MHPN WEBINAR

Tuesday, 7th September 2021

Self-Care:
How to be a sustainable practitioner

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Mental Health | Professionals' Network

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Tonight's panel

Dr Roger Sexton
General Practitioner

Hugh Kearns
Educator and Researcher

Facilitator:
Nicola Palfrey
Psychologist

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The webinar platform

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Learning outcomes

Through an exploration of self-care of mental health professionals, the webinar will provide participants with the opportunity to:

- Discuss the importance of time management and how it relates to stress.

- Identify strategies for setting boundaries and learning how to switch off.

- Outline how to develop a self-care plan that includes assessing personal resources, work and lifestyle habits, personal and professional roles, inputs and feedback.

- Discuss how to be a sustainable person in work and personal life.

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Roger Sexton's perspective

Sustainable

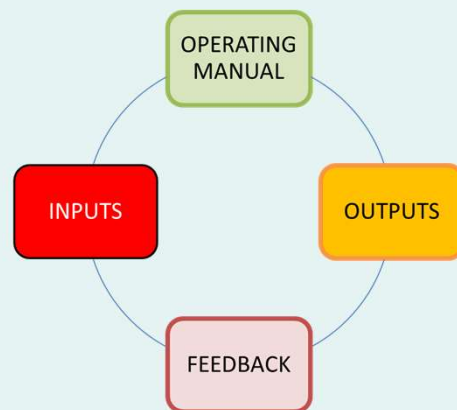Personal and professional
longevity and productivity.

Dr Roger Sexton

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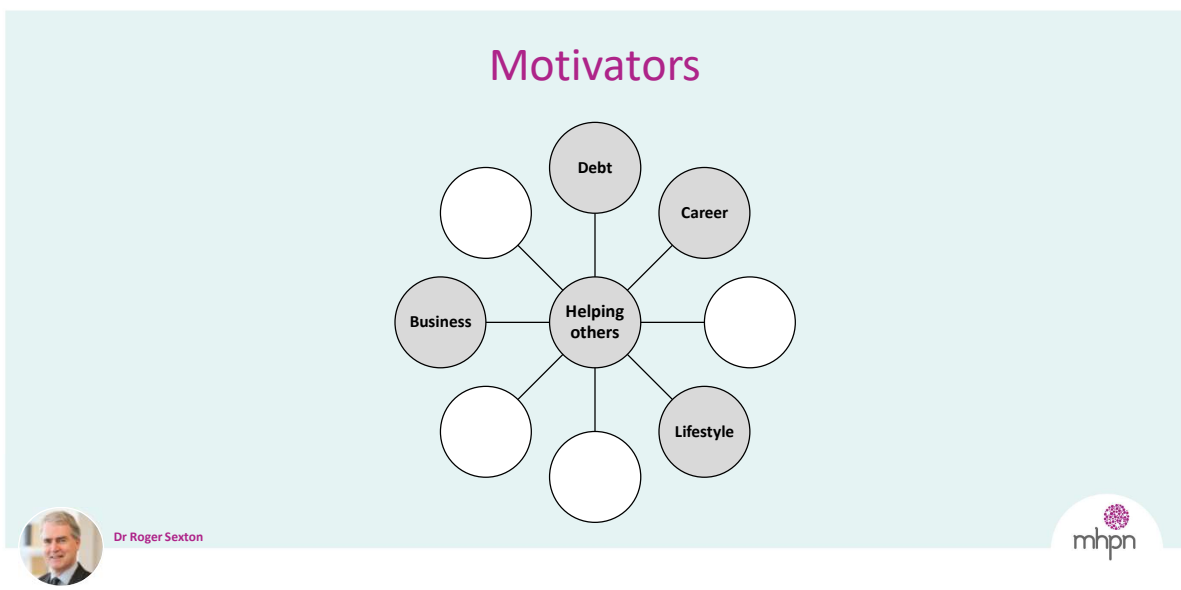**Roger Sexton's perspective**

The Sustainability model

OPERATING MANUAL

INPUTS

OUTPUTS

FEEDBACK

Dr Roger Sexton

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Roger Sexton's perspective

Motivators

Dr Roger Sexton

7

Roger Sexton's perspective

Motivators

Dr Roger Sexton

Roger Sexton's perspective

Existence Needs

HYDRATION

NUTRITION

SUNLIGHT

EXERCISE

SLEEP

Dr Roger Sexton

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Roger Sexton's perspective

Existential needs

- Love
- Hope
- Meaning
- Control (autonomy)

Dr Roger Sexton

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Roger Sexton's perspective
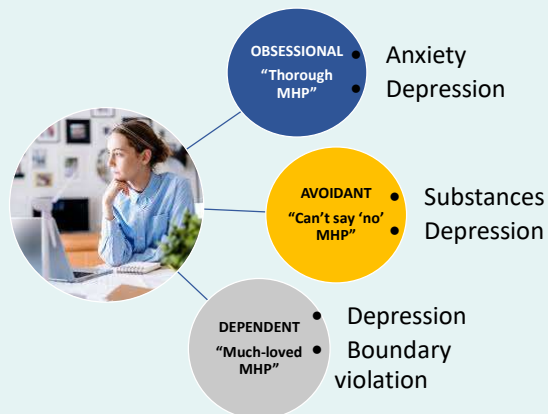
Acquired needs (D McClelland)

