Clinic Reminders

Clinic Topic: Self Care – Chris Strater

1. Compassion Fatigue – The profound physical and emotional exhaustion that helping professionals and caregivers can develop over the course of their career as caregivers.

2. Cortisol – A stress hormone that is released from the adrenal glands and causes the frontal lobes to not receive information. This in turn effects the thinking process.

3. Amygdala Hijack – The amygdala is an almond shaped piece of the limbic system. It is the air traffic controller in the brain for emotional response such as fight, flight, and freeze.

4. Breathing Deeply – Increases oxygen to the brain and can assist in calming the amygdala.

5. Sleep – Needed!! Assist in maintaining a healthy body, keeping the brain in good function and creates restorative benefits to the body.

6. Mindfulness – This is a practice of taking in your surroundings without judgement. Also, very useful while in nature. Video - https://youtu.be/w6T02qShnT4

7. Mindset – Growth Mindset over fixed mindset. It is all about the effort, not the outcome. We can help with words and how we talk to our participants. Video - https://youtu.be/NWv1VdDeoRY

8. Social Interaction – The brain is a social creature, needs social interaction to grow.

9. The mirror – Let’s look in the mirror and make positive changes. “When you know better – do better” Maya Angelou

10. Your plan – What steps are you going to take as you move forward in a healthy practice for your life?