

Self-Care Meets Collective Care:

*Supporting Our Participants, Our Colleagues, and Ourselves
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Self-Care Is Important:

I encourage you not to neglect your own personal self-care practices, but we need to have a conversation about more than just whether or not our “self-care” is on point when we feel burnout or fatigue with the work we do.

Perspective Check:

1. At its core, burnout comes from us all suffering due to greater, oppressive structures. We should challenge the notion that burnout is the result of participant-provider interactions.
2. “Compassion fatigue” is problematic because it implies practicing compassion exhausts us. Compassion is *not* finite. We must always practice compassion, especially in challenging interactions.

Utilize the Framework:

1. Identify and align with your values. Think of what qualities your hero has!
2. Maintain Unconditional Positive Regard. This is the belief that everyone is inherently worthy of acceptance and love, and are personally capable of bettering themselves when given a space of acceptance and love.
3. Assume that everyone is doing their best. Research has shown those who assume others are doing their best are more self-compassionate. This helps the other person and helps ourselves.
4. Set and respect your own boundaries. Stay within your integrity! It’s okay to define what is and is not okay for you in regards to your relationships with others.

Be Brave, Be Kind!

Reach out with kindness to colleagues struggling with burnout or fatigue, and be open to compassionate criticism if a colleague comes to you with concerns about your stress level, or how you may be approaching a challenging interaction.

Further Reading:

If you’d like to follow up on these ideas, here are some great places to start

1. Vikki Reynolds conference recordings for challenging the notion of “burnout”
2. Brene Brown, *Daring Greatly* or *Rising Strong* for Assuming the Best
3. Research Acceptance Commitment Therapy for work on values