Homeless Veterans’ Reintegration Program (HVRP) Self-Care for Providers Community of Practice

January 26, 2023
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Perceptions of the Field
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- Savior complex
- Negative self-talk
- This is “part of the work”
- Always available (no boundaries)
Recognizing the Symptoms of Burnout
Burnout

- Taking on the client's trauma (empathy turns to sympathy)
- Becoming cynical or critical at work
- Becoming irritable or impatient with colleagues, clients, or family
- Having trouble concentrating
- Fatigue
- Stress
- Bringing the work home
Prevention Strategies
Prevention Strategies

- Fostering transparent communication with your team and loved ones
- Develop action steps
- Setting boundaries
- Physical, emotional, and mental care
Available Resources

- Self-care plan
- Employee Assistance Program (EAP)
- Peer support
- Community activities
Discussion
What are you currently doing to prevent burnout?
What are you currently doing to sustain self-care?
Questions?
Thank You!

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