- Achievement
- Affiliation
- Power: over or through others

Dr Roger Sexton

Roger Sexton's perspective

Personality inputs

OBSESSIONAL "Thorough MHP"
- Anxiety
- Depression

AVOIDANT "Can't say 'no' MHP"
- Substances
- Depression

DEPENDENT "Much-loved MHP"
- Depression
- Boundary violation

Dr Roger Sexton

Roger Sexton's perspective

Energy

Dr Roger Sexton

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Roger Sexton's perspective

Sustainable MHPs

OPERATING MANUAL

INPUTS

OUTPUTS

FEEDBACK

Dr Roger Sexton

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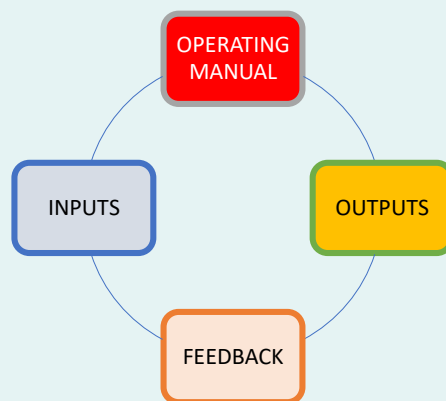
Roger Sexton's perspective

Self-care management - SNAPSS

Smoking

Nutrition

Alcohol

Physical activity

Sleep

Substances

Dr Roger Sexton

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Roger Sexton's perspective

Time Management

Dr Roger Sexton

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Roger Sexton's perspective

Managing your working week

Dr Roger Sexton

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Roger Sexton's perspective

Stress management

Fatigue

Withdrawal
Presentee

Complaints

Poor
interpersonal
behaviour

Risk
taking

Loss of
confidence

Cynicism

Focus on
Income

Alcohol

Dr Roger Sexton

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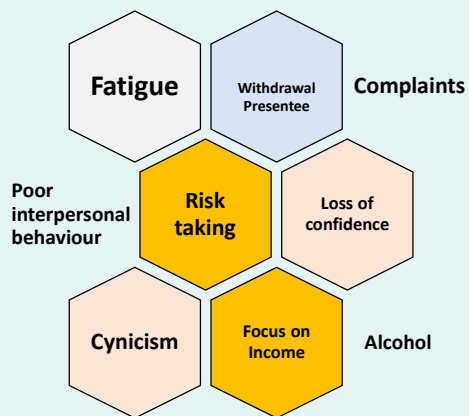
Roger Sexton's perspective

Burden Management

Dr Roger Sexton

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Roger Sexton's perspective

The Burden we carry

Academic

Clinical

Medicolegal

Failure

Personality traits

Success

Career

Debt

Fatigue

Dr Roger Sexton

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Roger Sexton's perspective

Financial management

Dr Roger Sexton

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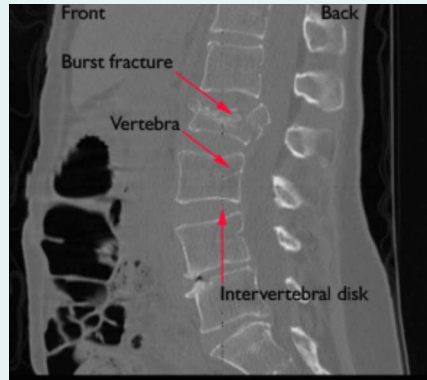**Roger Sexton's perspective**

Crisis management

Dr Roger Sexton

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Roger Sexton's perspective

Your MRI after the car accident yesterday...
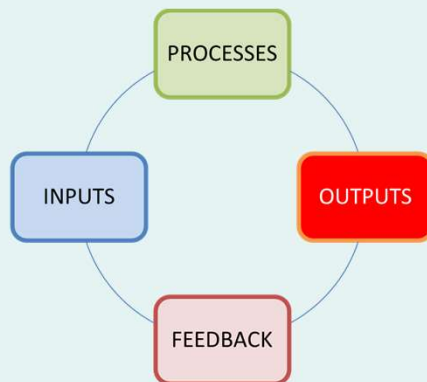Do you have a crisis **plan** for **yourself?**

Dr Roger Sexton

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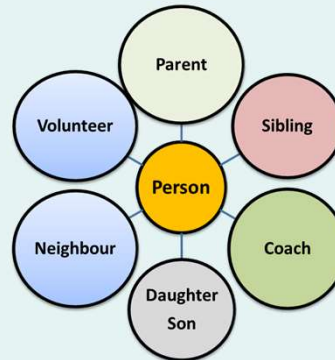**Roger Sexton's perspective**

