



# BURNOUT AND BACK

*HOW OVERCOMING 6 MYTHS  
ABOUT HOLISTIC WELLNESS  
CAN HELP YOU  
AND YOUR PATIENTS*

Presented by Kate Mayer  
RN, BSN, NC-BC  
Synata Health Consultants

Welcome



*Adventure Awaits*



## LEARNING OBJECTIVES

- What is holistic wellness?
- What is self-care?
- 6 Myths about self-care
- Burnout and Back
- Holistic Patient Care



26%

SW PTSD

95%

RN burnout

64%

SW burnout

91%

Planning to leave profession

## HOLISTIC WELLNESS

*“Wellness is functioning optimally within your current environment.”*

*Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI)*

## SELF-CARE

***“Self-care involves practices, routines, and activities that help reduce stress and lead to good emotional, mental, and physical health.”***

***Janet Philbin, Clinical Social Worker and Victoria Turner, Social Psychologist***



© Synata Health Consultants, 2023



# WHAT PEOPLE THINK SELF- CARE IS





Nourishment



Sunshine & Fresh Air



Movement



Sleep

# Body



MIND





# Soul

"A rapidly growing body of evidence indicates that practices like *mindful body scanning*, *prayer*, and *meditative walking* constitute beneficial forms of nonpharmacological intervention which can contribute to physical, psychological, social, and existential self-care."

Hakan Nilsson, PhD, PhL, MSS, MEd, MTh, MB (5)

# 6 MYTHS ABOUT SELF-CARE



1

"I DON'T HAVE TIME"

2

"IT'S TOO EXPENSIVE"

3

"I DON'T NEED THAT SELF-CARE STUFF"

4

"I NEED TO MAKE SURE EVERYONE ELSE IS OKAY FIRST"

5

"THIS IS ALL WOO-WOO/QUACK/VOODOO STUFF"

6

"I DON'T HAVE SUPPORT AT WORK"

"I DON'T HAVE  
TIME"

**BODY**

- Drink at least 6 glasses of water a day
- Take pee breaks
- Choose sleep over numbing out
- Add a fruit or veggie
- Choose a whole grain
- Take the stairs

**MIND**

- One Breath Reset, Box Breathing
- Repeat a reframed thought
- Appreciate something beautiful (6)
- Go off unit for break

