

# Authentic Self-Care for Addictions Professionals

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## Before we dive in...

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- Take a moment and give yourself credit for taking the time to attend this webinar – a great step in your self-care journey.

# Your Guide Today



# My journey



Began as a Counselor in a non-profit / NGO right after grad school



Ended up running programs and was in service delivery for ten years



Went to Yoga Teacher training and began to teach yoga



Became the head of training and credentialing support for two years at the NGO



Moved to the UTC Coordinating Center at the Univ of South FL



Now with ICUDDR

Take time  
for yourself.

# Growing Objectives

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- Identify characteristics of helpers that are risk factors
- Understand symptoms of burnout and compassion fatigue
- Become familiar with Authentic Self-Care
- Learn how to create an Authentic Self-Care plan

# What draws us to this work?

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- Wanting to help
- Being caring and giving
- We know someone with a substance use disorder/  
are recovering ourselves
- We lost someone with a substance use disorder
- We want to make a significant impact

As human beings,  
our greatness lies  
not so much in  
being able to  
remake the world...  
as in being able to  
remake ourselves. –  
Mahatma Gandhi

# Personal traits



- Compassion
  - Responsible
  - Perfectionism
  - Type A personality
  - High-achieving
- \* Empathy
  - \* Caring
  - \* Control; reluctance to delegate
  - \* Always striving

# Helpers and risk factors



- Being a giving person but not having strong enough boundaries
- Having addiction in your family and personalizing the work
- Codependency
- Idealism – makes it hard to “switch off”
- Sensitive
- Enthusiasm – Tendency to be overly available and to over-identify with clients





# Red flags

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- Frustration – less tolerant, less empathetic
- Apathy
- No or weak boundaries
- Reactivity
- Can't leave the job at work
- Desire to control
- Perfectionism
- Depression

# Burnout

- “Burnout – to deplete oneself, to exhaust one’s physical and mental resources. To wear oneself out by excessively striving to reach some unrealistic expectation imposed by one’s self or by the values of society.”

- Dr. H. Freudenberger

# Compassion Fatigue

- “Compassion Fatigue is a state experienced by those helping people in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

# Brene' Brown

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- “Very early on in my work I had discovered that the most compassionate people I interviewed also have the most well-defined and well-respected boundaries. It surprised me at the time, but now I get it. They assume that other people are doing the best they can, but they also ask for what they need and they don't put up with a lot of crap. Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment.”

# We all need self-care

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You are a self so you need care!

- Energy levels depleted
- Irritable
- Less compassion or empathy
- Less enthusiasm or passion for life or your work
- Less connection / connected

# What Self-Care Is

About being deliberate in taking time for the betterment of your mind, body, and soul

Necessary self-preservation

Includes any intentional actions you take for your physical, mental, & emotional health.

Self-nurturing methods that affirm and protect helpers as they undertake the care of others

“An essential underpinning to best practice in the profession of social work”

Research carried out by John Adams, one of the leading experts on Occupational Stress, has indicated that the four most effective strategies of coping with stress were of a “work less hours and work smarter in your lifestyle” type of solution. In order of effectiveness he found that we should try to:



1. Build resistance through healthful lifestyle: deep relaxation, nutritious diet, supportive friendship



2. Compartmentalize work life and home life



3. Engage in regular physical exercise



4. Interrupt strained situations and withdraw physically from them if they become exhaustive



## What Self-Care is NOT

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- Self-care is NOT selfish
- Self-care is NOT cowardly
- Self-care is NOT unimportant (an afterthought, disposable, last on the list)
- Self-care is NOT self-indulgence
- Self-care is NOT a passing trend



# Why Authentic Self-Care?

- Does the idea of doing yoga or meditation make you ill?
- Do you hate meeting new people or being in crowds?
- Does a massage sound like torture rather than self-care?





