



# Healthy Healers

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# Healthy Healers

*A training curriculum to help promote resiliency among rural healthcare providers.*



## Session Overview

- Why I love my job
- How to manage job stress
- How to implement self care



## I Love My Job




## What makes a GOOD job?

Salary	Job benefits	Job security
Opportunity to advance	Work hours	Work feels meaningful
Working conditions	Flexibility	Variety
Supervisors – supportive, fair	Co-workers – good supportive relationships	Opportunity to help others
Allows for balance of work and home life	Fits your personality	Job is interesting and absorbing

Source: University of Michigan



## Managing Job Stress




# Compassion Fatigue



# Neurobiology of Stress



# Reframing



## Reframing our Thinking



Think back to a time when you reframed a negative situation into a positive one.



## Locus of Control

### INTERNAL locus of control

Belief in one's **(internal)** ability to control oneself and influence or change situations.

Able to change the way I look at situations and find positive aspects even in negative situations.

### EXTERNAL locus of control

Belief that control over events and what other people do is **outside** of them.

Belief that I, personally, have little or no control over such things.



## Locus of Control at Work



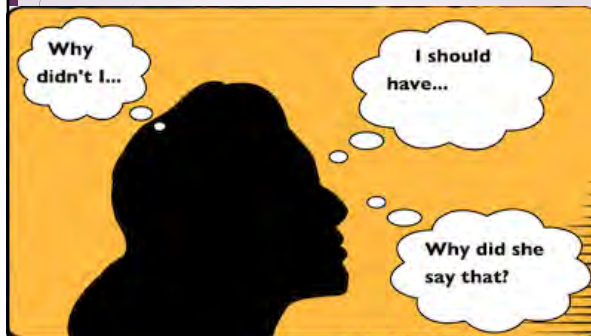
## Positive Self-Talk



## Negative Self-Talk



## Untangling the Mind



## Shift into Pause



## Mindfulness



## SBNRRR



## Guided Imagery



## Sleep



## Healthy Eating



## Regular Exercise



Source: exercise-works.org



## The Mind Body Connection

*Maintaining wellness is like tending fire, it takes constant attention and vigilance. By attending to this fire you develop sustainable long term ground-ness in the work you do.*  
- Dr. Gary Ferguson



## Balancing Body & Mind

Name **ONE** physical wellness habit, and **ONE** mindful wellness habit you will work on.



Bringing it all together

“Take care of yourself first, before you take care of the problems you’re gonna face.”



Quyana!  
Qagaasakung!

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