

Self-Care for Home Visitors & Their Supervisors



Partners for a Healthy Baby Home Visiting Curriculum

Florida State University Center for Prevention & Early Intervention Policy • www.cpeip.fsu.edu

Webinar Objectives

Today's webinar will...

- help participants understand the importance of self-care during both typical times and atypical times such as the COVID-19 crisis.
- provide some practical suggestions to develop a self-care plan for Home Visitors and Home Visitor Supervisors
- provide some ideas on how program administrators and supervisors can support self care for staff.

Who Needs Self Care?

EVERYONE!

- We ALL have physical, emotional, intellectual, spiritual, and social needs.
- Who competes for your time and energy?
- Where do you put yourself on the list?



Why is this a Problem?

- Illnesses related to stress and obesity (high blood pressure, diabetes, heart disease)
- Anxiety, resentment, depression and grief
- Lack of motivation and professional burnout
- Damaged relationships

COVID-19 Considerations

COVID-19 has added several more challenges to our lives:

- New responsibilities
- New limitations to our movement
- New difficulties accessing the things we need
- New skills to learn
- New threats to our health and safety
- New social norms
- Changes to our regular routines and schedules
- Changes to our financial situation
- Unknown timeframes for these disruptions



Realities of Social Distancing



We can't expect to feel "normal" right now:

- Constantly making new decisions
- Diminished capacity to help others as usual
- Diminished mental capacity to regulate emotions
- Feeling a wide range of conflicting emotions
- Feeling trapped, suffocated, and/or isolated
- Feeling anxiety about health, finances, future
- Feeling overwhelmed by the situation and the flood of information

How Can We Take Care of Ourselves Right Now?



Figure out what brings you peace and make it a priority every day.



Adjust your expectations of yourself and others.



Identify what you can control and focus your mental and physical energy on those things.



Reach out for help where you need it.

1 Figure out what brings you peace and make it a priority every day.

What daily habits or practices resonate with you?



2 Focus only on what you can control.

• Keeping yourself (and household) safe

- Watch just enough credible media to stay informed.
- Limit contact outside your home to the essentials.
- Practice precautionary measures if you need to leave.
- Know what to do if you or a household member begins to feel ill.

• Adapting to this new temporary reality

- Stay grounded by incorporating the daily practice or two you decided will help you cope with stress. If you were already good with habits, make sure you're adjusting them to fit your current daily life.
- Create a daily routine for yourself (and your young children, if applicable)
- Keep trying until it gets (a little) easier.



3 Adjust your expectations of yourself and others.

- Make sure you understand your agency's expectations for your modified work during this time.
- Accidental home school/temporary distance learning is NOT going to be the same as school.
- Keep in mind this is stressful for everybody, including your kids, your partner, your clients, and you.
- A remote home visiting work day is not going to look like a regular work day.
- Treat yourself like you would treat your best friend.



4 Reach out for help where you need it.

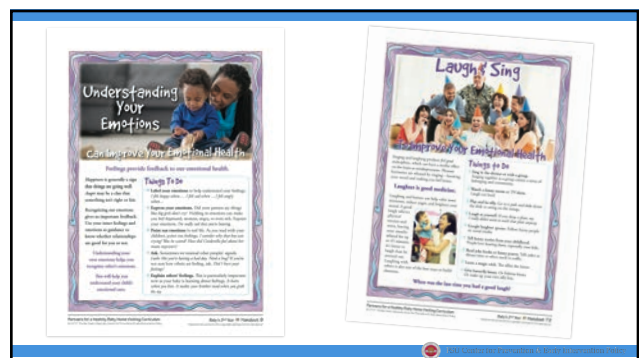
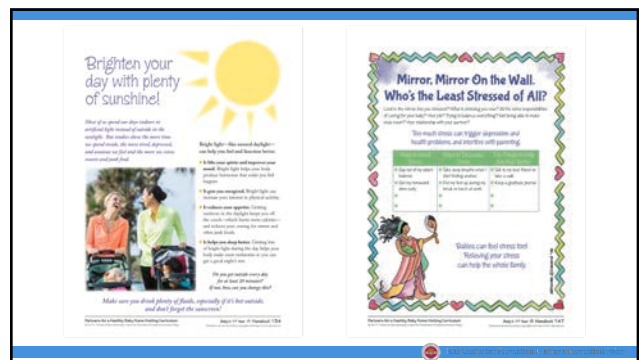
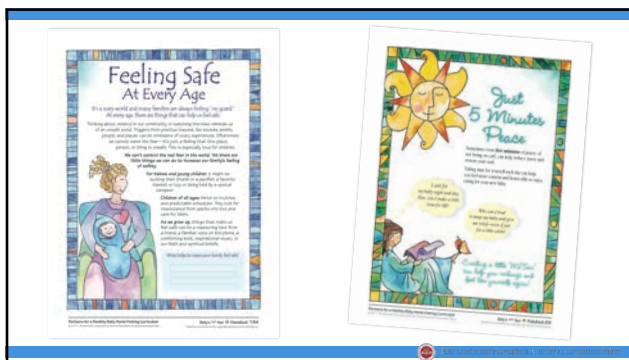


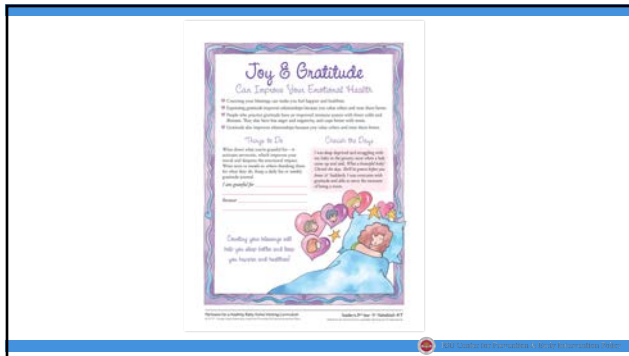
- Connect with your coworkers and supervisor for support.
- Make sure you have what you need to work at home.
- Use your familiar resources in a new way.
- If possible, ask members of your household to help more with the household duties.
- Reach out to your personal support network.
- If your household is facing financial burdens, seek financial assistance. Many lenders/service providers are providing help.
- Don't be afraid to try phone or video-chat counseling. Talking to a counselor in times of intense stress is like going to the doctor when you are sick.

How can programs/supervisors support staff?


- ♥ Prioritize your staff's safety and well being.
- ♥ Keep staff informed of changing policies, expectations, and new resources.
- ♥ Create realistic and flexible work performance expectations.
- ♥ Supervisors should individualize support for each Home Visitor.










Stay in Touch!

 **FSU Center for Prevention & Early Intervention Policy**
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 **Partners Facebook Home Visitor Support Group**
www.facebook.com/PartnersFSU

 **Partners Instagram**
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