Sustainable MHPs

Dr Roger Sexton

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Roger Sexton's perspective

Personal outputs

Parent
Volunteer
Sibling
Person
Neighbour
Coach
Daughter Son
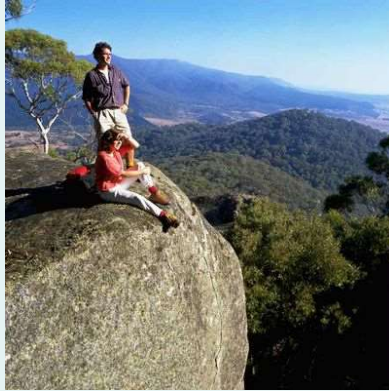
Dr Roger Sexton

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Roger Sexton's perspective

Professional outputs
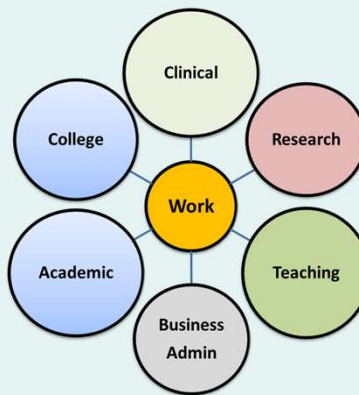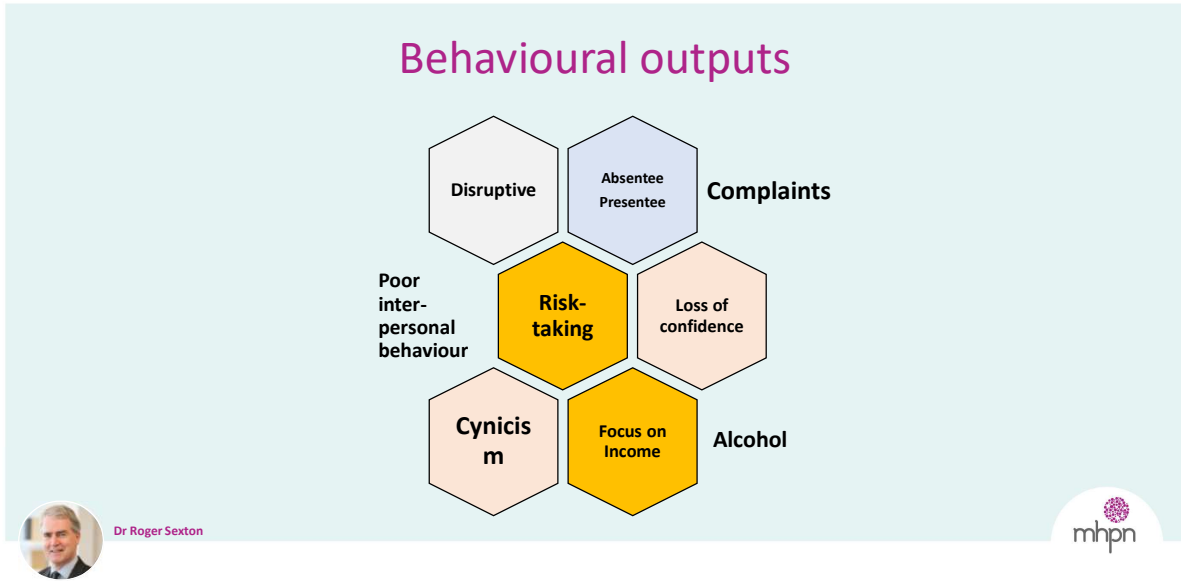
Clinical
College
Research
Work
Academic
Teaching
Business Admin