**SOUL**

- Gratitude while getting ready
- Prayer while walking in

© Synata Health Consultants, 2023



*"It's too*  
**EXPENSIVE"**

Fresh air - free

Sunshine - free

Many parks - free

Enough sleep - free or worth the daycare fees

F&V, whole grains - cheaper than daily meds

Deep breathing exercises - free

Meditations - free

Prayer - free



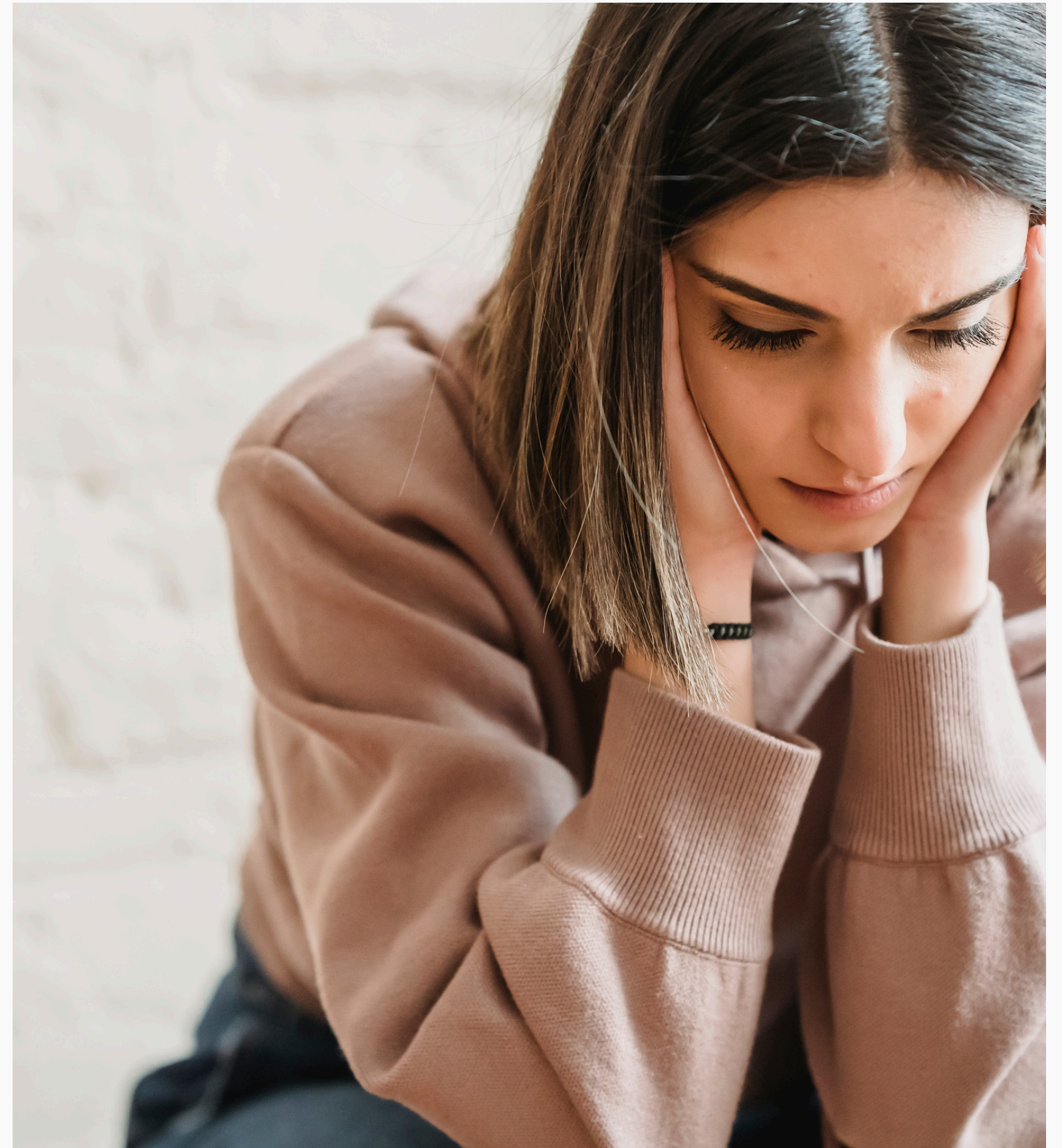


**"I DON'T NEED  
SELF-CARE."**

"Most have experienced one or a combination of five patterns of emotional abuse, which has led to the relentless need to give to others what we wish we had received, coupled by an inability to care for oneself and set limits in order to counteract exhaustion."

SaraKay Smullens, MSW, LCSW, DCSW, CGP, CFLE, BCD

**"I NEED TO  
MAKE SURE  
EVERYONE IS  
OKAY FIRST."**



*"This is all*  
**QUACKERY"**

"We have done over two dozen studies on massage and acupuncture showing the benefits that both treatments have on patients. Skilled practitioners of integrative medicine are able to

**Hippocrates**

"If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk."

**Mayo Clinic**

be a member of the care team and contribute their expertise, while also delivering care directly to patients." Brent Bauer, M.D., director of research for Mayo Clinic's Integrative Medicine Program

# "I DON'T HAVE SUPPORT AT WORK."

---

*Self-care is how you take your power back – Lalah Delia*

## ENCOURAGE MGMT TO


- Incentivize older nurses to mentor younger nurses - time off, bonuses
- Mandatory staffing ratios
- Incentivize longevity on unit through tuition reimbursement, opportunities
- Decrease meaningless charting, away from bedside tasks
- Offer support groups





