THE PERFECT STORM
Overworked, Underpaid, & the Ethics of Self-Care

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JOB DESCRIPTION

Social Worker Position

A perfectly well-rounded administrator, team player, group facilitator, volunteer manager, research producer and consumer, insurance and billing wizard, complaint-free counselor and case manager, brilliant educator, conflict eliminator, and paperwork aficionado.

Personal Expectations & Characteristics

- funny, but not too funny
- intelligent, but pretends not to be
- hardworking, but self-deprecating
- organized, but hides it from others
- enjoyable to hang out with
- doesn't try to "hang out" all the time
- enjoys any & all sudden changes
- caring for others & completely selfless

Work Hours & Schedule

Caseload Expectations

Agency Involvement

Documentation

Other Duties as Assigned

Salary & Benefits

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Work Hours & Schedule
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Documentation
Other Duties as Assigned
Salary & Benefits
WORK HOURS & SCHEDULE

40 hours per week*
Mondays thru Fridays*
Pay and a half for overtime**

* This will only be true once every 10 years.
** This will never be true
Mission Impossible on a Daily Basis

79% say they enjoy their jobs

(Murray, 2015)
-more agencies operate on a 24-hour basis
-technology enables us to work at anytime
-downsizing has increased workload and reduced staff

(Burke, 2009)
CASELOAD EXPECTATIONS

Monthly maximum of 12 active cases*

* You will never have a caseload this small
Monthly maximum of 12 active cases **RECOMMENDED** (CWLA)
Monthly maximum of 15 active cases, 30 total **RECOMMENDED** (COA)

(Yamatani, Engel, & Spjeldnes, 2009)
higher caseloads result in longer hours less time per client fewer visits harm to client job burnout worker turnover

higher caseloads result in decisions determined by CRISIS

(Yamatani, Engel, & Spjeldnes, 2009; Porter, 2004)
AGENCY INVOLVEMENT

priority will be given to your specific job requirements*

*JK
Agency Involvement

often cover for others sick or off agency trainings covering for positions not filled financial and competitive pressure results in low morale lack of trust, more suspicion lower quality

(Diaconescu, 2015; Yamatani, et. al. 2009)
Proper handwashing techniques

1. Wet your hands and apply soap thoroughly
2. Rub both of your palms together
3. Rub each fingers and between fingers
4. Rub your nails and your palm
5. Rub the back of the hand and between fingers
6. Rinse hands with clean water
7. Dry hands with clean cloth or tissue

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How To Use A Fire Extinguisher

Remember the PASS word (Pull - Aim - Squeeze - Sweep)

- Pull: Pull the pin
  - Break seal and test extinguisher
- Aim: Aim at the base of fire
  - Ensure you have a means of escape
- Squeeze: Squeeze the operating handle
  - To operate extinguisher and discharge the agent
- Sweep: Sweep from side to side
  - Completely extinguish the fire

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Preventing Slips, Trips & Falls

**KNOW THE RISKS**

Slips and trips are two of the most frequent causes of injury in the workplace and cost employers millions every year. However, the majority of accidents caused by slips and trips can be easily avoided by following a few simple guidelines.

By following the principles set out in this poster, you can ensure that your workplace is free from slip and trip hazards and that accidents are kept to a minimum.

**1. HAZARD - SPILLAGES**

Spillages

Clean spills up at once. Remember that the cleaning agent needed will depend on the nature of the spill. If the floor remains wet after the spill has been cleaned, make sure people are aware of this by using appropriate signs. Arrange a diverted route that avoids the area if necessary.

**2. HAZARD - CABLES**

Cables

Try to make sure that cables do not cross walkways. Use cable curbs and tunnels to prevent trips if necessary.

**3. HAZARD - OBSTRUCTIONS**

Obstructions

Permanent obstructions and any objects left lying around can easily create a trip hazard if they are not seen. Keep work areas clear of obstructions. If this is not possible, use appropriate signs or barriers to make people aware of hazards.

**4. HAZARD - FLOORING**

Flooring

Look for any cracks, holes or uneven wear etc that may cause a trip hazard. If the floor regularly becomes wet or slippery through working procedures, consider how this can be contained or prevented.

**5. HAZARD - FOOTWEAR**

Footwear

Choice of footwear can be crucial in preventing slips and trips. If special footwear is needed to ensure the safety of employees, the employer must provide it.

