Welcome!

Please complete the assessment form available at the front of the room.

This is a confidential form for you to keep and you will not be asked to share your answers. Please be as honest as possible.
Self-Care as Professional Development: A Practical Approach to Student Affairs Burnout

by: Kailey Posterick
Session Objectives

- Complete a personal self-care assessment and discuss the components of professional burnout
- Understand the benefits of self-care for yourself and everyone around you
- Discover the key elements of preventing and coping with burnout
- Develop practical methods of realistic self-care
Does this sound like you?

- I feel tired when I wake up. I check my email and calendar before I even get out of bed. I skip breakfast or eat something unhealthy on my way to work. Some days I just have coffee. If I eat lunch at all it’s at my desk or on the go. I spend a large portion of my day running from meeting to meeting with no down time. My inbox is always full and it feels impossible to keep up with all of my emails. I never leave work as early as I hope to. When I get home I still check emails and think about all of the tasks I did not complete. I never have enough time.
Components of burnout

• Emotional exhaustion
• Depersonalization of students
• Loss of feelings of accomplishment
How do I prevent and cope with burnout?

Life Lesson: Put on your own oxygen mask before assisting others.

seriously.
you can't help anyone if you're dead.
Values

• Determine your own values. What is the most important to you?
• You can't do everything and everything is not equally important.
• Find a rhythm that works for you. Things are rarely an even balance and that is okay.
• What are things that only you can do well, and what can you delegate?
• Take stock of what your stressors are. What can you control?
• Remember: the longest relationship you will ever be in is the one with yourself.
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Strategic Renewal

• Be intentional. Create a self-care plan. Carve out time for yourself everyday.
• Create a "transition ritual" between work and home.
• Remember that it's not how long, but how well, you renew.
• Understand that self-care is not selfish.
Embracing Failure

- Recognize that your job is never done and sometimes it may feel like you fell short.
- Allow yourself to feel negative emotions when they occur. Understand them and treat them with self-compassion.
- Accept the negatives for what they are and work with what you have.
Setting Boundaries: Self

• Expect to be upset by upsetting events. Don't beat yourself up over having an "off day".

• Your job involves emotional labor, and this can be more challenging (and exhausting) than physical labor at times.

• Strategic renewal can stop emotional fatigue before it starts. Give yourself credit for the hard work you do, and care for yourself accordingly.
Setting Boundaries: Peers

• Working in a team environment often means pitching in and helping your peers. Sometimes, it also means telling your peers no.
• Similarly, it's important to know when you are overwhelmed and need to ask your peers for help. You are not the expert on everything and that is okay.
• Communicate with your peers regularly and keep your calendar updated. If you don't want to be bothered when you are unavailable, make sure they know you aren't available.
Setting Boundaries: Supervisor

• You are a better employee when you are taking care of yourself.
• Don't be afraid to discuss your specific needs with your supervisor. Take your time off, and disconnect with work when you are off so that you actually recharge.
• Sometimes you have to ask, "which is the priority?"
Setting Boundaries: Students

• Give your students boundaries and ensure that these are respected by them and you.
• Everything does not need to be handled immediately. Office hours are real and should be followed by them and you.
• For example, if you respond to an email at midnight, you set the precedence that you are available at all hours.
• You are higher education staff, not parents. Do not be more stressed than they are.
Practical examples

• Clean your work or living space
• Cook your favorite food (or try something new!)
• Cuddle with a pet or partner
• Dance, no matter how poorly
• Take several deep breaths
• Spend time with friends
• Burn incense
• Go to a museum or art gallery
• Watch Beaches or The Notebook

• Write in a blog or journal
• Schedule your annual medical appointments
• Read something that isn't work-related
• Go to bed early
• Grocery shop instead of eating out for every meal
• Go to a Houston Roller Derby game
• Take a nap
• Meditate
• Go to church
continued

• Enjoy the outdoors
• Set your away message on your email when you take vacation time
• Use your vacation days
• Do your laundry
• Go shopping
• Take a road trip
• Go for a run/walk
• Work out
• Make hot tea
• Unplug from technology

• Take a friend to happy hour
• Get a massage
• Find a good therapist
• Watch or play sports (or go tailgating!)
• Try a craft project
• Volunteer for a cause you care about
• Take care of that chore you've been putting off
• SAY NO
I'M GONNA TREAT MYSELF.
Contact Me

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