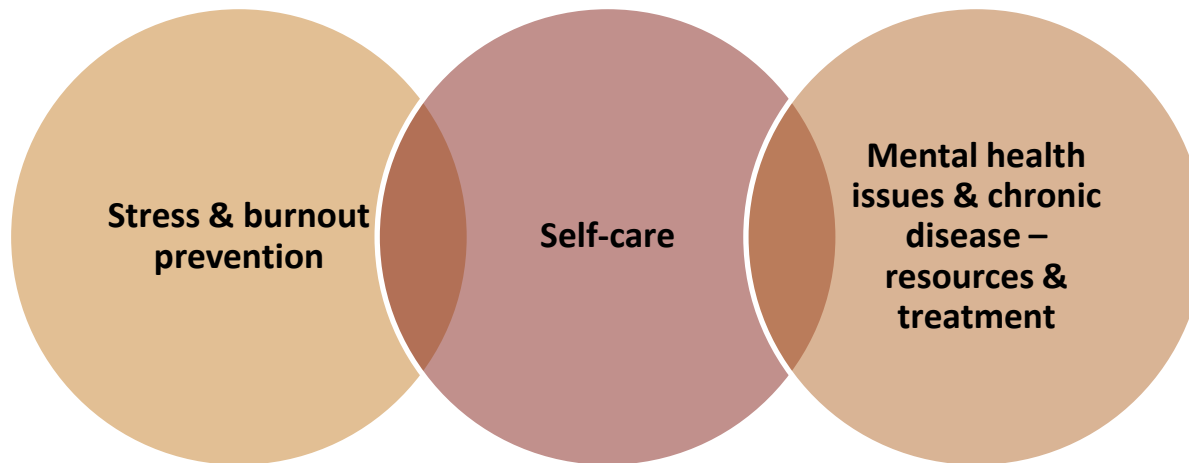




A stronger worker means a stronger community

A stress and self-care workshop

WORKSHOP





Part 1

Stress





What is stressful?

The dwindling health and wellbeing of our people... Trans-generational trauma

It wasn't meant to be this way.

Forcible removal of Aboriginal Torres Strait Islander children from their families.

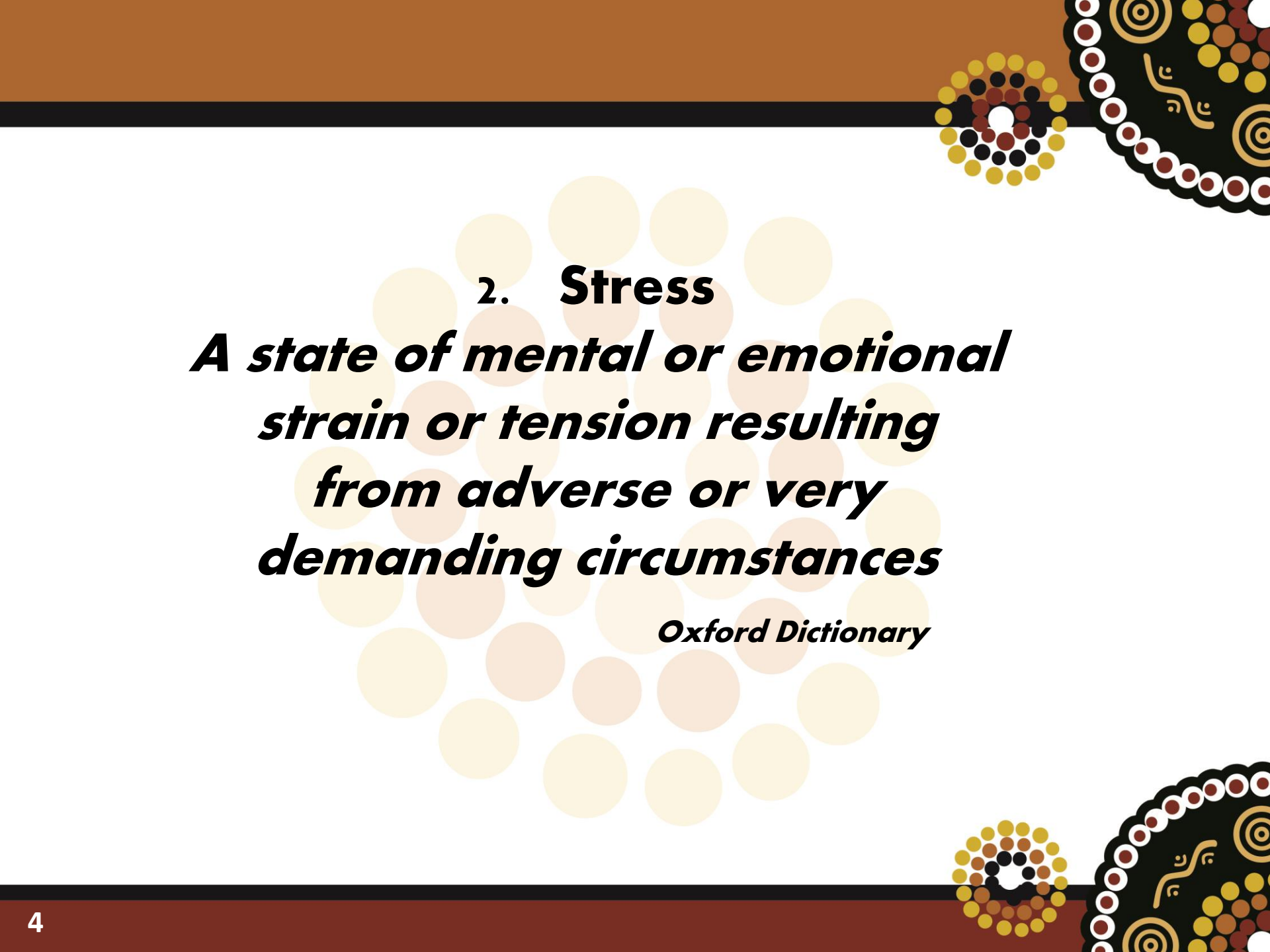
Loss of culture, language, identity, spirituality and belonging