# RISK FOR BURNOUT

WORK-LIFE MISMATCH

- 
- **few interpersonal relationships**
  - **early in career or mid-career**



## Overworking

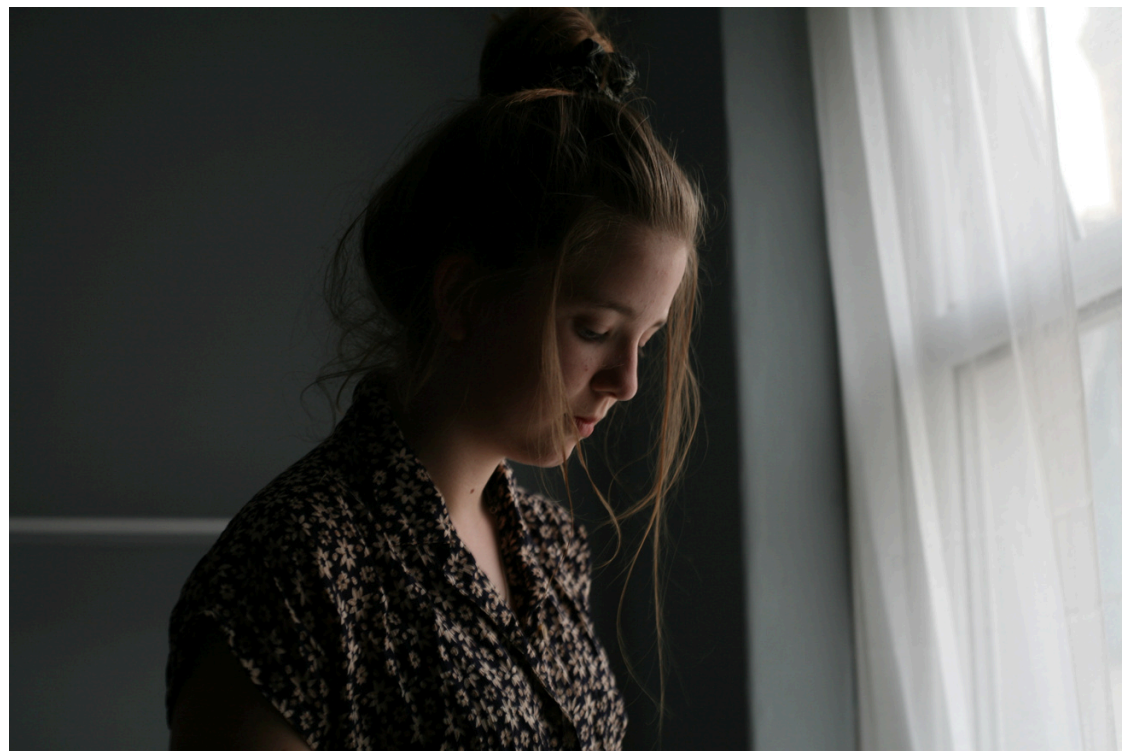
- **multiple jobs**
- **high patient load**
- **overtime**



## Patient care factors

- **family in and out**
- **task-oriented nursing**
- **time away from bedside**

# *The 12 Stages of* **BURNOUT**



1. **A compulsion to prove oneself**
2. **Working harder**
3. **Neglecting their needs**
4. **Displacement of conflicts**
5. **Revision of values**
6. **Denial of emerging problems**
7. **Withdrawal**
8. **Obvious behavioral changes**
9. **Depersonalization**
10. **Inner emptiness**
11. **Depression**
12. **Burnout syndrome (Call 988)**

*We're totally guilty of doing  
too much at once, all while  
trying to manage the noise  
in our heads that says we're  
not doing enough.*

*Vanessa Autre*



# The Road to Recovery



Plan for Prevention

Body, Mind, Spirit

Social Support

Boundaries

Therapy



*"Balance is the  
epiphany that you  
don't have to be  
everything to everyone,  
all of the time."  
Vanessa Autrey*



*"Understanding how to find the magic moments in your daily life is critical. If you subscribe to the philosophy that says, "My vacation will free me from burnout," then you're waiting for a few days out of the year to make up for many days of stress. Instead, you have to be able to take mini-vacations on a daily basis."*

***Tony Robbins***



# YOUR CUP

- How full is your cup?
- What fills it outside of work?
- What areas of self-care would fill your cup the most?
- What are some barriers to overcome to fill your cup?



# NEXT LEVEL: HOLISTIC SOCIAL WORK

The "person-in-environment" concept was introduced by social work in the 1920s.

"An individual and his or her behavior cannot be understood adequately without consideration of the various aspects of that individual's environment (social, political, familial, temporal, spiritual, economic, and physical)."

Mary Ellen Kondrat, MSSW

© Synata Health Consultants, 2023





# NEXT LEVEL: HOLISTIC NURSING



"Holistic nursing leads to the prevention of patients' depression, improved physical conditions, decrease in the duration of hospitalization, and faster recovery."

Madineh Jasemi, DNP

"Holistic care increases feelings of personal development in nurses: It makes nurses feel satisfied, able and useful, and consequently inclines nurses to stay in their profession."

