

ZONE OF

FABULOUSNESS

RESISTING BURNOUT & SHOULDERING EACH OTHER UP



Julie Sach

Client Services Manager

tautoko mai
SEXUAL HARM SUPPORT

The many faces of Burnout

- Vicarious trauma
- Secondary traumatic stress
- Compassion fatigue
- Empathic stress disorder
- Transmission of traumatic stress
- Burnout
- Breakdown



Language, labels and location of harm

- Where is the pain located?
- What/who becomes visible? What/who remains invisible?
- How does this shape our responses?
- What alternatives are there?

What parallels are there between the use of medicalised language to label workers and clients' 'trauma' symptoms/experiences?



Source: Paget Michael Creelman, CC 4.0



SELF-CARE CHALLENGE

- Be consistent with whatever the words mean to you.
- Adventure
 - Favorite
 - Business
 - Bathe
 - Rest
 - Laughter
 - Food
 - Meditation
 - Sweat
 - Socialize
 - Stretch
 - Cozy
 - Love
 - Music
 - Journal
 - Sweetness
 - Solitude
 - Expression
 - Pamper
 - Nature
- BlessingManifesting

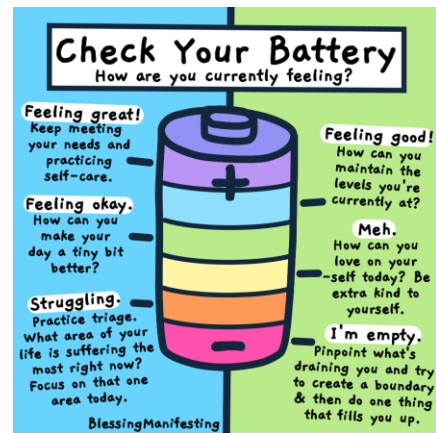


- CARE** ABOUT YOURSELF AND THE WORLD AROUND YOU
- START** A GRATITUDE JOURNAL
- SET** INSPIRING GOALS
- EAT** HEALTHY FOOD
- DRINK** MORE WATER
- TRAVEL** AROUND THE WORLD
- READ** INTERESTING AND USEFUL BOOKS
- LEARN** SOMETHING NEW EVERY DAY
- LOVE** YOURSELF AND SOMEBODY SPECIAL
- CREATE** SOMETHING WITH YOUR MIND AND HANDS

Real Self Care



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSU/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.
www.OlgaPhoenix.com



Self-Care IS:

Watching an episode of *The Great British Baking Show* or *The Good Place* as a way to unwind at the end of a long day.

Treating yourself to a manicure or massage as a reward for crossing a lingering item off your to-do list.

Acknowledging that you love restorative yoga, and making time for it at least once a week.



Resisting Burnout With Justice-Doing

Dr Vikki Reynolds

What is at the heart of your work? Why are you here?



What are the ethics that drew you to do this work?

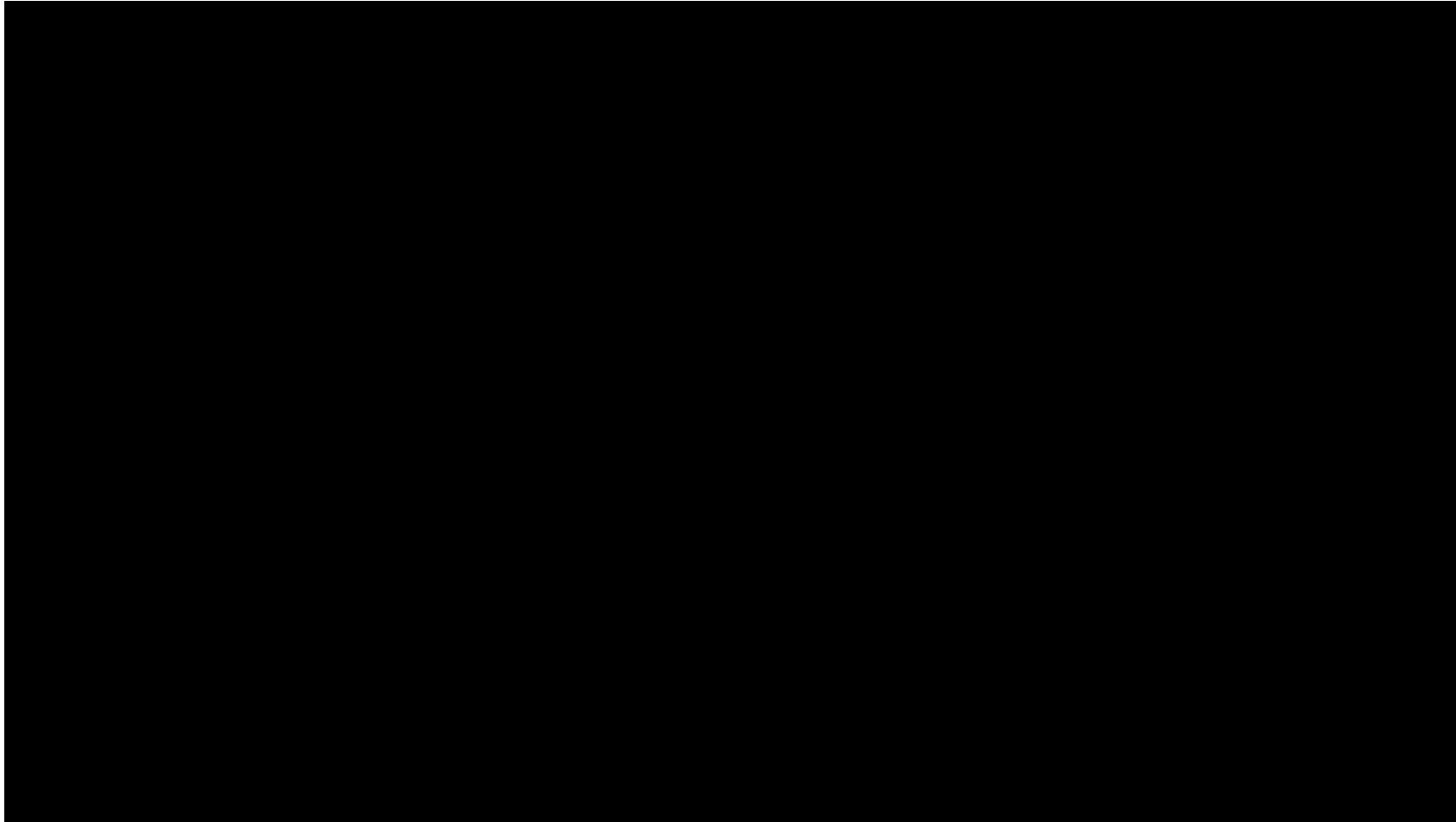
What ways of being in this work do you value, hold close, maybe even sacred?

