



Preventing Burnout in Peer Support

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Introduction

- Peer Specialist, PQ ACTT
- Certified Peer Worker
- Past experience
- Current role with ACTT
- Experience with Burnout



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Peer support changes lives.

Image retrieved from: <https://goo.gl/images/Nm5ngB>

Agenda

1. Introduction
2. Review: What is Peer Support?
3. Discuss: Realities of working in Peer Support
4. Impact of Peer Support (both positive and negative)
5. What is “Burnout”?
6. Discuss: Strategies to prevent burnout
7. Discuss: Boundaries—how do we develop and implement them? How might they differ?
8. Summarize: Putting it all together

What is Peer Support?

- Our definition
- A relationship, a state of being, focusing on the individual + shared mutuality rather than diagnostic criteria
- Provides the opportunity to feel safe, respected, valued, understood and comfortable while receiving support
- Each individual has within themselves the knowledge of what is best for them. Peer support is to support a person as they search for that inner knowledge & to reignite their hope

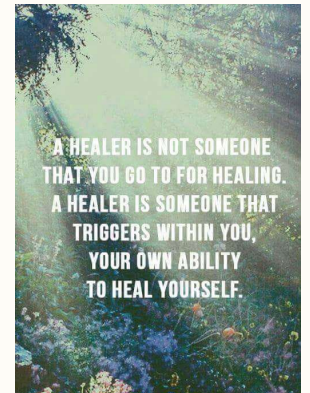


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Discuss: What are the Realities of Working in Peer Support?

- Possibilities with Peer Support
- Challenges
- Celebrations
- Growth & Learning



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Impact of Peer Support



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Positive

- Celebrations
- Mutual Growth, empowerment & learning

Negative

- Challenges
- Possible danger/volatility
- Losses
- Being Second Guessed

What is “Burnout”?

- Definition
- Symptoms
- Burnout Self-Test (handout)

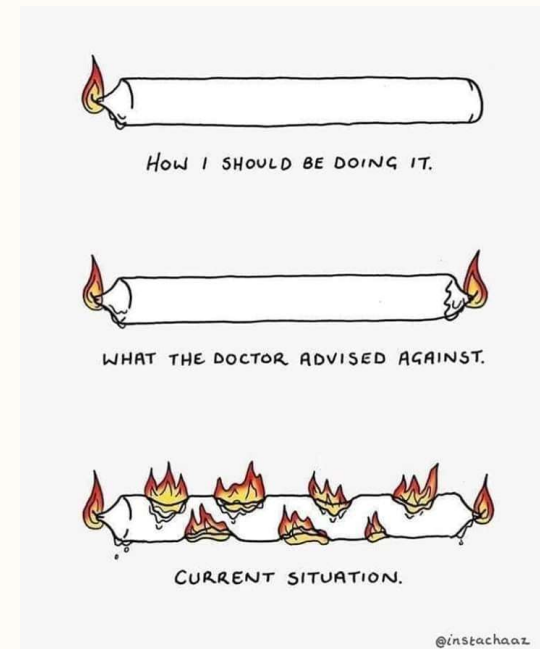


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Discuss: Strategies to Prevent Burnout



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- Table Discussions: 5-10 minutes
- Self-Care
- Boundaries
- Grounding
- Debriefing

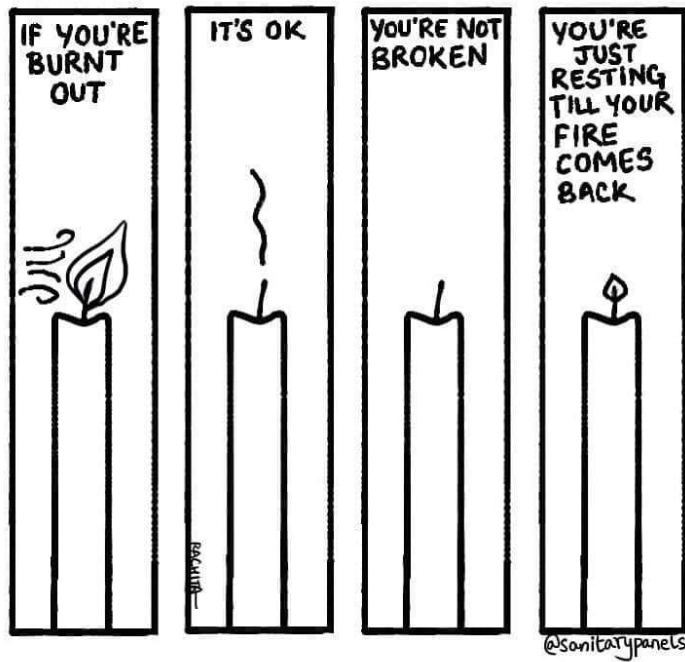


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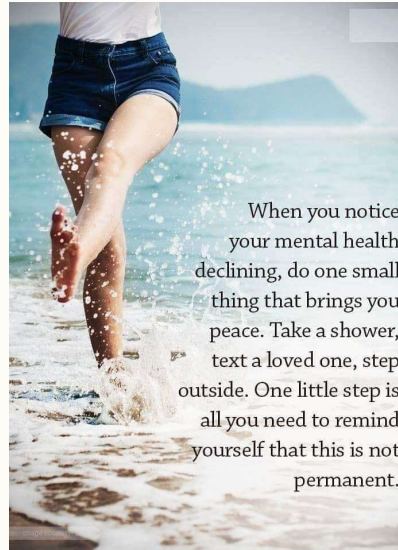