Madineh Jasemi, DNP

©Synata Health Consultants, 2023

■

# HOW CAN I BRING HOLISTIC CARE TO MY PATIENTS?

"Be like Flo"



# HOLISTIC WELLNESS

*for our patients*



BODY



MIND

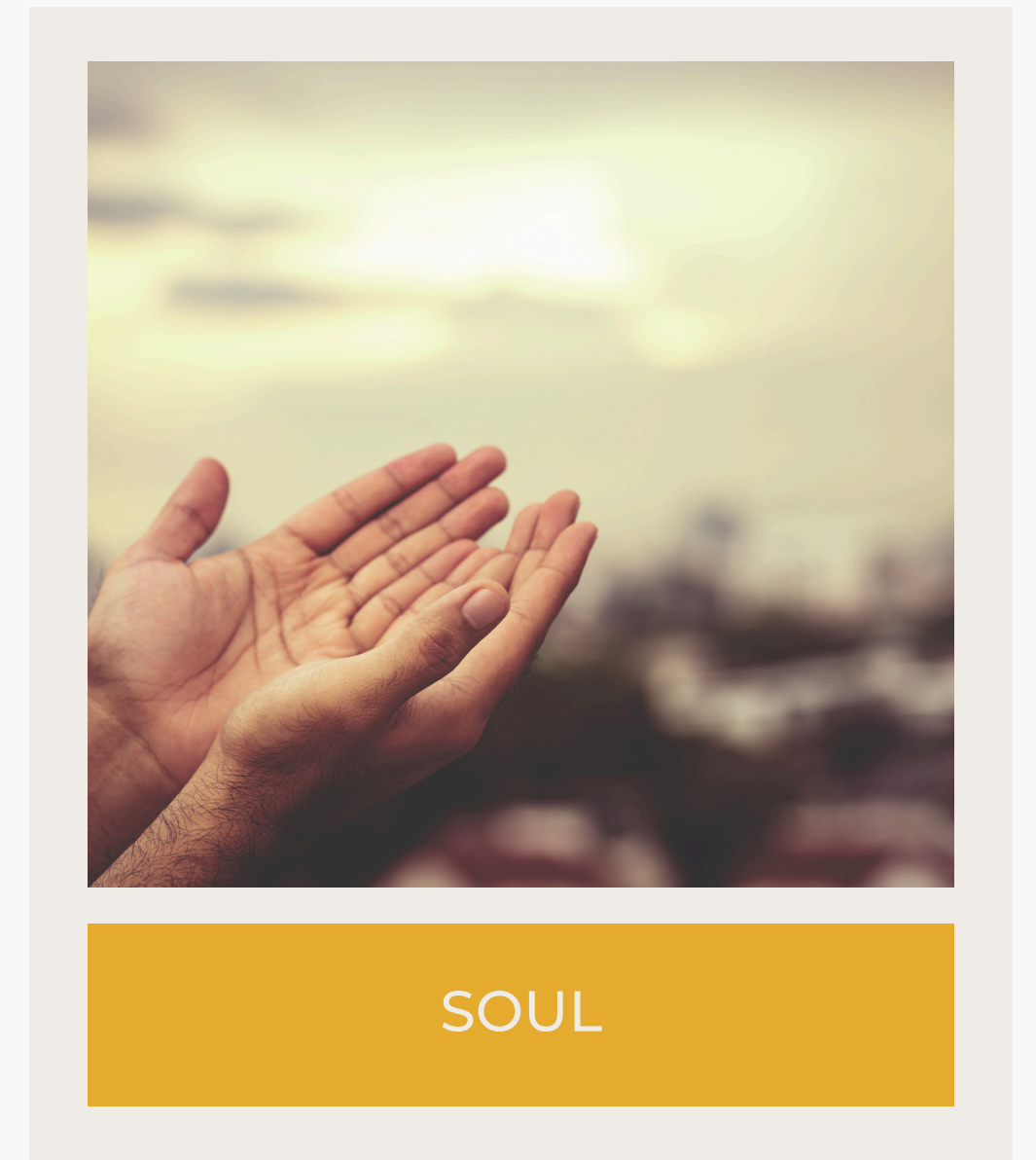


SOUL