Dr Roger Sexton

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Roger Sexton's perspective

Behavioural outputs

Disruptive

Absentee
Presentee

Complaints

Poor
inter-
personal
behaviour

Risk-
taking

Loss of
confidence

Cynicis
m

Focus on
Income

Alcohol

Dr Roger Sexton

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Roger Sexton's perspective

Mixed outputs

Dr Roger Sexton

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Roger Sexton's perspective

Sustainable MHPs

PROCESSES

INPUTS

OUTPUTS

FEEDBACK

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Roger Sexton's perspective

Your doctor

Dr Roger Sexton

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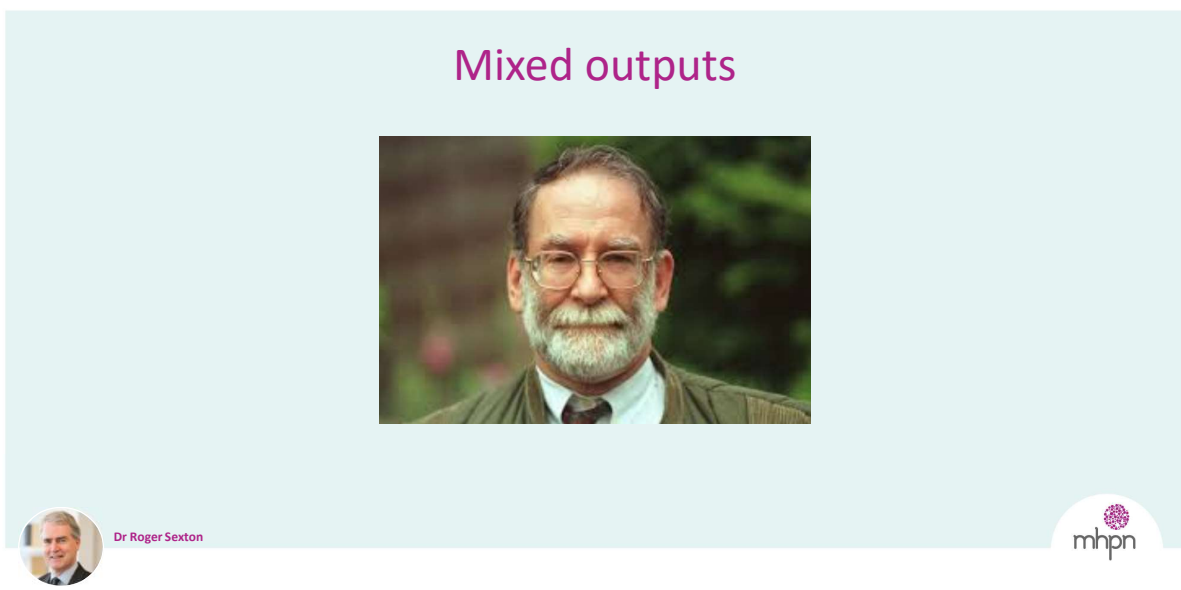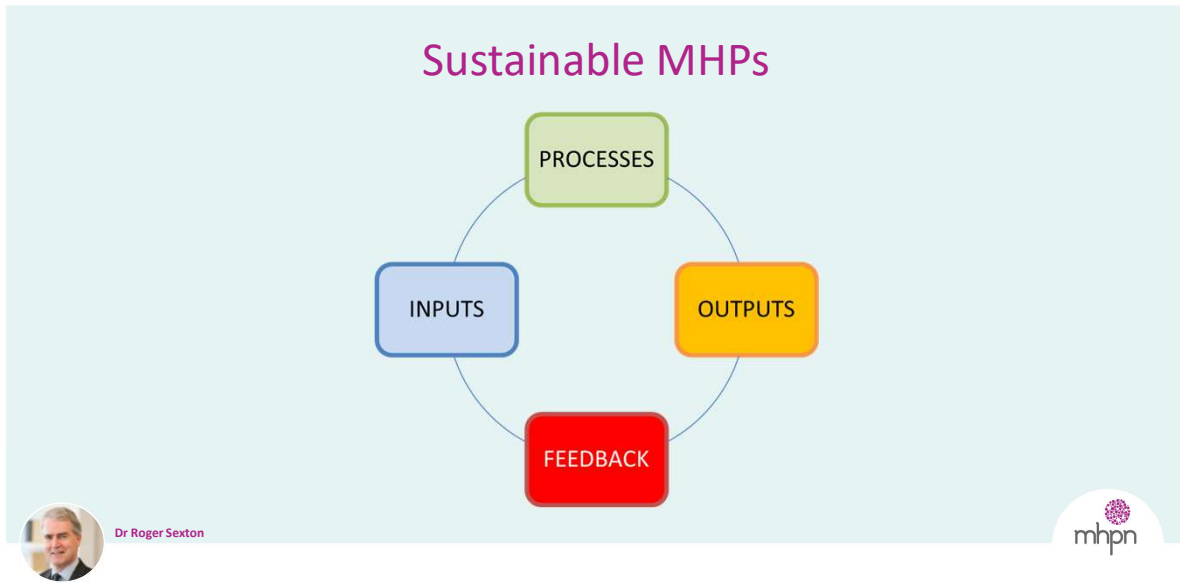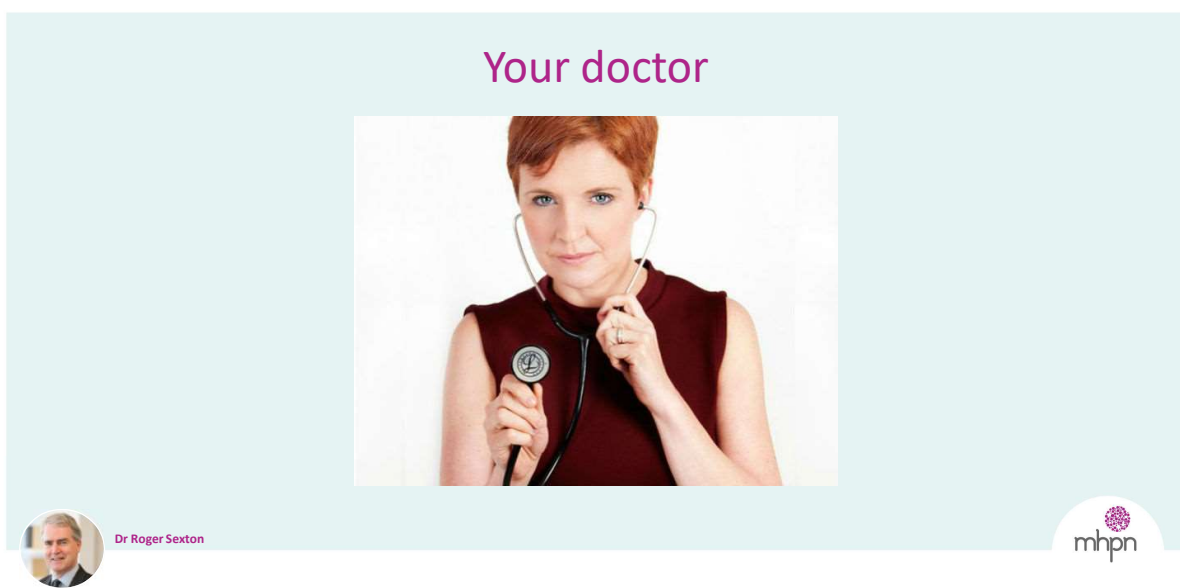
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Roger Sexton's perspective