What ethics are required for your work, without which you would be unable to work?

What is the history of your relationship to these values and ethics?
Who taught you this?

How have these ethics shown up in your life and work?

Part 1: Collective care - an alternative to worker 'burnout'



fabulous

THE ZONE OF
FABULOUSNESS



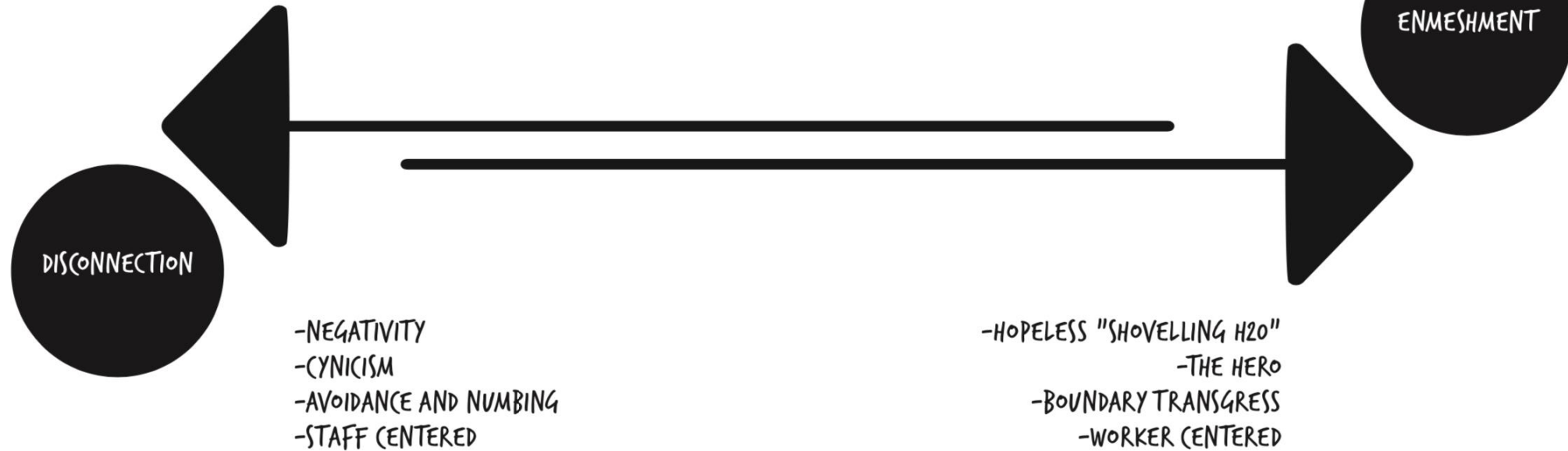
When are you fabulous?

When is your team fabulous?

How do you know you are in the zone?

What do you Think, Feel, Say & Do that let's you know you're fabulous?