1. **Stress**

***Pressure or tension
exerted on a
material object***

Oxford Dictionary

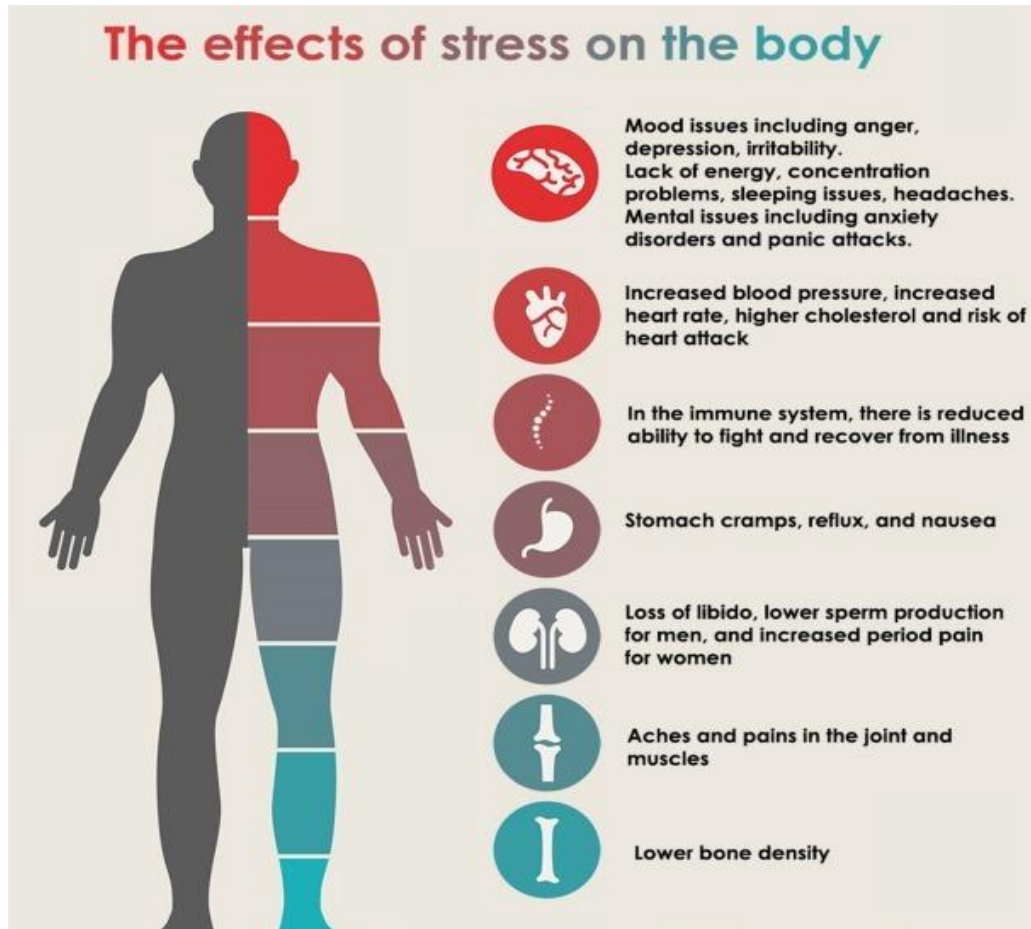


2. Stress

A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

Oxford Dictionary

What does stress do?





Other job stressors...



Legal and Ethical Responsibilities



Conflict of Interest



Confidentiality & Cultural Safety



Other Stressors? Any examples?



YOUR CLIENTS