**6. HAZARD - LIGHTING**

Lighting

Lighting should be adequate enough to enable people to see obstructions and hazards. Ensure that faulty lights are replaced and dirty lights are cleaned before levels become too low for people to work in safety.

**7. PREVENTING ACCIDENTS**

An effective management system will enable you to:

- Ascertaining any slip and trip problems.
- Identify the best course of action.
- Execute your chosen course of action.
- Evaluate the effectiveness of your precautions.

You should try to incorporate the following steps into your system:

1. Ask the areas of your workplace contain slip and trip hazards and devise a strategy for improvement.
2. Minimize slip and trip hazards through effective equipment and working procedures.
3. Make sure workers are aware of slip and trip risks and are committed to minimizing them. Give people safety responsibilities. Ensure a record is kept of who is responsible for what.
4. Carry out regular checks to ensure that any safety procedures are being carried out properly. Keep a record of cleaning and maintenance work.
5. Review the approach to slip and trip issues on a regular basis and examine accident reports.

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DOCUMENTATION

most of your time should be in direct practice with your client*

only legally required paperwork necessary**

*This is impossible to accomplish
**The law requires insane amounts of paperwork
Documentation = the arch nemesis

paperwork often due in real time
no matter the length or complexity
from paper to electronic records
constant form revisions
% of time spent on admin
they're here! the auditors!!!

(Porter, 2004)
PAPERWORK vs CLIENT INTERACTION

BY THE HOUR

66 ☐ with the client (34%)

+ 130 ☐ on admin & paperwork (66%)

196 total ☐ for typical client case

(Holmes, et. al., 2009)
OTHER DUTIES ASSIGNED

a few unanticipated but necessary
tasks and responsibilities may arise

* They will likely take more time than your official job
SALARY & BENEFITS

at least you love your work, right?

* You're gonna be medium broke
get Stephanie A. MEDS from Dr. Jones Rash clinic Friday 8:50pm

Donald COURT DATE Monday 02

does Allen family know Jordan FAMP SKETCHY!!!
THE PERFECT STORM

Confidentiality Nightmares

you've been waiting on client 1 to **FINALLY** call you back for four days...time is critical for possible resources.
you are transporting client 2 to **COURT** in your car.

Lo and behold, client 1 **CALLS YOUR CELL PHONE** while you're in the car with client 2.

**what do you do?**

how can multitasking and being overworked threaten confidentiality?
THE PERFECT STORM

Personal Stress & Client Presence

your husband is stressed at his job, waiting to find A WAY OUT
you have been stressed at your job for A LONG TIME, and you have
talked to him about it... a lot.
your client has been abused physically and emotionally by her
husband for A LONG TIME
you have been the only person to actually SEE your client and
CARE ABOUT your client each week for a very long time.

what are the risks?
do we depend on our clients to subtly work through our personal & family issues?

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The Clients we are Excited to See

you know that one client who you thought would NEVER GET IT?
do you remember when they ACTUALLY GOT IT?
do you remember how excited you were to see their SUCCESS?
so why is that one client still on your caseload?

is this actually unethical?
do we sometimes "use" our best clients for our own sakes?
To Do Lists
- gift card for Boss's Day
- soccer camp check
- check on sister
- 5 tickets for cookout
- finish intakes and billing
- Sunday School this week
- return Redbox ($7.49 fee)

Grocery
- eggs
- milk
- Tylenol PM
- buns for cookout
- 5-hour energy drinks
- Regular Tylenol

COMMUNITY
cookout 4 kids
for parents who REALLY love their children

APR 15
“Cookout 4 Kids” Free Community Picnic
Hosted by ALL LOCAL HIGH SCHOOLS • PUBLIC

Interested
Going
Ignore

Papa, Tiana, Wilma, and 27 other friends are going
THE PERFECT STORM

Personal Space in Rural USA

YOUR KIDS are apparently George & Martha Washington in the school play, per the letter you received from the school.

Your client tells you with excitement that her kids are John & Abigail Adams in the school play.

YOUR BROTHER calls on your way to the play and says, for the last time, that he needs you to post bail for him.

In rural areas, how do you ever get a break?

are boundaries even possible?

Professionals from rural communities have better outcomes in those communities than outsiders. But are we making personal and familial boundaries impossible?

