Healthy Healers

Presented by:
Xiomara Owens & Dana Diehl
Healthy Healers

A training curriculum to help promote resiliency among rural healthcare providers.
What is HH?

- A culturally responsive curriculum with instruction materials aimed at teaching resiliency.
- This course can be taught online or in-person.
- Recognizes the challenges of recruitment & retention of healthcare providers.
- Teaches about ACES/PTSD—the effects and how to avoid becoming traumatized or burnt-out themselves.
Who is HH for?

- It was specially created for frontline rural healthcare providers across the state (e.g., DHATs, CHAs & BHAs)
- It can be beneficial for any caregiver or provider.
- It also offers instructors a gentle reminder to continue finding and using healthy coping strategies.
HH Course Objectives

- Participants will develop and adopt new self-care habits.
- Participants will build, or have in place, a sustainable support system.
- Participants will be more positive and energized about their job.
HH Guides Participants to...

- Identify and practice new stress reduction techniques.
- Identify and develop supportive elements within the work environment and within the community.
- Identify job elements that are most important to them.
- Identify elements of their job they do/do not have control over.
- Develop skills to reduce stress and improve the workplace.
Individual HH Modules

Each module

- Is introduced by an Elder
- Uses icons to easily identify activities
- Provides a variety of handouts for activities and links to additional information/resources.
I Love My Job
I Love My Job

Module 1

- Demonstrate an understanding of the relationship between one’s attitude and job satisfaction.
- Understand the concept of locus of control.
- Identify strategies to maintain healthy boundaries.
- Understand the concept of mindfulness; learn and practice a mindfulness exercise.
Myrtle Van Doorn
Athabaskan Elder from Shageluk
Health Aide for 20 years along the Yukon, Kuskokwim rivers.
What Make a Job... a GOOD Job?
What makes a GOOD job?

<table>
<thead>
<tr>
<th>Salary</th>
<th>Job benefits</th>
<th>Job security</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunity to advance</td>
<td>Work hours</td>
<td>Work feels meaningful</td>
</tr>
<tr>
<td>Working conditions</td>
<td>Flexibility</td>
<td>Variety</td>
</tr>
<tr>
<td>Supervisors – supportive, fair</td>
<td>Co-workers – good supportive relationships</td>
<td>Opportunity to help others</td>
</tr>
<tr>
<td>Allows for balance of work and home life</td>
<td>Fits your personality</td>
<td>Job is interesting and absorbing</td>
</tr>
</tbody>
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University of Michigan
## Locus of Control

<table>
<thead>
<tr>
<th>INTERNAL locus of control</th>
<th>EXTERNAL locus of control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belief in one’s <strong>internal</strong> ability to control oneself and influence or change situations.</td>
<td>Belief that control over events and what other people do is <strong>outside</strong> of them.</td>
</tr>
<tr>
<td>Able to change the way I look at situations and find positive aspects even in negative situations</td>
<td>Belief that I, personally, have little or no control over such things.</td>
</tr>
</tbody>
</table>
Reframing our Thinking

- One way to gain control of a situation is to **reframe** it.
- The concept of “reframing” allows you to see your stress and problems from a fresh perspective.
Managing Job Stress
Job Stress

Module 2

- Identify strategies to reduce work stress at home.
- Identify specific things in the job that cause the most stress.
- Describe how the brain and body responds to stress.
- Describe and practice positive self-talk.
Doug Modig, Tsimshian Elder

Doug is one of Alaska’s leaders in the sobriety movement and staking ceremonies.

Substance abuse treatment counselor, community development, and substance abuse prevention trainer
Job Stress & Home Stress

- What causes you stress at work?
- What happens when you experience job stress?
- What happens when you bring job stress home?
Where do you feel stress in your body?
<table>
<thead>
<tr>
<th>Stressful Situations</th>
<th>Impact on the Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>➤ Always being on call</td>
<td>➤ Tight muscles (hands, jaw, pelvis, shoulders, neck)</td>
</tr>
<tr>
<td>➤ Living in a small community—knowing everyone</td>
<td>➤ Fast or shallow breathing</td>
</tr>
<tr>
<td>➤ Working with difficult clients</td>
<td>➤ Pounding heart</td>
</tr>
<tr>
<td>➤ Lack of support</td>
<td>➤ Temperature: hot face, flushing, sweaty hands</td>
</tr>
<tr>
<td>➤ Working with difficult co-workers</td>
<td>➤ Stomach or head ache</td>
</tr>
<tr>
<td></td>
<td>➤ Fuzzy brain</td>
</tr>
</tbody>
</table>
Neurobiology of Stress

Chamberlain video clip (~5 minutes)
Retraining your Brain

Doug Modig
video clip
~1 minute
“It’s never too late to retrain your brain.”
Self Talk

- What is self-talk?
- Positive self-talk
- Negative self-talk
- Changing your self-talk
Healthy Boundaries

- What are the firm boundaries?
- Work-to-home transitions
- Practice mindfulness
- Reserving time/calendaring
- Communicating boundaries
What is **ONE** thing you will do to reduce stress?
Balancing Body & Mind

Module 3

- Describe what physical wellness means to me.
- Identify and reflect on a new physical wellness habit.
- Practice and reflect on a mindful habit.
Dr. Rita Pitka Blumenstein
Traditional Healer, ANTHC
1st certified traditional doctor in Alaska. Member of the International Council of 13 Indigenous Grandmothers
What is Wellness?

- What does physical health mean to you?
- How does physical health impact stress?
Untangling the Mind

- Switch the focus into your body
- General body scan
- Guided body scan
General Body Scan

- Focuses on your senses.
- Notice what's going on inside, outside, and around you.
- Notice the sounds, temperature, the taste in your mouth - what is your body telling you?
Guided Body Scan

- What changes did you notice after this exercise?
- How did this exercise make you feel?
- How did your body change?
Shift into Pause

- Gives the mind time to settle or "re-set"
- Moves us away from "spiral-thinking."
- Allows the "upstairs brain" to get re-engaged and decide what to do next.

Remember the old saying, “Take a breath and count to 10.”
Sleep

- Think about how many hours you typically get a night.
- Do you get enough?
- Is this a healthy habit you want to focus on?
Numerous studies have shown that physical or emotional distress increases the intake of food high in fat, sugar, or both.
Healthy Eating

- What are the nutritious traditional foods in your area?
- What traditional foods do you share or trade with others?
- What are your favorite foods?
- Do you notice a difference in your physical or mental health when you eat traditional foods?
Regular Exercise

- Pumps up your endorphins
- It’s meditation in motion
- Improves your mood
Regular Exercise

- What are your favorite physical activities?
- What can you do to incorporate more physical activity into your daily routine?
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
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.”