Aboriginal and Torres Strait Islander people – individual clients.



Stolen Generation clients.

- First generation: those people forcibly removed from their families, and the family members they were removed from
- Second generation: children of first generation clients
- Third and subsequent generation: children of second and third generation clients

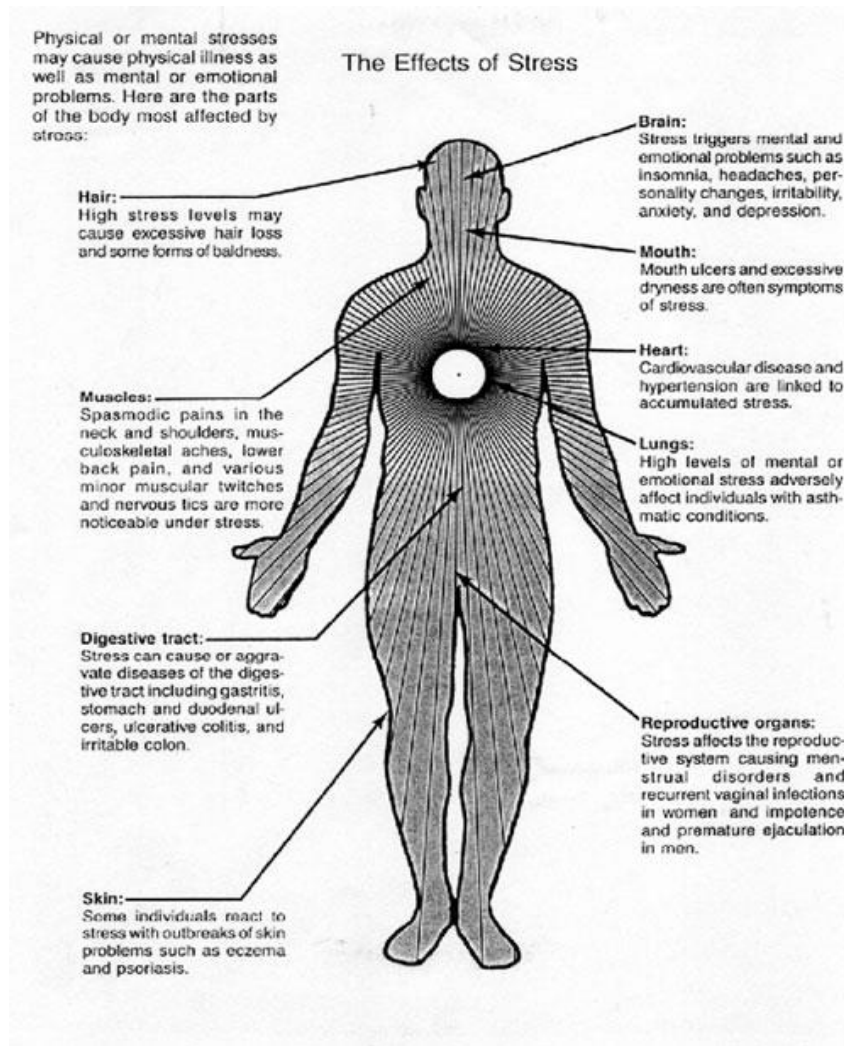


Aboriginal and Torres Strait Islander community.