(Gillespie & Redivo, 2012)
SO HOW DO YOU HANDLE IT ALL?
So Self Care

healthy

AS IN,

NOT SMOKING
NOT DRINKING and
NOT EATING TONS of
BURGERS or CHOCOLATE
Self-Care

"Engage in self-care activities to **maintain and promote** [our] **emotional, physical, mental, and spiritual well-being to best meet** [our] **professional responsibilities.**" (American Counseling Association, 2005).

Responsible Social Workers

SEE THEMSELVES as: helpers

    caregivers

    problem solvers

in both PERSONAL & PROFESSIONAL worlds.

When we pair this with OUR TENDENCY to avoid seeking help and HOLD OURSELVES to an idealized image...

    we become vulnerable to harm

    our practice is negatively affected

    we create scenarios where clients receive

    less than effective services.

(Dietz & Davis, 2006)
Responsible Social Workers

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our practice is negatively affected
we create scenarios where clients receive less than effective services.

(Siebert & Siebert, 2005)
SELF CARE?

focus on being

GROUND
ENERGIZED
REFRESHED

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to be grounded requires practitioners to remember our role, identity, training, intentions, abilities, and our limits both in preparation for and in the face of the difficulties, horrors, and needs of clients who present to us.

focus on being GROUNDED

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1. Good Day
Set a positive intention for your day early in the morning so it drives the mind in a certain direction and sets the tone for the entire day.
   "Today I will ... check my phone or email first thing"
   "Today I will ... drink my coffee before TV"
   "Today I will ... hug my children and tell them I love them."

2. Turn Cheek
Dare to open a closed heart in the face of criticism. Do not allow yourself to respond to negativity with negativity this only draws you into the suffering. Someone who is angry, negative, or criticizes maybe suffering in some way.
   Close your eyes and breathe in a wish to take away unhappiness
   Breathe out wishes of good will and comfort toward them
   Take their suffering and offer them peace

3. Heaven & Earth
When we see a client suffering and resistant, we often push a little harder, only reinforcing that resistance and fear. How we respond to resistance influences whether it increases or decreases. We must let go of our agenda, and open to the client's pace and direction. Partnership and effective change comes out of flowing with rather than against where the client is.
   Point one hand to the sky, the other toward the ground, feeling yourself stretch
   Switch hands while speaking your intentions:
   “I release my expectations so I can meet the needs of my clients today”
   “May I be an agent for change”

4. Go With the Flow
Stop the spiral of negative thought and belief, using your morning bathroom routine as an encounter with peaceful respite.
   As you wash your hands, feel the warm water, focus the sounds it makes, its force
   Allow the water to cue your own reset, washing your worries and thoughts down the drain
   As you rub lotion on, notice its the texture, sensation, and aroma
   Allowing a moment of awareness in these brief moments
   Let go of worries now rinsed down the drain, as you are soft and welcoming for your clients

(Bush, 2015)
5. Anchors Away
Having a visible item that anchors you simply by looking at
- Choose an item that is meaningful to you
- Place that one item in a visible space in your office where you can see it while looking at your client
- Use it during a session when feeling vulnerable to a client’s story or emotions
- We respond to visual cues and this tool quickly reduces hyperarousal.

6. Photoshop
Choose images that remind you of those you love, a friend or pet or family member, and use them as your screen saver, desktop image, or phone background
- Choose photos that immediately bring the loved one to mind
- Look at the photo and connect to the mood, feeling, and value of the photographed moment
- Allow yourself to smile and look at this photo on breaks or in-between sessions
- When busy or stressed, we lose a sense of compassion and appreciation for human connection
- The images open your heart allowing for greater calm, less judgment, and more empathy

7. Good for Me
There is importance in acknowledging work well done
- Put your hand on your heart or chest and say “good for me” 3 times in a row
- It is important to explicitly notice good times, good endings, and good work
- Challenges, wrong turns, and miscalculations despite our best efforts are physically felt
- This is a way to physically feel and honor happy endings and successes

8. Repeat After Me
Grounding ourselves against reactivity
- Pick a word or phrase that resonates with you such as Patience, Peace, Serenity, etc.
- Or choose a phrase such as "this to shall pass" or "I will not give my power away"
- When you find yourself reacting to clients, coworkers, supervisors, or employees,
- Repeat the word or phrase several times whether out loud or in your mind
- When pushed to our limits, this can promote our ability to stay calm and reasonable
- Self-Talk, as tell our clients, reflects our state of mind and can officially guide it as well

(Bush, 2015)
9. Surrender
Symbolically let go of your own need to see client progress
   The rate and direction of change and progress is always up to the client, not you
   Client's have a right to both succeed and fail by their own choices, and we respect that right
   Write on strips of paper your clients' initials
   Ball up those strips and release the paper into a jar or container stating with each one,
       "I surrender this person to their highest capacity, growth, and good."
As the helper of the relationship, we hold our clients with great respect,
   To respect them, we cannot tie ourselves or our identities to their progress or outcomes.