# HOLISTIC WELLNESS

*for our patients*

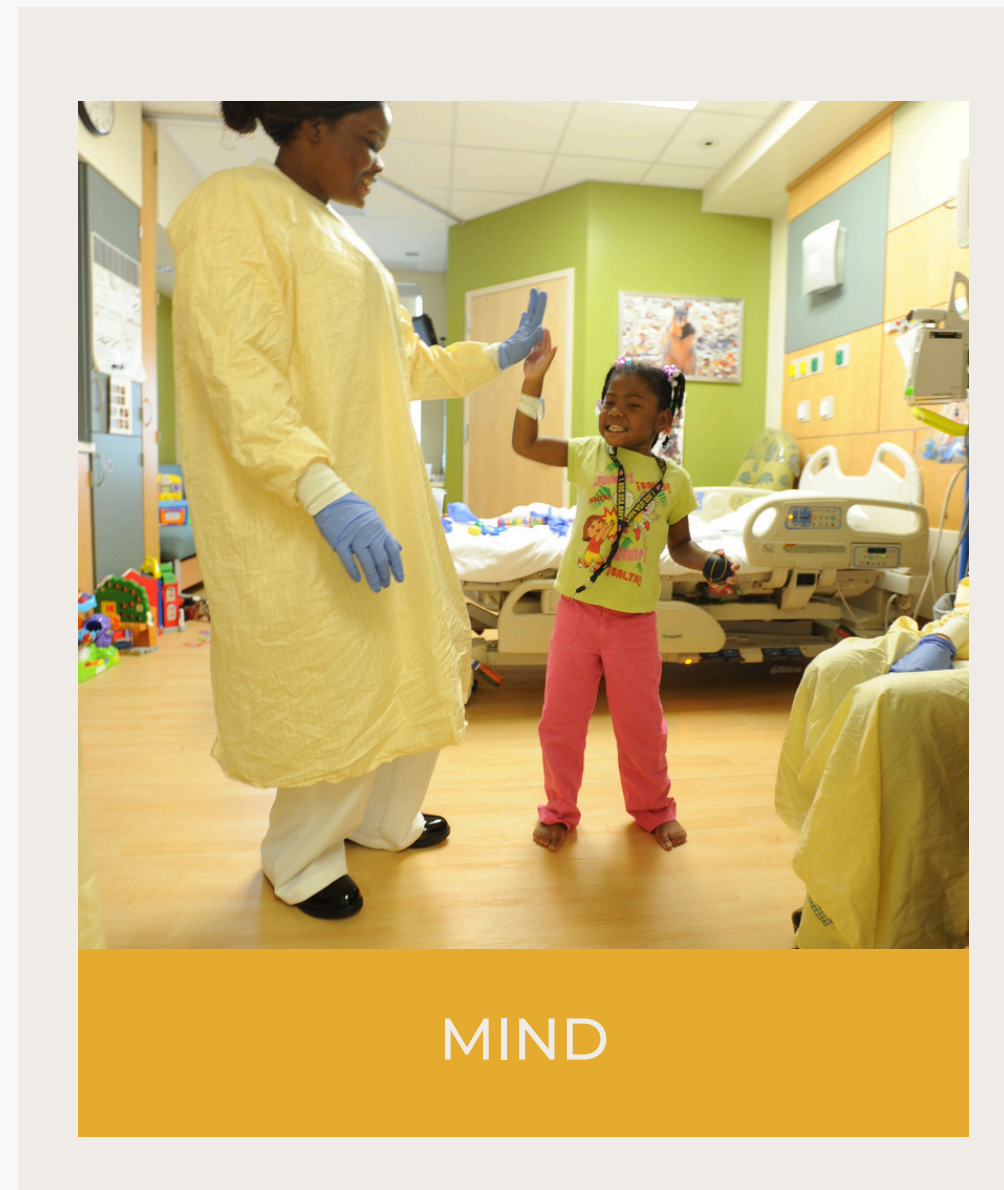
- Make eye contact with compassion
- Commit to learning their name
- Ask what their goals are for the day
- Protect their dignity
- Encourage the use of their spiritual practices



