

Identifying Burn Out, Grief/Loss, and Crisis While Providing Support for Others

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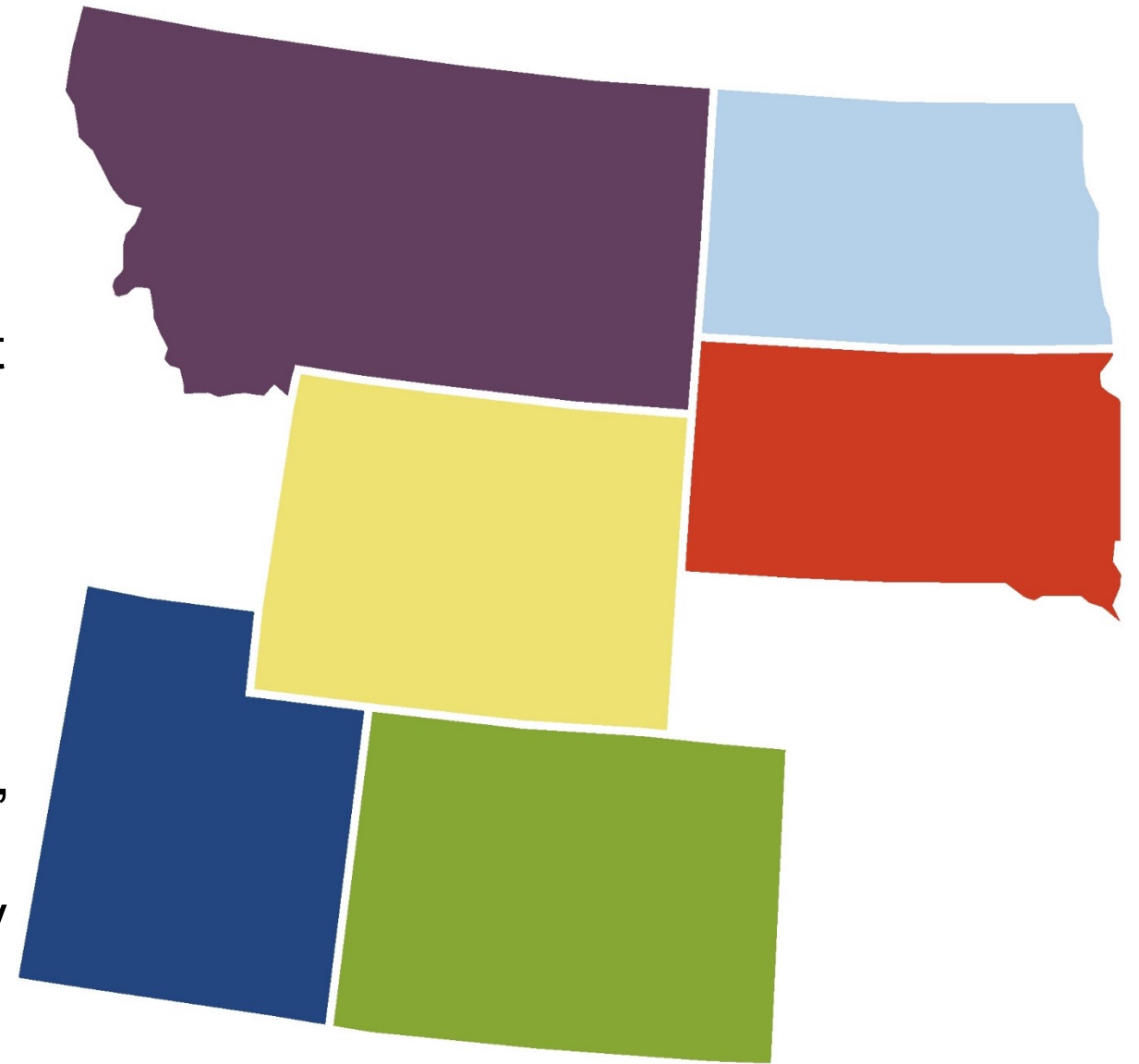
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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses
affirming, respectful and
recovery-oriented language in
all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
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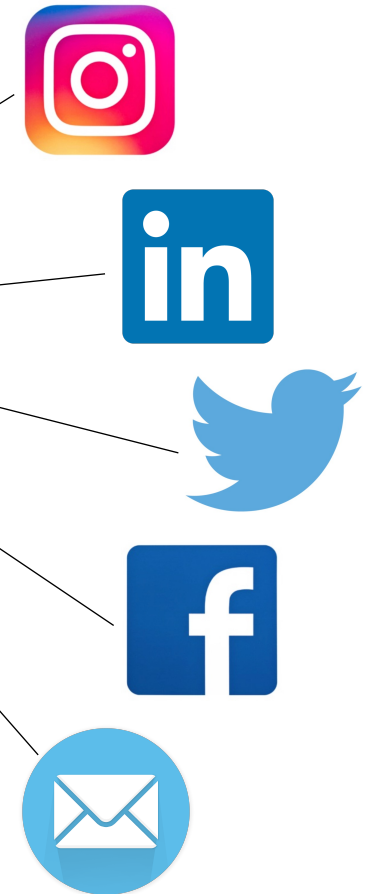
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Inspirational Thoughts