10. Imagine That
Connect yourself to happy and calm feelings
   Imagine yourself in a favorite place, happy and peaceful, whether real or imaginary
   Summon as many aspects of this place as possible including the sounds, the smells, the climate,
       the breeze or stillness, the tastes, what your hands are feelings and where your feet are placed.
   Let the sensory cues come alive in your imagination, then enjoy those sensations physically
   Your brain and body begin to respond as if you are in that space, and you instantly feel peace
to be energized

Connecting with your purpose for doing this work goes a long way in helping positively energize and motivate you. With a great deal of time in low energy contexts like offices, energizing techniques address the physical side of feeling energetic and alive in your work.

a few ENERGIZING TECHNIQUES

1. Stack Your Deck
   - Find a quiet place to sit and close your eyes.
   - Imagine the person you want to be.
   - Visualize yourself doing your best work.
   - Allow yourself to feel alive.

2. Mindful Minutes
   - Sit in a comfortable chair and close your eyes.
   - Breathe slowly and deeply.
   - Allow your mind to settle.
   - Focus on your breathing.
   - Allow your mind to come back to the present.

3. Focus on Being
   - Sit in a quiet place and close your eyes.
   - Image yourself doing your best work.
   - Allow yourself to feel alive.
   - Focus on being present.

4. Walk in the Nature
   - Take a walk in nature.
   - Allow yourself to be fully present.
   - Allow yourself to feel alive.

5. Stretch Your Body
   - Stand or sit in a comfortable place.
   - Stretch your body.
   - Allow yourself to feel alive.

6. Think of Your Success
   - Think of a time when you were successful.
   - Allow yourself to feel alive.

7. Plant Your Feet
   - Stand firmly on the ground.
   - Allow yourself to feel alive.

8. Focus on the Present
   - Be fully present in the moment.
   - Allow yourself to feel alive.

9. Focus on Your Purpose
   - Focus on your purpose.
   - Allow yourself to feel alive.

10. Focus on Your Accomplishments
    - Think of your accomplishments.
    - Allow yourself to feel alive.

11. Focus on Your Dreams
    - Focus on your dreams.
    - Allow yourself to feel alive.

12. Focus on Your Beliefs
    - Focus on your beliefs.
    - Allow yourself to feel alive.

13. Focus on Your Intentions
    - Focus on your intentions.
    - Allow yourself to feel alive.

14. Focus on Your Values
    - Focus on your values.
    - Allow yourself to feel alive.

15. Focus on Your Self-Affirmations
    - Focus on your self-affirmations.
    - Allow yourself to feel alive.

16. Focus on Your Self-Esteem
    - Focus on your self-esteem.
    - Allow yourself to feel alive.

17. Focus on Your Self-Love
    - Focus on your self-love.
    - Allow yourself to feel alive.

18. Focus on Your Self-Respect
    - Focus on your self-respect.
    - Allow yourself to feel alive.

19. Focus on Your Self-Resilience
    - Focus on your self-resilience.
    - Allow yourself to feel alive.

20. Focus on Your Self-Discipline
    - Focus on your self-discipline.
    - Allow yourself to feel alive.

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1. Helping Hands
Renew your personal mission, and energize yourself for the work of the day or moment
   Place hands over your eyes and say “May I see with clarity”
   Place hands over ears and say “May I hear what needs to be heard”
   Place hands over heart and say “May my heart be open to those who suffer”
   Hold out your arms, hands open and say “May my hands be of service to those in need”

2. Give Thanks
Bring professional gratitude into your life
   Either in person or through technology, tell a colleague “Thank You”
   Let the feeling of gratitude for someone bring a smile to your face
   Thanking someone increases your awareness of gratitude in your life,
     builds feelings of connection, and enhances your social bonds.
   Being appreciative is significantly related to life satisfaction & positive emotions