Plus they have chronic disease issues...

What does vicarious trauma do?





Burnout occurs...



When daily work stress builds and is not addressed



and no action taken to remedy the situation



When good supervision and self-care are missing





Part 2

Self Care



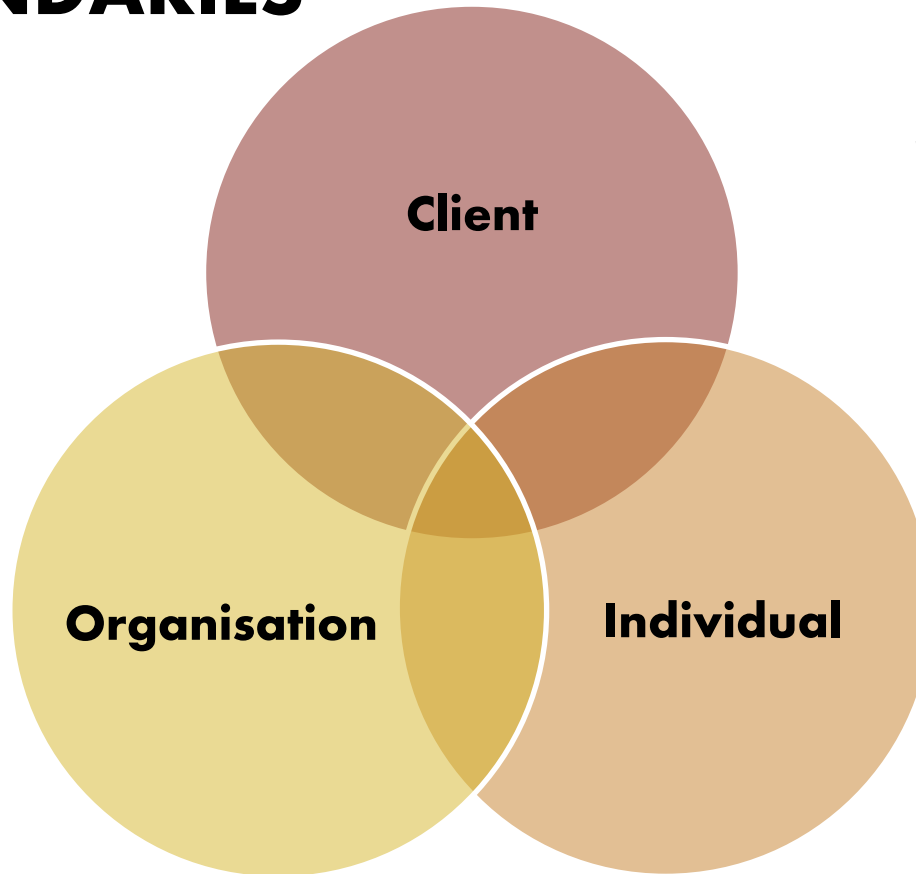


FROM THE FIELD

“Remember to set personal boundaries and empathise with your clients.... Try and make yourself accessible and approachable and remember to always listen to the needs of the client and try for the best possible outcome. Don’t be afraid to seek help if you feel 'lost'.”