Health 'horizon scan'
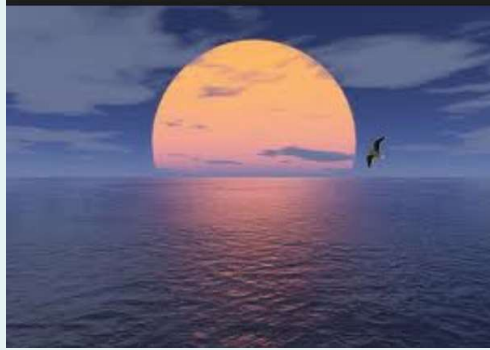
Dr Roger Sexton

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Roger Sexton's perspective

Supports

Dr Roger Sexton
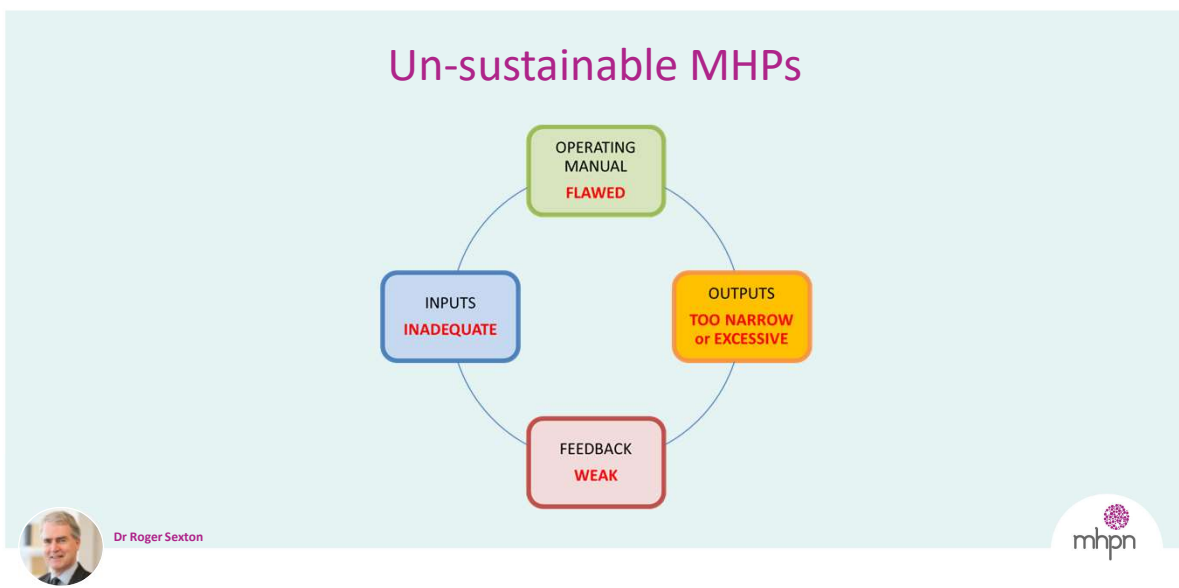
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Roger Sexton's perspective