3. Bow and Arrow
Remind yourself that change doesn’t always feel forward-moving
   Put your arms in the position of launching an arrow with a bow
   Tilt your head back a bit to expose your neck, and open your chest by pulling the “bow” wider
   Switch sides and repeat the process in the other direction
   Do this exercise when you feel frustrated with a client’s lack of progress.
   This represents our clients in the way you pull back on the bow before launching forward
   Our clients often present stuck, or take steps back before making progress
   The tension, however, is where the growth occurs

4. Marching Orders
Wake yourself up with movement
   Stand at attention with back straight and head erect
   March in place, bringing your legs up and down while swinging your arms.
   Keep marching for 30 seconds while you say “I am awake and ready”.
   After sitting most of the day, this activity gives your mind and body a healthy rush of energy

(Bush, 2015)
5. Work in the World
Saturate yourself with Gratitude
Think of 3 things you are grateful for about your employment, listing them in your mind
Now imagine how life would be without each of those three things
Notice and be glad for the good things at this moment in your work life.
Gratitude is a direct path to happiness, which is a direct path to being effective in your work

6. Sing a Song of Sixpence
Lift your spirits with a song
Think back to songs you have loved for a long time. Things of new songs you've just heard.
Find that song, play it, and sing along...as loud as you can
Think of each song as a gift to yourself
Singing lifts your spirit and connects you to a different level of awareness.
Singing is energizing, as it is associated with good memories stimulating energy

7. Make 'Em Laugh!
Use laughter as mood medicine for yourself and those around you
When friends or co-workers send you a funny video or image that makes you laugh,
save them and revisit or share them with others in the future
Play no-clean-up, no-victim, no-consequence practical jokes at the office
Allow yourself to be silly in the presence of others
Continuous laughter is an aerobic exercise, oxygenates blood, and stretches muscles all over

8. Starfish
Calm your nerves by connecting to something larger than yourself
Put your hand over your heart, and say or think the words
"I am going to touch a life today."
"I am going to say something that someone especially needs to hear. May I be of service."
This helps minimize anxiety and nerves.
This is a good practice when working with a new client, speaking to a class, or making presentations.

(Bush, 2015)
9. Fresh Air Fund
Reinvigorate yourself during a long day
  Go outside and repeat the following pattern 3 times:
    Sniff in through your nose twice,
    Then breathe out quickly through your mouth twice
      "sniff, sniff, ha, ha."
  Follow 3 rounds of breathing by looking at or touching some detail of nature
  Quick repetitive breaths are energizing, and noticing the detail of nature reminds us there is a
  bigger purpose or context than our own little world

10. Victory Lap
Honor and celebrate your client's successes
  Especially in an "AH-HA" moment, whether it happens in a session or outside of the session
  This can be done with a high-five, yelling success, or taking a victory lap in your office.
  In the midst of all the suffering, setbacks, and roadblocks we witness,
  it is important that we notice and celebrate the smallest of our clients' successes

(Bush, 2015)
to be refreshed

Let’s face it; Relaxing is HARD! Different people relax in different ways. It’s important to find small ways to relax everyday that will replenish you. Distracting ourselves and relaxing ourselves are very different things. Distracting doesn't refresh us like relaxing does.

A few REFRESHING TECHNIQUES

1. Unplug.
   - Turn off your computer, shut down the computer, and remove yourself from all screens.
   - If you are feeling stressed, take a walk in nature or do something to relax.

2. Listen to music.
   - Think of things you enjoy listening to and put on some relaxing tunes.
   - Listening to music can help reduce stress and anxiety.

3. Practice deep breathing.
   - Take slow, deep breaths to calm your mind and body.
   - This technique can help you relax and feel more focused.

4. Mindful eating.
   - Pay attention to the taste, texture, and aroma of your food.
   - Savor each bite and appreciate the flavors.

5. Stretch your legs.
   - Stand up and stretch your legs.
   - This can help reduce tension and improve circulation.

6. Write in a journal.
   - Reflect on your day and write down your thoughts.
   - This can help you process your emotions and gain clarity.

7. Practice mindfulness.
   - Focus on the present moment and let go of worries.
   - This can help you stay calm and centered.

8. Take a warm bath.
   - Soak in a warm bath with relaxing essential oils.
   - This can help you relax and reduce stress.

9. Practice yoga.
   - Stretch and strengthen your body with yoga.
   - This can help improve your flexibility and reduce stress.

10. Practice gratitude.
    - Reflect on things you are grateful for and appreciate what you have.
    - This can help improve your mood and reduce stress.