# Authentic Self-Care

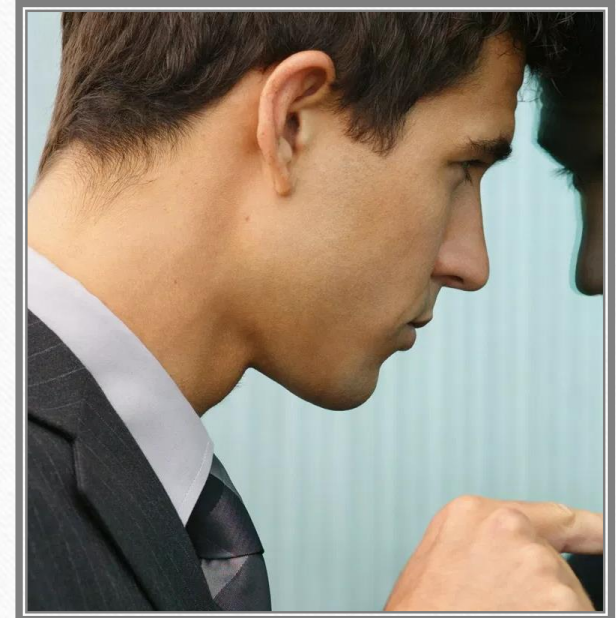
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- Authentic self-care means ensuring that all of our needs are met
- Spiritual, emotional, mental, and physical needs
- It requires self-knowledge and courage to listen to our needs
- Takes setting boundaries, being able to say no
- Is unique; no “one size fits all”

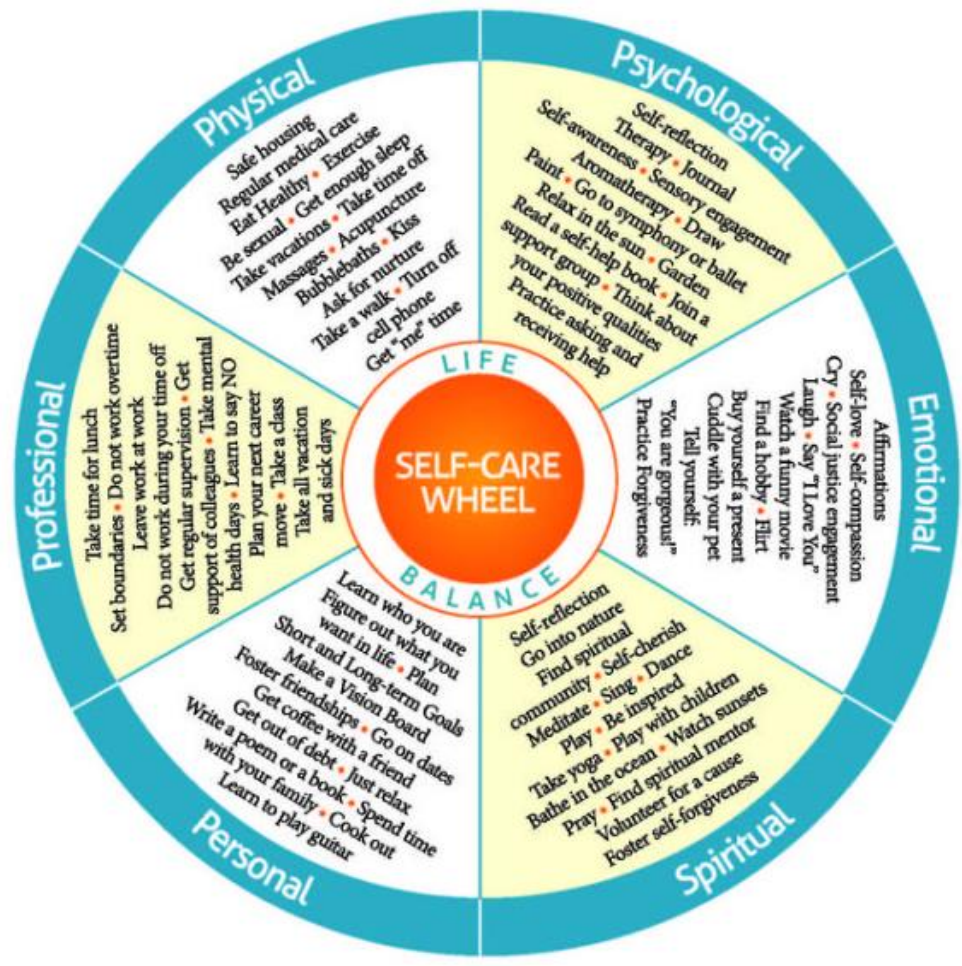
# We must know ourselves

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- What areas of life may be in need: relationships, work, physical health, spirituality, social, emotional wellbeing...
- What is the impact in my life if these needs go unmet?
- What is the cost of not meeting these needs?
- How can I go about meeting these needs?
- What feeds my soul? How do I recharge?