# HOLISTIC WELLNESS

*for our patients*

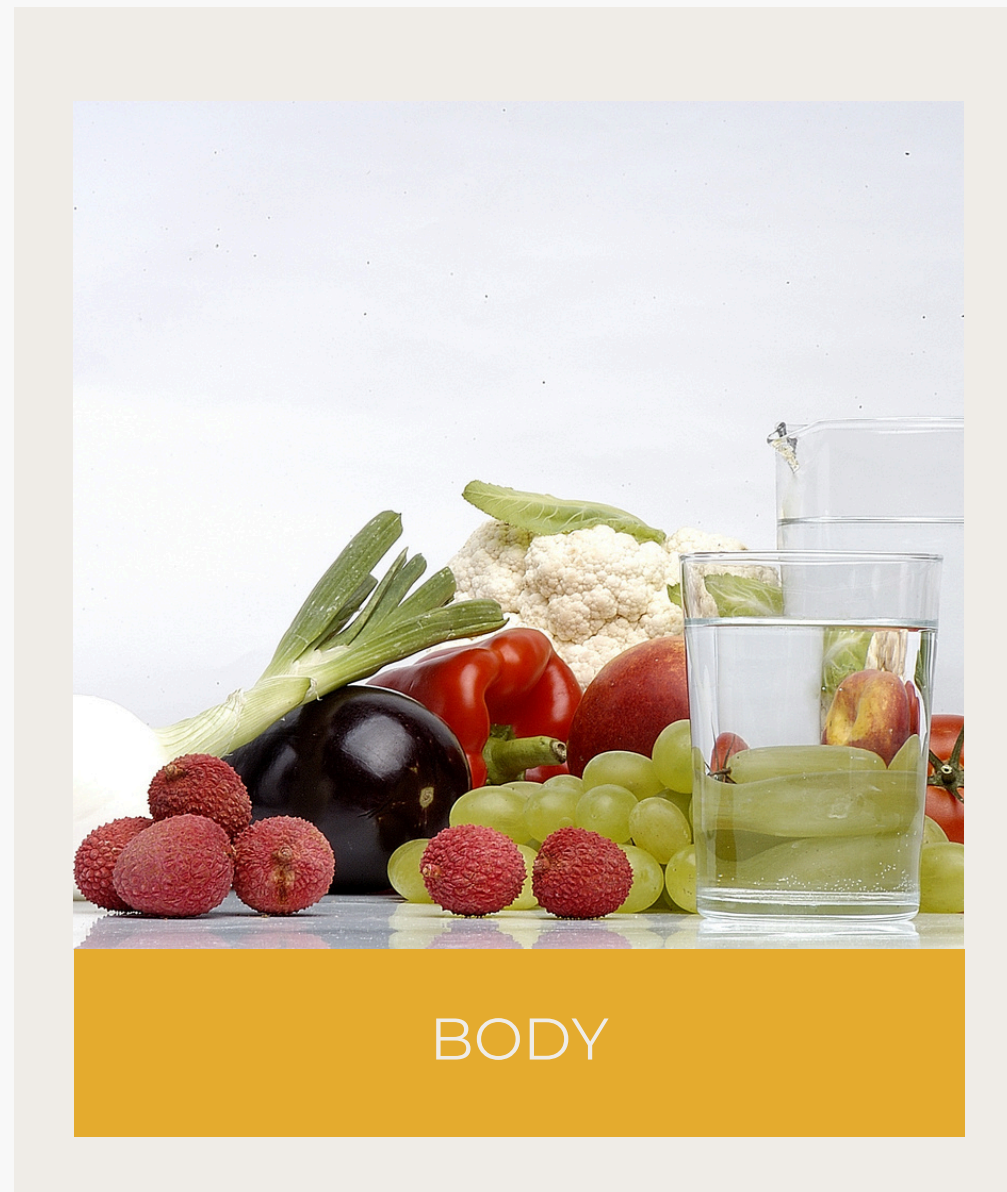
- Smiling and laughing when appropriate
- Use therapeutic touch
- Ask the patient how you can reduce their anxiety or pain
- Involve family as desired



- Use non-pharmacological methods of pain control such as imagery, relaxation techniques, and more
- Never underestimate the benefit of a massage, aromatherapy, or music

# HOLISTIC WELLNESS

*for our patients*



- Nutrition
- Movement
- Sleep
- Hygiene
- Pain management

*Adventure Awaits*



## LEARNING OBJECTIVES

- What is holistic wellness?
- What is self-care?
- 6 Myths about self-care
- Burnout and Back
- Holistic Patient Care