PERSONAL AND PROFESSIONAL BOUNDARIES



Working within family
and community



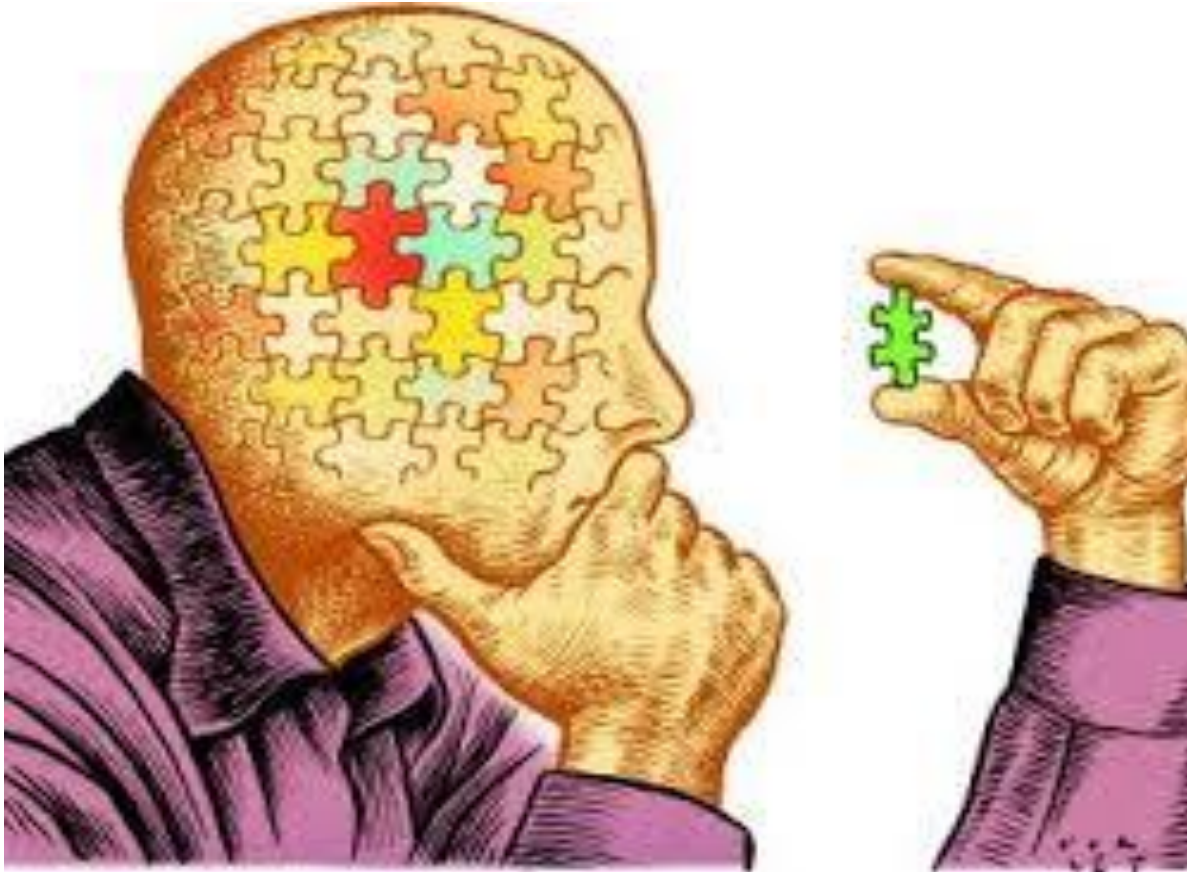
Where am I now?