Take a minute and write down the name of a young person you worked with or know personally that really inspired you or motivated you to be your best self.

Next to their name write down one word that described how you felt when you worked with them.

No More Passion I'm Burned Out

In a survey, which polled more than 65,000 North American employees, **42% of women and 35% of men reported feeling** burned out often or almost always in 2021.

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

Grief & Loss

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. Common grief reactions include:

- Shock, disbelief, or denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite

Crisis After Crisis After Crisis

Crisis is a sudden and unplanned event that results in the instability of a person and can be caused by internal or external factors.

There are three major types of crisis:

- The issue typically threatens the survival or health of the person.
- The problem takes the person by surprise and they were unprepared to face the crisis.
- The problem forces the person to make abrupt and weighty decisions to save themselves or people they love.

Some ways to identify someone in Crisis:

- Dramatic change in sleep habits, such as sleeping more often or not sleeping well.
- Weight gain or loss.
- Decline in performance at work or school.
- Pronounced changes in mood, such as irritability, anger, anxiety or sadness.
- Withdrawal from routine activities and relationships.
- Neglect of personal hygiene.

What is Pandemic Fatigue?

Pandemic Fatigue refers to the exhaustion people are feeling after months or years of spending extra time and energy dealing with their new pandemic lifestyle and all the struggles it has brought on.

Some Contributing Factors Are:

The loss of loved ones, becoming caregivers or needing a caregiver, financial hardship, physical break down, or loss of jobs.

Missed experiences and life milestones, such as births, birthdays, graduations, weddings, and funerals.

Feeling cooped up, isolated, or cut off from usual hobbies or support systems.

Feeling overwhelmed or tired of the safety protocols that take extra time.

Mixed messages about making “good use” of this time but everything having restrictions, protocols, or shutting down.



Please write down
Who or what has been a lifesaver
for you during the pandemic?



Tools & Strategies



1.Take Time to Relax

Let us get rid of those stress chemicals, deep relaxation, and meditation.

2.Reach Out

Reach out to a family member, friend, colleague, or health professional you trust. You may be surprised that people around you are feeling the same way.

3.Limit Negative Contact

If you are going through burnout, limiting contact with negative people can be beneficial. Being exposed to negative thinking can worsen a situation that might already feel hopeless, and leave you worse off.

4.Re-Frame Your Perspective

Challenge negative thinking. Is there something about your job that you feel proud about? Are you makes someone's day better? Are you helping to achieve an important goal?

