

# Self-care in a Changing Environment

Stacey Annand, PhD, LMFT

## Learning Objectives

1. Identify changes in your own physiological and emotional well-being as a result of changes in the work environment.
2. List 2 helpful strategies for dealing with changes in the workplace.
3. Identify appropriate time management skills relevant to your role.
4. Describe 2 benefits of practicing effective communication techniques.
5. Create a personalized self-care plan.

## Outline of Session Activities

- Introduction/Welcome/Overview of Learning Objectives
- Describe the impact of challenges navigating the expectations placed on SUD providers within programs and the San Diego County System of Care
- Explore physiological and emotional states, how the workplace impacts us, and the ways in which we may be vulnerable to stress and anxiety
- Define self-care as it relates to delivering services in a fast-changing and increasingly complex system of care
- Explore the benefits of a self-care plan
- Discuss strategies to bring in individualized self-care to the workplace (Setting the stage for my workday; time management; effective team and upper management communication)
- Share participant experiences and barriers:
  - What is currently being done well?
  - What can be improved upon?
  - What supports are needed to succeed?
  - What might I take with me going forward?/ How to be intentional transferring learning back into the workplace/ Q & A