—  
**THANK  
YOU!**





## WORKS CITED

1. Katulka, L. (2022). Nurse burnout statistics, causes, effects, and symptoms. Berxi. <https://www.berxi.com/resources/articles/nurse-burnout-statistics/>
2. Preston, R. (2022). Social workers' quality of working life continues to decline post-lockdowns, study finds. Community Care. 2022, May 10. <https://www.communitycare.co.uk/2022/05/10/social-workers-quality-of-working-life-continues-to-decline-post-lockdowns-study-finds/>
3. NWI. (Accessed 2023). NWI's six dimensions of wellness. National Wellness Institute. <https://nationalwellness.org/resources/six-dimensions-of-wellness/>
4. Holmes, M, et al. (2021). Impact of Covid-19 pandemic on posttraumatic stress, grief, burnout, and secondary trauma of social workers in the United States. Clin Soc Work J., 49(4), 495-504. doi: 10.1007/s10615-021-00795-y. Epub 2021 Mar 2.
5. Nilsson H. (2022). Spiritual self-care management for nursing professionals: A holistic approach. Journal of Holistic Nursing; 40(1), 64-73. doi:10.1177/08980101211034341
6. Skovholt, T., et al. (2001). Career counseling for longevity: self-care and burnout prevention strategies for counselor resilience. Journal of Career Development 27, 167–176. <https://doi.org/10.1023/A:1007830908587>
7. Smullens, S. (2013). What I wish I had known: burnout and self-care in our social work profession. The New Social Worker. [https://www.socialworker.com/feature-articles/field-placement/What\\_I\\_Wish\\_I\\_Had\\_Known\\_Burnout\\_and\\_Self-Care\\_in\\_Our\\_Social\\_Work\\_Profession/](https://www.socialworker.com/feature-articles/field-placement/What_I_Wish_I_Had_Known_Burnout_and_Self-Care_in_Our_Social_Work_Profession/)
8. Toner, Tracy A. (2016). Social workers treating the whole person: the need for holistic therapy coursework. Retrieved from Sophia, the St. Catherine University repository website: [https://sophia.stkate.edu/msw\\_papers/689](https://sophia.stkate.edu/msw_papers/689)
9. Blahnik, E. (2018). Benefits of integrative medicine extend beyond wellness, Mayo Clinic finds. Mayo Clinic News Network. <https://newsnetwork.mayoclinic.org/discussion/benefits-of-integrative-medicine-extend-beyond-wellness-mayo-clinic-finds/>
10. Wolters Kluwer Health. (2022, November 7). Why Hospitals Should Offer Programs to Reduce Nurse Burnout. Wolters Kluwer, <https://www.wolterskluwer.com/en/expert-insights/why-hospitals-should-offer-programs-to-reduce-nurse-burnout>
11. Molina-Praena J, et al. (2018). Levels of Burnout and Risk Factors in Medical Area Nurses: A Meta-Analytic Study. Int J Environ Res Public Health; 15(12), 2800. doi: 10.3390/ijerph15122800.
12. Ponocny-Seliger, Elisabeth & Winker, R.. (2014). 12-phase burnout screening development, implementation and test theoretical analysis of a burnout screening based on the 12-phase model of Herbert Freudenberger and Gail North. ASU International. 49, 927-935. 10.17147/ASUI.2014-12-11-01.
13. NurseBuff. (2022, July 5). 50 rejuvenating burnout quotes for nurses. Nurse Buff Nursing Humor & Lifestyle Blog. <https://www.nursebuff.com/burnout-quotes/>
14. Kaple, T. (2022, November 15). Top tips from nurses on dealing with burnout. Nurse Journal. <https://nursejournal.org/resources/tips-for-avoiding-nurse-burnout/>
15. Kondrat, Mary Ellen (2011). Person-in-Environment. Oxford Bibliographies in Social Work. doi: 10.1093/obo/9780195389678-0092
16. Vahey, D., et al. (2004, February). Nurse burnout and patient satisfaction. Med Care, 42(2), 1157-66. doi: 10.1097/01.mlr.0000109126.50398.5a
17. Practical Nursing. (2022, August 13). The importance of holistic nursing care: how to completely care for your patients. Practical Nursing. <https://www.practicalnursing.org/importance-holistic-nursing-care-how-completely-care-patients>

# Let's Chat



## **Synata Health Consultants**

[www.SynataHealth.com](http://www.SynataHealth.com)

[info@SynataHealth.com](mailto:info@SynataHealth.com)

Synata Health on Facebook

248.587.7333



*synata health*  
CONSULTANTS