Supports

GP

Life Partner

Interests

Colleagues

Mentor   Church

Friends

Income

Family

Health

Dr Roger Sexton

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Roger Sexton's perspective

Un-sustainable MHPs

OPERATING MANUAL
FLAWED

INPUTS
INADEQUATE

OUTPUTS
TOO NARROW or EXCESSIVE

FEEDBACK
WEAK

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Roger Sexton's perspective

MABEL

40.7

Dr Roger Sexton

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Roger Sexton's perspective

Inputs: fade over time

Dr Roger Sexton

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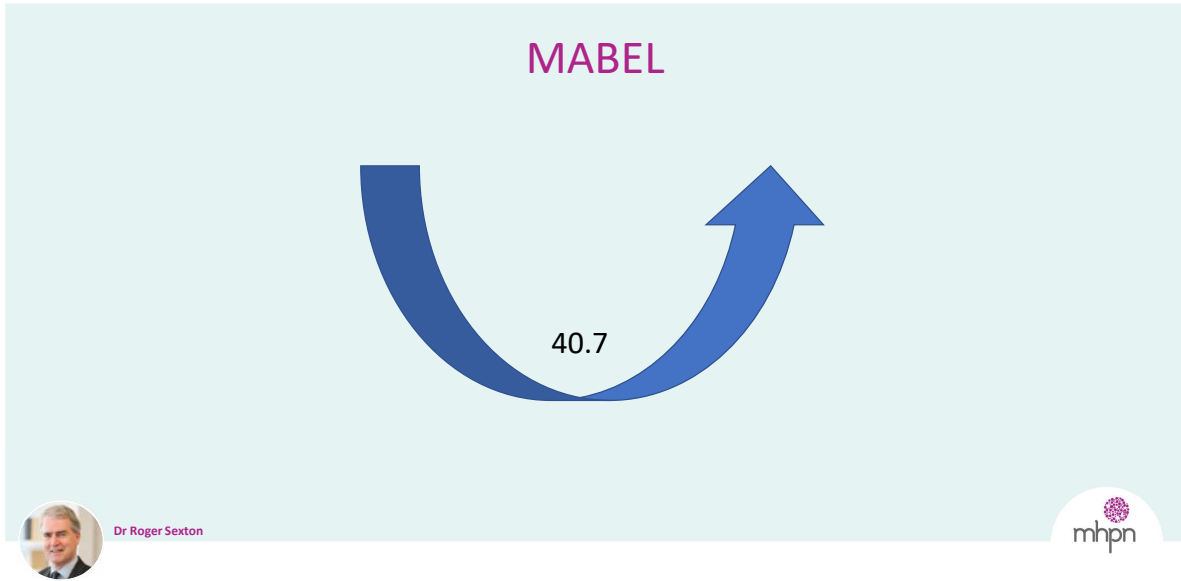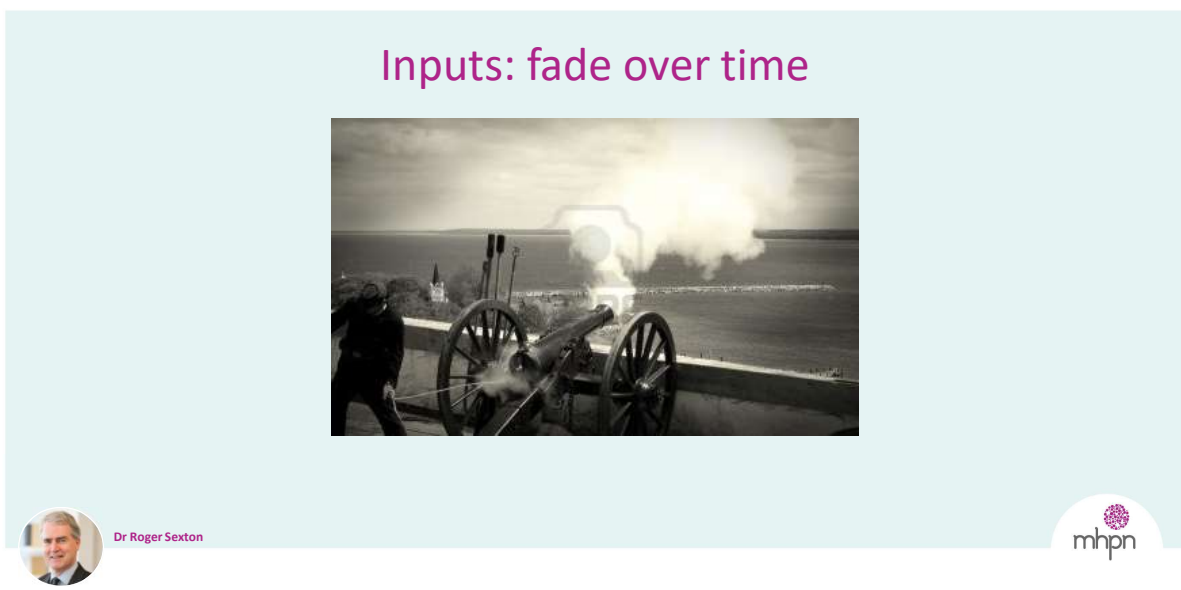
Roger Sexton's perspective

Operating Manual -> auto-combustion

Dr Roger Sexton

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Roger Sexton's perspective

Outputs come at a cost

Dr Roger Sexton

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Roger Sexton's perspective

Feedback: not sought, not heeded

Dr Roger Sexton

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Roger Sexton's perspective

Sustainable MHP – the 4 pillars

………………… …………………..
………………… …………………..

OPERATING
MANUAL

………………… …………………..
………………… …………………..
INPUTS   OUTPUTS
………………… …………………..
………………… …………………..

………………….. …………………..
FEEDBACK
………………….. …………………..