Focus on being REFRESHED

(Bush, 2015)
1. Unplugged
Go on a digital detox
    Turn off the phone, shut down the computer, and remove yourself from all screens.
    Select a period of time (hours/day) and do not use or access the devices.
    We are living in the most overly stimulating era in human history. But think about it; you value
    clients enough to not access emails during client sessions, right? So give yourself a real break.

2. There's No Place Like Home
Transition to your home with gratitude
    Think of 3 things you are grateful about your home, perhaps aspects or feelings that you are
    particularly excited about when you arrive home each day.
    Gratitude is your fastest shortcut to happiness and inner peace, and this simple practice of
    refocusing your attention can change your mood and attitude, increasing positive interaction with
    others once arriving home.

3. Lavender Fields
Smell your way to relaxation
    Utilize the natural calming effects of the lavender scent.
    Spray a light lavender mist in your office, use lavender lotion, or burn a lavender-scented candle
    anytime during the day.
    Research supports the effectiveness of the lavender scent in reducing stress and aiding sleep.
    When we are relaxed, we are better able to retain the awareness and presence we need to do good
    work with our clients

4. Shut-Eye
Rest your body with a daytime power nap
    Find a place and position where you can comfortably rest your head and close your eyes
    Set a timer to ensure that you do not sleep longer than 25-30 minutes
    Anywhere from 5-25 minutes of either sleep or closed-eye, dark stillness will be restorative as you
    feel the tension drain from your body as you rest
    Even a quick power nap gives you a boost of energy and alertness that makes you more
    productive the rest of the day.

(Bush, 2015)
5. Doodle Bug
Pause from the relentlessness of the day...and doodle
With paper and pencil, see what happens by simply letting the pencil move.
Artistic endeavors both engage the right brain and relax the left brain.
Doodling allows the mind to wander, moving our attention away from goal-directed activities
relaxing that overworked side of the brain.

6. Music to My Ears
Reduce your stress response via the magic of music
Stop and listen to a few minutes of calming or relaxing music you adore
Turn off all screens for the duration of one song, so you are not distracted
Close your eyes, listen calmly, and allow yourself to be swayed by the music
Music speaks to the soul, allowing us to intentionally shift away from a verbal world which
gives our stress response system much-needed break.

7. Writing by Candlelight
Turn writing into an exercise in relaxation
Light a candle directly in front of you
Gaze into the depths of the flame for a few seconds, focusing on flame as darts out from the wick
Leave the candle burning as you catch up on paperwork
When you blow out the candle, watch the smoke until until it disappears and all is still
Candlelight is mesmerizing, and we intuitively respond to it with calm, creativity, and sacredness.

8. Now Hear This
Let sound calm your nervous system
Choose five minutes or longer to make your soundscape that of nature's sounds
You can find these sounds for free on YouTube or with an app
Listen to sounds of the forest, birds, thunderstorms, ocean waves, light rain, etc.
These sounds have a calming effect on our brains, providing a sense of well-being (especially
sounds involving water)
Turn off the noise in your head by opening your ears to the sounds of nature, and feel a sensation
of spaciousness

(Bush, 2015)
9. Clean Sweep

Use physical movement to clear the feelings in your office space

Holding a tissue or feather (or even simply your arms), walk around your office swiping at the air, gesturing for any heaviness or negativity to move.

Use this motion in the area where your last client sat if they seemed to leave a weight or heaviness in your office space

Make a “swoooosh” sound, imagining the negativity and heaviness being pushed out of your office on the air

Ritualistic movements and sounds are powerful methods for utilizing the mind-body connection to change thought patterns and shift feeling states.

Imagine yourself pushing out any heavy or negative from the space, allowing you and your next client to meet in a positive and airy space

10. Count Down

Count your way to peace

Close your eyes and slowly count your exhalations from 1 to 20

As you count one, imagine the number “1”, appearing on a big screen

With the second breath, imagine the number “2” appearing on the same screen, the "1" now gone

With each written number, feel yourself going deeper into relaxation

When you notice other thoughts arising, bring your attention gently back to the imaginary screen

This technique harnesses the mind by focusing your thoughts on something visual, putting you back in charge of your thoughts

(Bush, 2015)
References


For this presentation, the #selfcarejam music playlist, self-care handouts, and other resources and information from the presenters, visit www.ethicsofselfcare.com

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The Perfect Storm
Overworked, Underpaid, & the Ethics of Self-Care

February 24, 2017
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