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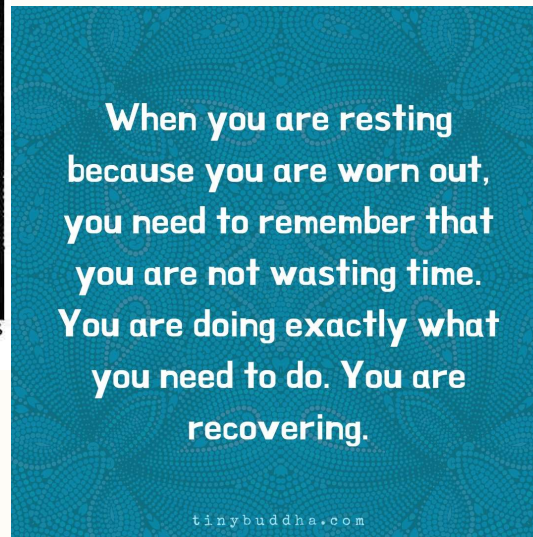


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'Crazy-busy' is a great armor, it's a great way for numbing. What a lot of us do is that we stay so busy, and so out in front of our life, that the truth of how we're feeling and what we really need can't catch up with us.

- Brene Brown

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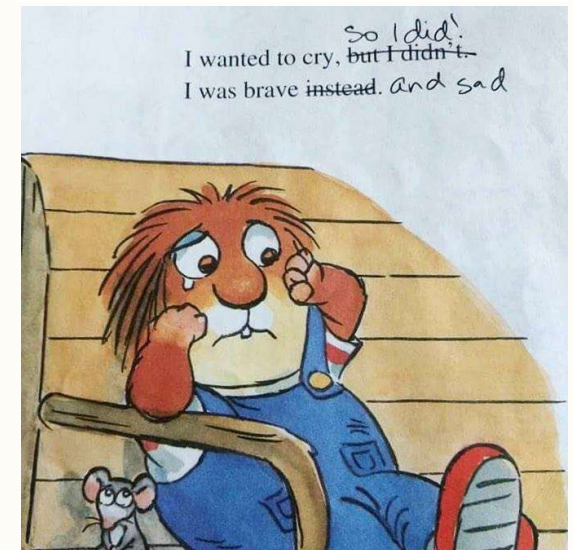


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Discuss: Boundaries

- Table Discussion: 5-10 minutes
- What are Boundaries?
- How do we develop and implement them?
- How might they differ?

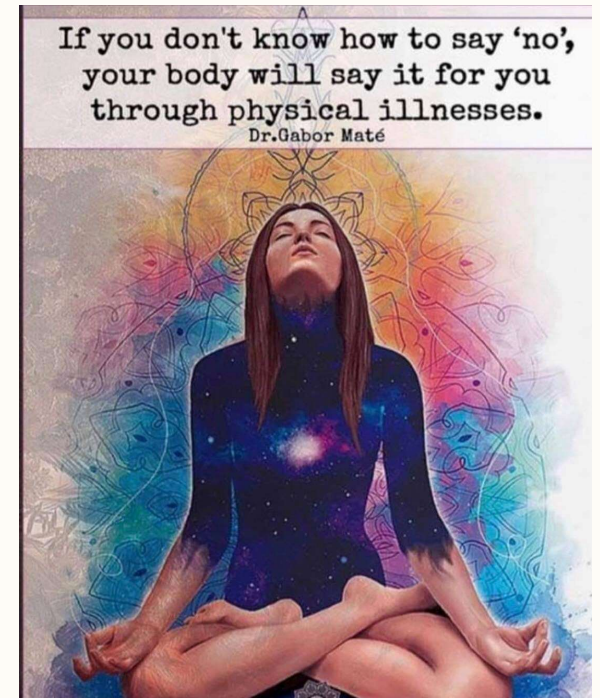


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Summarize: Putting It All Together

- Next Steps—how to incorporate into your practice
- Something I learned from today
- Resources

IF YOU ARE STRUGGLING TODAY, REMEMBER THIS:

You have survived everything you've gone through up to this point.

The best day of your life is still yet to come.

There are still people you haven't met, and things you haven't experienced.

YOU CAN DO THIS.

— uddibates

When babies take their first step and then fall on their bottoms, we praise the first step. We don't criticize their fall... I think we adults could learn a lesson here... we spend more time criticizing our falls and not enough time applauding our small steps.

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****Self-Care is not about what we do—it is an attitude, not an activity. How many times have we done an activity—had a hot bath, gone on holidays—and call that self-care, yet, still feel the stress in our body and constantly think about work or stressful parts of life.**

Self care is not about what we do, it's how we do it**

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Questions?

Questions? Comments? Thoughts?

For further information, feel free to contact me at:

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You wouldn't let this
happen to your phone.
Don't let it happen
to you either.

SELF CARE IS A PRIORITY.
NOT A LUXURY.

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