Dr Roger Sexton

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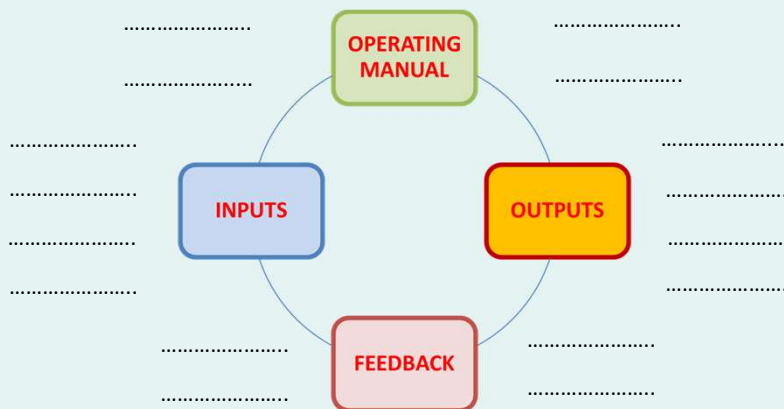
Hugh Kearns's perspective

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Hugh Kearns

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Hugh Kearns's perspective

Switching off

Patients get the best,
we get the rest.

Hugh Kearns

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Hugh Kearns's perspective

Photo by AronPW
on Unsplash

Hugh Kearns

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Hugh Kearns's perspective

OFF

ON

Hugh Kearns

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Hugh Kearns's perspective

Hugh Kearns

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Hugh Kearns's perspective

Run

Knit

Paint

Movies

Pets

Pottery

Friends

Creative writing

Nap

Voluntary work

Yoga

Read

Meditate

Walking

Hugh Kearns

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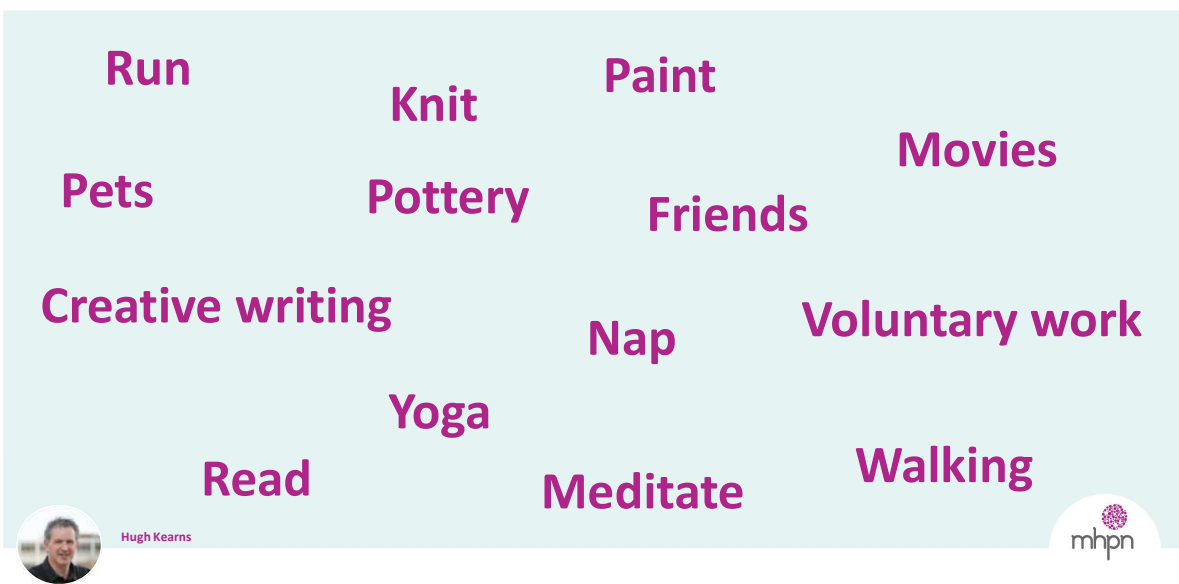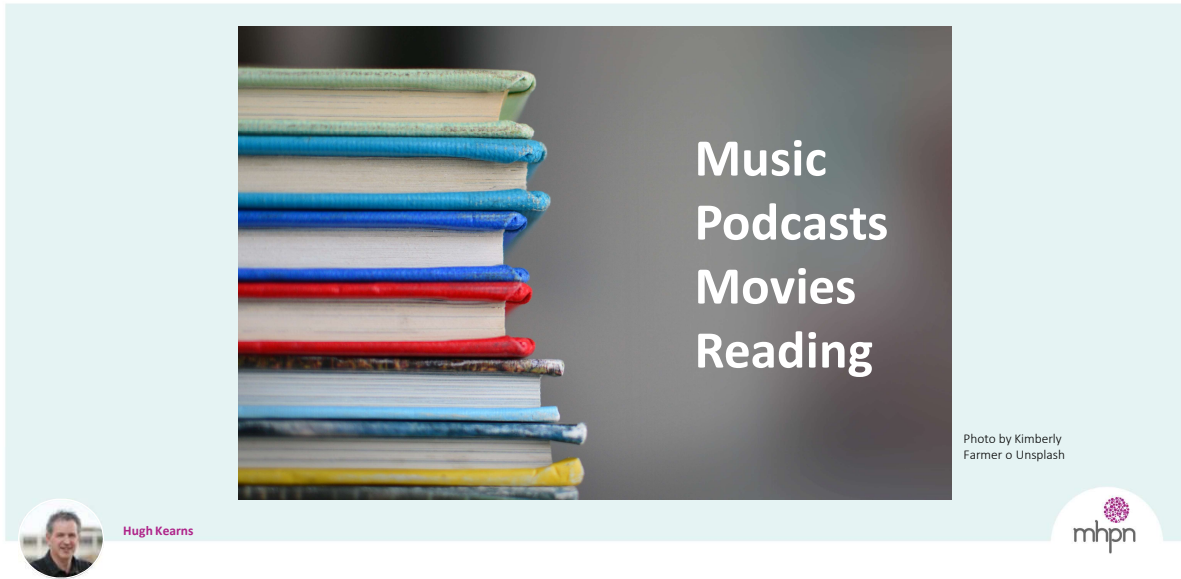
Hugh Kearns's perspective

