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Extended Abstract

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## How To Show Yourself Compassion: Get Rid Of Barriers To Self-Care

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### Abstract

Many mental health providers reported moderate or high burnout (Fradera, 2018). Burnout may be a state of emotional, physical, and brain-fog caused by excessive and prolonged stress. It occurs once you feel overwhelmed, emotionally drained, and unable to satisfy constant demands. As the stress continues, you start to lose the interest and motivation that led you to require on a particular role within the first place.

The objections for this training: The Mental Health providers will learn the tools to help prevent burnout. The mental health professionals will learn based off research what causes burnout. The providers will leave more motivated to implement self-care.

Social workers have to juggle a lot of responsibilities, from paperwork to working with clients to managing their own personal lives. At the office, Hannah easily gets distracted playing games on her phone and has to stay late to complete her work. Ethan spends too much time watching Netflix at night, causing him to sleep late and arrive to work late. Each of these individuals could benefit from tracking exactly how they are spending their time over a few days, a few weeks, or a month. Putting it in graph form can help individuals see where they are spending too little or too much time. It may also be helpful to start setting goals, identifying those things that need to be accomplished immediately as high priority (or nearly the highest) goals. Ranking A level goals (high value) to C level goals (low value) is also an option. In setting goals, it is important to list them on a sheet of paper (or electronically) and assign realistic time frames for completion. Many of us know exercising 30 minutes or more nearly every day is very important to our health. The following are samples of why people fail to realize this self-care objective. Maria has never found an exercise program that she likes, so she procrastinates in trying to find a new exercise strategy. Karen is a mother of two young children and is working full time at a nursing home. She believes she will wait until the children are attending school full time to start an exercise program. One way to address procrastination is to get support from others. Having a therapist, life coach, or joining a support group (such as a yoga class, Weight Watchers, or AA) may help social workers be accountable and make the hard changes required to live healthier lives. Talking to a friend or a professional may assist in examining these situations. Motivational interviewing (MI) assesses an individual's willingness to change. Prochaska and DeClemente (1984) identified stages within the change process: pre-contemplation, contemplation, preparation, action, maintenance, and relapse. The goal of MI is to assist the individual move through the stages to form positive change. Self-care is not always an easy process. Self-care may require us to step out of our comfort zones and do things differently. It is accepting our

faults, identifying the people in our lives who pull us down, questioning decisions we've made, starting a replacement exercise program, addressing any health challenges, and making changes to become better people, not just social workers. Social workers must be willing to require their own advice and check out techniques that help identify our negative thinking and behaviors if we truly want to practice self-care. Social workers need to confront the stigma or negative beliefs that can come with asking others for help. Social workers are continually asking clients to form necessary changes; now social workers got to make those changes. Drawn from Buddhist psychology, self-compassion isn't an equivalent as self-esteem or self-confidence. Instead of a way of thinking about yourself, it is a way of being or a way of treating yourself. In fact, according to Dr. Kristin Neff, a psychology professor at the University of Texas, self-compassion involves treating yourself a bit like you'd treat your friends or relations even once they fail or screw up. In general, self-compassion involves accepting that you simply are human which you create mistakes. It also means you do not dwell on those mistakes or beat yourself up for making them. Another component of self-compassion is mindfulness. When you are mindful, you have to be willing to face your pain and suffering and acknowledge it. Most people do not want to do that. In fact, they usually want to avoid it. They want to avoid the pain and go straight to problem-solving. But when life throws you a curveball, it is important that you take the time to be mindful of how those struggles or failures make you feel and why they might have happened. When you are able to do that, you are much more likely to grow and learn from the situation. Another thing you need to be mindful of is your inner critic. Self-criticism are often very defeating and sometimes plays on repeat in our minds. But mindfulness allows you to be aware of your shortcomings without passing judgment on yourself. The result's that you simply will recognize where you would like improvement without the pressure of being superhuman. Once you can accept that it is unrealistic to expect perfection, it will feel like a huge weight has been lifted from your shoulders. It also helps you to realize that what you are experiencing is normal and human, and you should not feel bad about it. Additionally, recognizing your imperfections can also help you feel more connected to others because you realize that everyone experiences hardships and difficulties. Remember, self-compassion is about being kind to yourself and realizing that humans are imperfect, including you. This also requires acknowledging that it is okay to not be perfect. Your flaws and setbacks should help you understand yourself better, not make you stressed out or feel bad about who you are. Overall, self-compassion involves recognizing the difference between making a nasty choice and being a nasty person. When you practice self-compassion, you understand that making bad decisions does not automatically make you bad person.