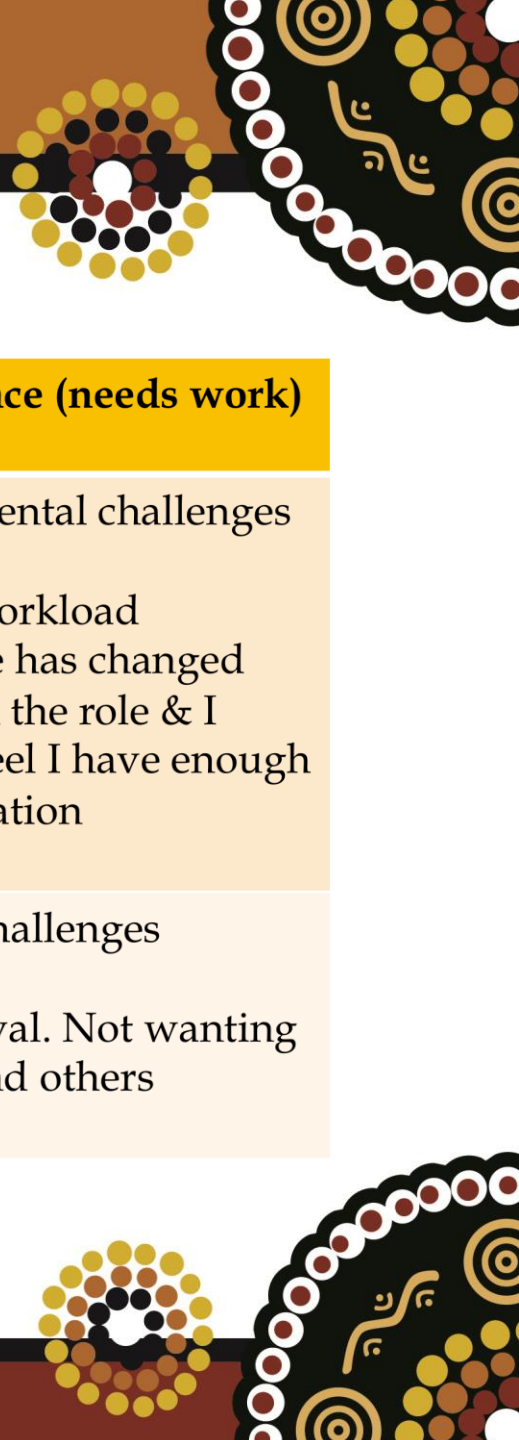


What's holding me back?



What do I need to develop in order to co-operate with what's emerging?





Work (performance) vision	Potential (your strengths)	Interference (needs work)
Describes your vision of where you would like to be. <i>e.g. What would you like to be able to say about yourself as a worker in one year's time that you cannot say today</i>	Example: • Sensitive to the needs of others • Work well as part of a team • Sincere • Want to enjoy the work I do	Environmental challenges Example: - A big workload - Job role has changed - New in the role & I don't feel I have enough information
e.g. "I am able to have difficult conversations with my boss (direct report) and peers".		Internal challenges Example: - Approval. Not wanting to offend others



Things that support a worker...



Supervision



Mentoring



Healthy life – exercise, relaxation, time with family and friends, time in country, regular good sleep...