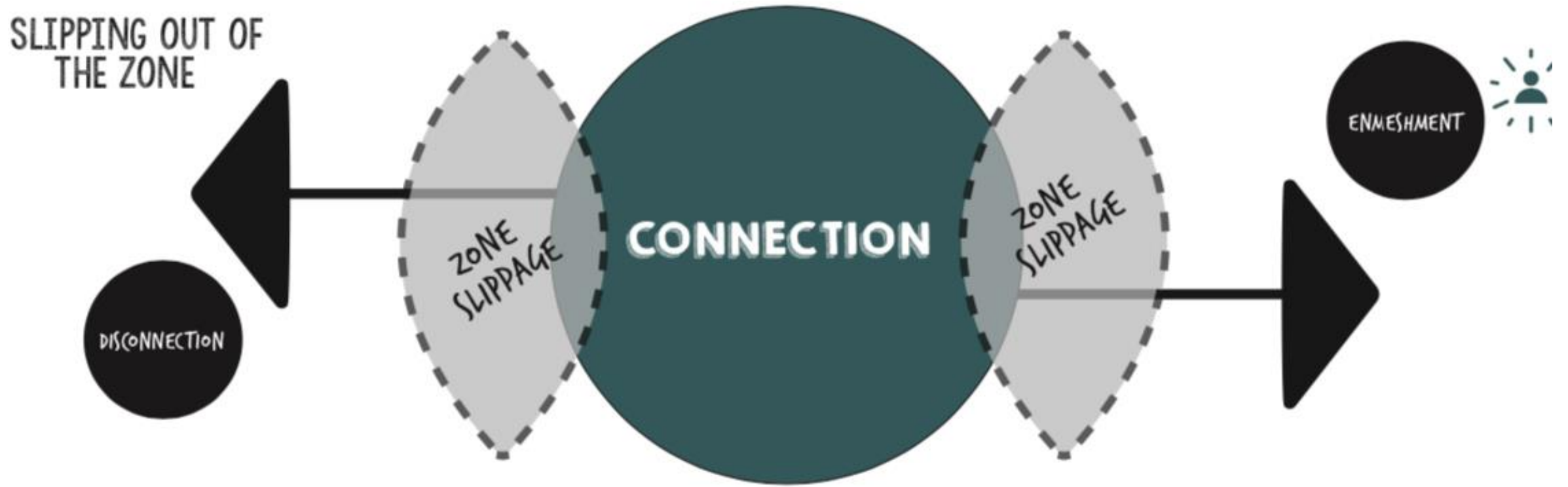
WHERE ARE YOU TODAY?



WORKERS USUALLY BURN OUT ONE OF TWO WAYS...

What ways can we get caught up that take us too far away from the person?

What ways can we get caught up that take us close to the person?



HOW DO YOU SLIP OUT OF THE FABULOUS?

Disconnection

- Think, Act, Do, Feel?

Enmeshment

- Think, Act, Do, Feel?



- You can't keep yourself fabulous!
- Being fabulous requires critique, feedback, accountability

Part 3: Creating cultures of accountability

CREATING CULTURES OF COLLECTIVE ACCOUNTABILITY

WITH VIKKI REYNOLDS, PHD, RCC

Part 4: Sustainability & transformation



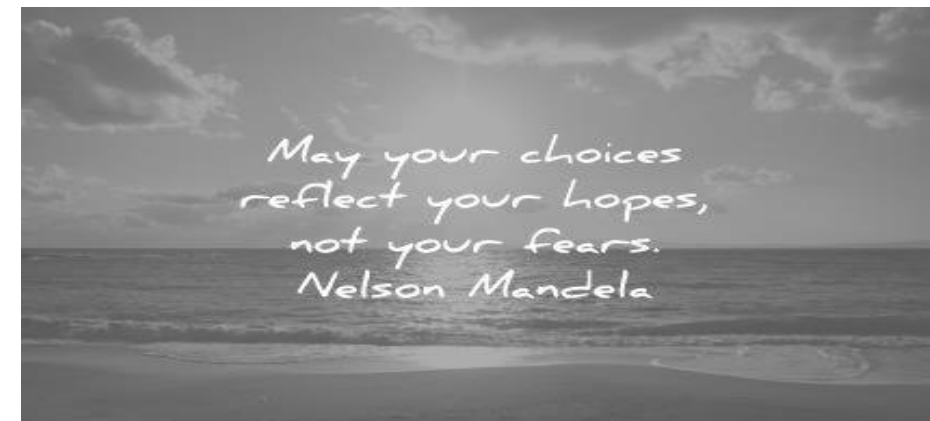
Solidarity Teams

- Resilient organisations
- Culture of appreciation
- Taking it back practices
- Gratitude, spirit of generosity
- Celebrate small changes/successes
- Measure the immeasurable – our work matters



Resisting Burnout – “the wisdom is not in the wound, but in the resistance.....”

- How have you resisted attempts to trample on your ethics?
- How have you kept your ethics alive in the work?
- Who holds you up in this work?
- How does this work transform you?
- Who can you howl at the moon with who doesn't tell you to leave the work?



Thank you



<https://vikkireynolds.ca/>