



SELF-CARE FOR PANDEMIC BURNOUT

This series is presented through Untethered Therapy as a psychoeducational group, meaning that material presented is intended to educate participants on the topics through the lens of mental health wellness. This group is not intended to provide mental health counseling or mental health crisis services. If you are experiencing a mental health emergency, please call 911 or reach out to the nearest crisis center.

All attendees are asked to participate with respect and kindness to fellow attendees. Any participant whose behavior becomes inappropriate, disrespectful, or disruptive will be removed from the session.



Burnout is a state of chronic stress that impairs your ability to function.



What does “burnout”
look like?



1. Chronic fatigue
2. Insomnia
3. Impaired concentration/attention
4. Increased illness
5. Chest pains, shortness of breath
6. Loss of appetite
7. Anxiety
8. Depression
9. Anger
10. Detachment
11. Isolation
12. Pessimism
13. Hopelessness
14. Lack of productivity
15. ...





What *is* self-care?



Connection, Socialization and Touch

Touch & Socialization



- Calms the nervous system
- Reduces pain
- Reduces depression and anxiety
- Increases memory function and longevity

Touch



- ★ Hugs
- ★ Massage
- ★ Hand holding
- ★ Snuggling a pet
- ★ Weighted blankets

Laughter



Laughter

- Stimulates many organs
- Activates and relieves stress response
- Soothes tension



Laughter

- Improve your immune system
- Relieve pain
- Increase personal satisfaction
- Improve your mood





Sleep



Sleep improves...

- Heart Health
- Immune System
- Stress
- Balance
- Memory Consolidation
- Cellular Repair



Improve your sleep

- ★ Consistent schedule
- ★ Limit devices / screens
- ★ 15 minute rule
- ★ Healthy snack
- ★ Regular exercise
- ★ Talk to your doctor

Nature



Nature

- Improves health and wellbeing
- May increase empathy
- Creates feeling of safety and relaxation
- Improves learning and focus