# SELF-CARE WHEEL





# Cat Videos

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- What brings a sigh to you?
- Laughter, humor, lightness
- Connection
- Volunteering
- Sports

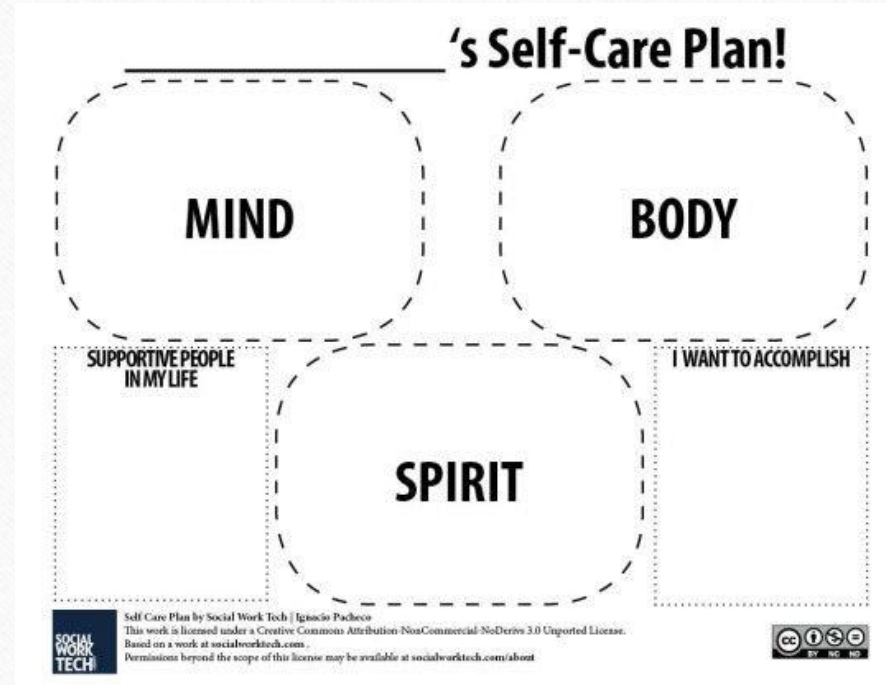
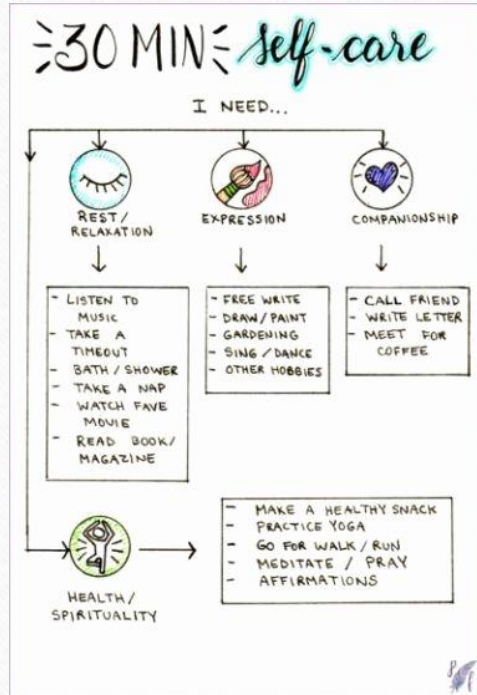
# Your Self-Care Plan

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- As your self-care activities will be individual and unique, so will the way you plan
- You may schedule a certain amount of time every day to do self-care activities; maybe with your lifestyle it has to be weekly; ideally some moments daily – and a mindset!
- Many options – the important thing is that you do it
- Be creative and persistent



# Your Self-Care Plan



## 10 WAYS TO MAKE YOUR LIFE BETTER



**CARE**  
ABOUT YOURSELF  
AND THE WORLD  
AROUND YOU



**START**  
A GRATITUDE  
JOURNAL



**SET**  
INSPIRING  
GOALS



**EAT**  
HEALTHY  
FOOD



**DRINK**  
MORE  
WATER



**TRAVEL**  
AROUND  
THE WORLD



**READ**  
INTERESTING  
AND USEFUL  
BOOKS



**LEARN**  
SOMETHING  
NEW  
EVERY DAY



**LOVE**  
YOURSELF  
AND SOMEBODY  
SPECIAL



**CREATE**  
SOMETHING WITH  
YOUR MIND  
AND HANDS



# Contact



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