JAN

FEB

MAR

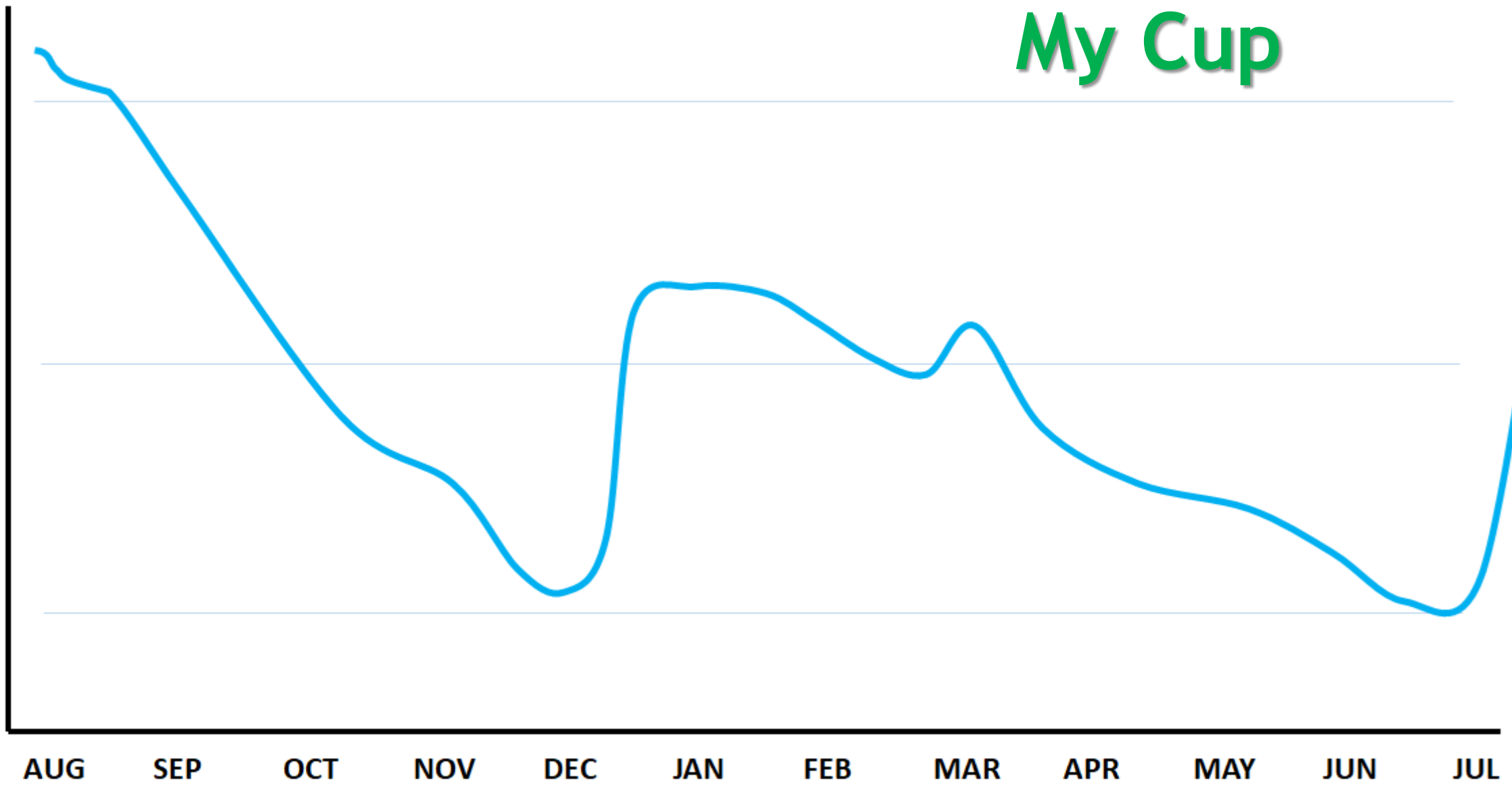
APR

MAY

JUN

JUL

My Cup





REACTIVE

PROACTIVE

PROACTIVE SELF-CARE



Learn to say NO



Learn to celebrate yourself
and every victory



Make yourself a priority

PROACTIVE SELF-CARE

Schedule Self-Care
Appointments in Advance

**IT'S NOT ABOUT
"HAVING" TIME.
IT'S ABOUT
MAKING TIME.**



Choose Accountability Partners

PROACTIVE SELF-CARE



Take Advantage of Additional
Accountability Resources



Manage your thoughts
and emotions



PROACTIVE SELF-CARE



RELAX AND HAVE FUN!




25 WAYS TO PRACTICE

Self-Care

WHEN YOU'RE STUCK AT HOME

- 1 Go for a walk or jog.
- 2 Take a nap.
- 3 Read a book in a quiet place.
- 4 Watch your favorite TV show SOLO!
- 5 Wake an 1-2 hours before kids.
- 6 Listen to a motivating or entertaining podcast.
- 7 Go for a bike ride.
- 8 Spa Day at Home
- 9 Workout at home.
- 10 Have little ones take a nap or older kids do a quiet activity
- 11 Journal at least 30 minutes a day.
- 12 Create DIY crafts.
- 13 Color in coloring book.
- 14 One-on-One Time with Partner
- 15 Work on creative project.
- 16 Meditation/Prayer
- 17 Chill out to music on IG Live with DJ D-Nice
- 18 Start gardening.
- 19 Give yourself a mani-pedi.
- 20 Listen to an audio book.
- 21 Call a family member or friend.
- 22 Take a free online course.
- 23 Host a virtual party for watching favorite TV show.
- 24 Start scrap booking.
- 25 Play a video game.



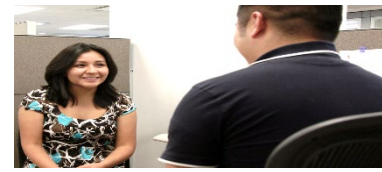
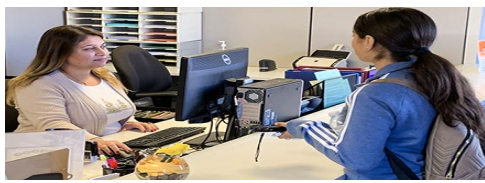
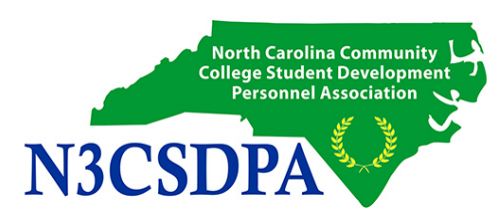
“I suggest we use the example of an attentive and nurturing mother by giving ourselves the very same attention and love a mother gives an infant. It is my constant battle to avoid allowing the distractions of the daily grind to take precedence over caring for myself. I also find that judging others less, forgiving more, and leading with love in every interaction helps. Finally, my last bit of advice is to alleviate issues by being open, transparent and honest in each communication.”

SELF-CARE IS WITHIN REACH



**YOUR JOB IS TO FILL YOUR OWN CUP SO
IT OVERFLOWS. THEN YOU CAN SERVE
OTHERS, JOYFULLY, FROM YOUR
SAUCER.**

- Lisa Nichols -



Questions and Discussion

J. Darius Greene

jdgreene@roanokechowan.edu

Insatagram: @deanjdgreene

Uplifting people I follow on Instagram:

@alexelle

@brenebrown

@iamtabithabrown

@iamjoelleon

**Thank you for joining us
today!**

#N3CSDPA