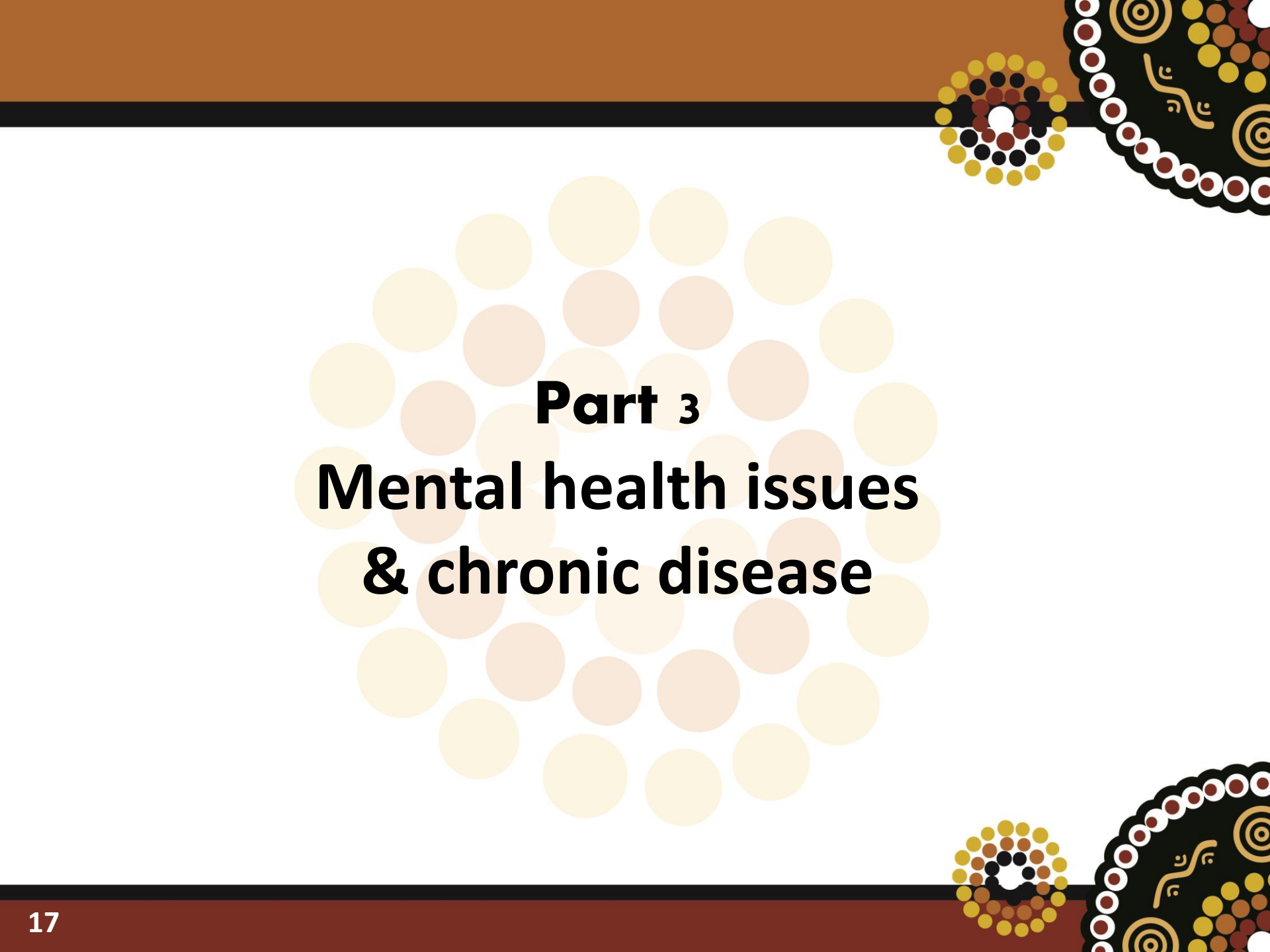




FROM THE FIELD

“Take your time to learn; you can’t expect to know everything all at once, gain as much experience as possible and work alongside mainstream services to gain skills that you can use; find a good mentor and access supervision.”





Part 3

Mental health issues & chronic disease



Chronic Disease & Mental Health



What is it?



What does it look like?



You tell me...



Chronic Disease & Mental Health

Trauma - related



Anger & rage, Grog, drugs, grief & a sense of
hopelessness loss of identity, culture, language,
spirituality and impact on living in family &
community

Plus they are living with Chronic Disease

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are the parts of the body most affected by stress:

The Effects of Stress

Hair:
High stress levels may cause excessive hair loss and some forms of baldness.

Muscles:
Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

Digestive tract:
Stress can cause or aggravate diseases of the digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis, and irritable colon.

Skin:
Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

Brain:
Stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety, and depression.

Mouth:
Mouth ulcers and excessive dryness are often symptoms of stress.

Heart:
Cardiovascular disease and hypertension are linked to accumulated stress.

Lungs:
High levels of mental or emotional stress adversely affect individuals with asthmatic conditions.

Reproductive organs:
Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women and impotence and premature ejaculation in men.



Resources & treatment



NETWORKS



SEWB Workforce Support Unit - message stick



State – based Forums



Aboriginal Drug & Alcohol Network – ADAN, NIDAC



National Forums



Local, regional and state forums – Chronic disease



Your own networks





SOCIAL AND EMOTIONAL WELLBEING



A counsellor or worker who provides counselling, health promotion and early intervention services to promote social and emotional wellbeing



Stolen Generation members may also be clients, and can be referred to specialist services by Link Up for family history and reunions



SOCIAL AND EMOTIONAL WELLBEING PROGRAMS

Social and Emotional Wellbeing

**Social and
Emotional
Wellbeing**

**Bringing
Them Home**

Link Up





Mental Health **TREATMENT** options



Aboriginal specific AOD residential rehabs



SEWB workers (Link-Up, BTH) & Elders



Aboriginal medical services



Telephone support lines - Lifeline etc...



Your own networks most importantly



Local Area NSW health Aboriginal specific services





SOME WORDS OF WISDOM

“Understanding and continually check what your responsibility is to clients, your agency, yourself and your family and community. Keep checking that you are keeping these in balance. Know when you are getting burnt out. Learn about yourself and what challenges you, and what inspires you. Think about your values and what they are. Think about whether you want to make a difference in the world by bringing something caring or kind or empowering to others and yourself. Find some elders and learn from them about how to work respectfully and with dignity. To be kind to those you meet in everyday life...”





SOME REFLECTION



Look back at your three words, ideas or statements from Part 1... what has changed or developed as a result of this workshop process?





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