5. Use Breaks and Vacation Time

Breaks are there for a reason, make sure you use them. We all get busy and miss lunch here and there, but if it is becoming a regular occurrence you should be revisiting your schedule or having a conversation with your superior.

6. Set Boundaries

Are you taking work calls after you've gotten home? Are you checking your email before you've even had breakfast in the morning? Setting boundaries between where work begins and ends can help you plan your time outside of work.

7. Do Something Creative

Doing the same thing day after day gets tiring. Particularly if what you're doing at work is repetitive and stressful. Mix things up by adding in a creative hobby. If you're at a desk all day, try taking a dance class. If you're on your feet all day, try a drawing or painting class.

8. Try a Social Media Detox

Social media has many benefits, but it also creates an environment of comparison. If you're having a tough time at work, seeing the people you follow raving about their job isn't likely to make you feel better. Start creating a lifestyle you can rave about.

9. Get Plenty of Sleep

In a culture that favors those who get up at 5am and stay at work late, become the person that prioritizes sleep. Sleep makes you smarter, more creative, and happier, and years to your life.

10. Exercise for Fun

Don't force yourself to run miles every day if you don't enjoy it. Recovering from burnout is all about helping yourself find joy in life again. You could try a dance or weightlifting class, going hiking, skiing or snowboarding, swimming at the local pool, joining a local rec sports team, yoga, barre, zumba... the list goes on. The important thing is that you're doing something good for your body *and* your mind.

11. Eat Well

When you're burned-out, taking the time to plan thoughtful, healthy meals isn't always appealing. However, there are **certain foods that can help in your recovery** that you might want to try. To ease the load, try planning out your meals in advance and take 1-2 days a week to prep meals. Grab and Go

12. Reduce Caffeine, Nicotine, and Alcohol Consumption

What goes up must come down. Quick fix but not a long term solution. In a more severe case of burnout, altering brain activity like this can send you on an emotional roller-coaster you aren't equipped to handle.

13. Seek Treatment from a Health Professional

In a helping profession, sometimes we forget it's okay to look to others for additional supports and ideas. More hands make for lighter work.

The Best Mental Health Apps of 2022

<https://www.verywellmind.com>

Best Overall: [Moodfit](#)

Best for Learning Coping Skills: [MoodMission](#)

Best for Therapy: [Talkspace](#)

Best for Stress Relief: [Sanvello](#)

Best for Meditation: [Calm](#)

Best Fun App: [Happify](#)

Best for Depression: [Depression CBT Self-Help Guide](#)

Best for BIPOC: [Shine](#)

Best for Bipolar Disorder: [eMoods](#)

Best for Symptom Tracking: [Bearable](#)

Best for ADHD: [Todoist](#)

Best for PTSD: [PTSD Coach](#)

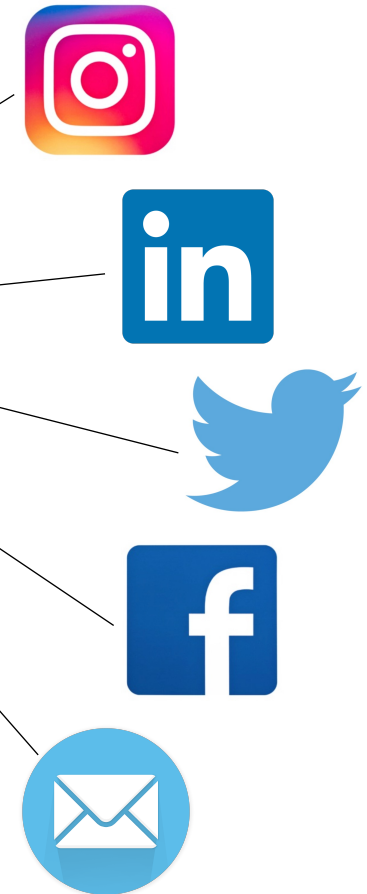
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Funded by Substance Abuse and Mental Health Services Administration

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