FUELING THE FRONT LINES – A MENTAL WELLNESS DISCUSSION

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Welcome

What We'll Explore Today:

- Recognize the unique stressors and signs of burnout commonly experienced by frontline wellness professionals and identify early indicators in themselves.
- Apply three practical self-care strategies that support personal and professional well-being.
- Design a personalized Wellness Integration Plan using a simple weekly framework based on the 8 Dimensions of Wellness to maintain energy, joy, and impact in their role.

Creative Grounding: Reconnect Through Art

The Hidden Cost of Caring

What You Carry:

- Emotional Labor
- Secondary trauma
- Overextension
- Compassion Fatigue

“You can’t pour from an empty cup, but you can refill it with intention.”

Burnout or Systemic Exhaustion?

- Maybe some of what we've labeled personal burnout is actually systemic exhaustion.

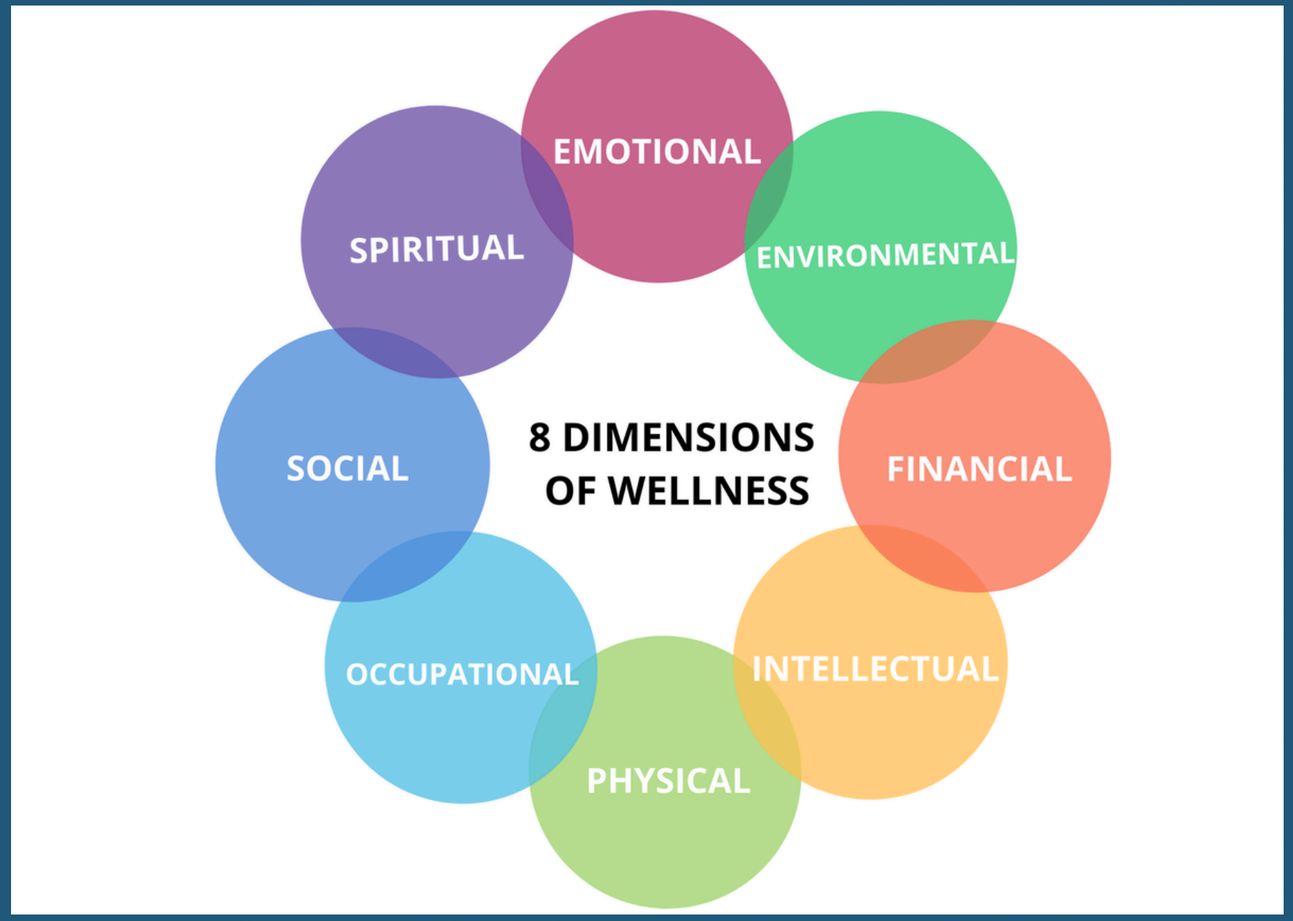
- **Personal Burnout:** What is happening within me?
  Systemic Exhaustion: What am I repeatedly being asked to navigate, witness, absorb, or work around?

- **Sometimes it's both.**

What Are You Being Asked to Carry?

PsychReframe™

Holistic Wellness & Strategies



Holistic Wellness & Strategies

Wellness Apps

Alkeme
Marigold
Happy Not Perfect
The Safe Place
Shine App
Somewhere Good
Noom
MyFitnessPal
Nike Training Club
Peloton
Calm



Wellness Apps

Fitbit
Insight Timer
Happify
Sleep Cycle
Headspace
Simple Habit
Smiling Mind
Buddhify
Mindfulness.com
Healthy Minds Program

Thank you!



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https://www.holisticallydivine.org/

Reference

(1) World Health Organization (2002). Retreviewed on January 1. https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions

(2) Beauchamp, T. L., & Childress, J. F. (2001). Principles of biomedical ethics (5th ed.). New York: Oxford University
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(3) International Self-Care Foundation. Retrieved January 1, 2024. https://isfglobal.org/