Music
Podcasts
Movies
Reading

Photo by Kimberly
Farmer o Unsplash

Hugh Kearns

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Hugh Kearns's perspective

Early warning signs

- Furniture rage
- Physical signs
- Short temper
- Get irritated

Ask someone
who knows you!

Hugh Kearns

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Hugh Kearns's perspective

Time out
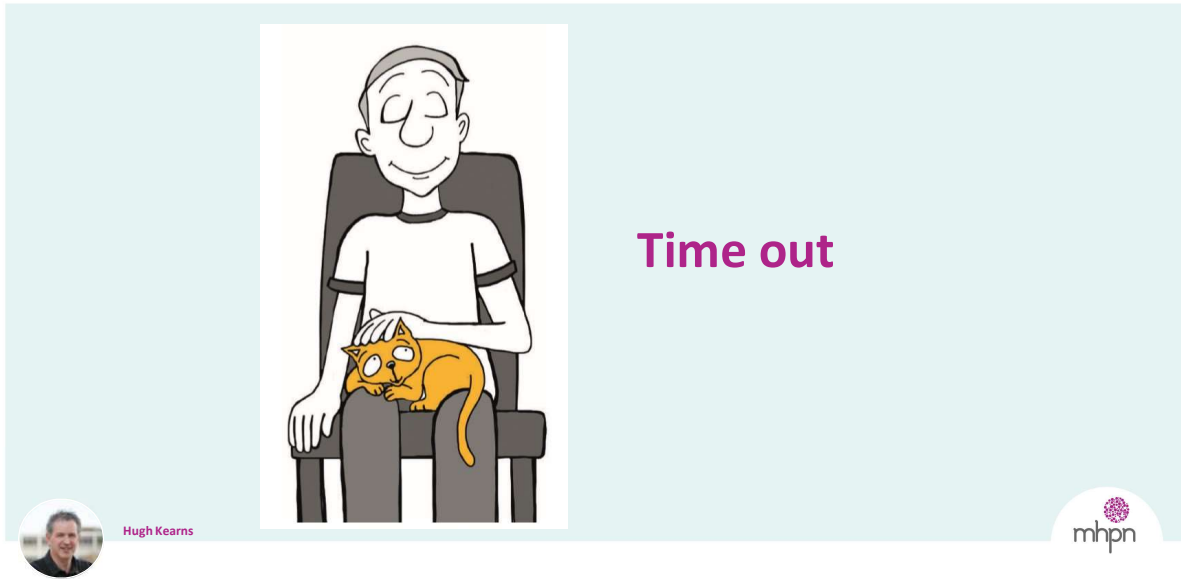
Hugh Kearns

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Hugh Kearns's perspective

Talk about it

Hugh Kearns

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Hugh Kearns's perspective

Write it down

The thing that is bothering me is …

Photo by Yoann Siloine on Unsplash

Hugh Kearns

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Hugh Kearns's perspective

Meditation

Mindfulness

Yoga

Tai Chi

Hugh Kearns

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Hugh Kearns's perspective

Reach out

Hugh Kearns

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Hugh Kearns's perspective

There is support – but you have to reach out

- Friends
- Mentors
- Counselling
- Psychology

Hugh Kearns

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Hugh Kearns's perspective

Supporting others

Hugh Kearns

Q&A Session

Dr Roger Sexton
General Practitioner

Hugh Kearns
Educator and Researcher

Facilitator:
Nicola Palfrey
Psychologist

Thank you for your participation

- Please ensure you complete the *exit survey* before you log out; either click the "Pie Chart" icon in the lower right corner of your screen (beside the speech bubble) or wait for a message to pop up on your screen after this webinar ends.

- A Statement of Attendance for this webinar will be issued within four weeks

- Each participant will be sent a link to the online resources associated with this webinar within two weeks.

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Upcoming webinars

- Register here to attend, **Using an intergenerational lens when working with children and parents** webinar in partnership with Emerging Minds on Thursday 23rd September from 7.15 pm – 8.30 pm (AEST).

- Look out for future webinars:
    - **Body image concerns in young children** on 14th October 2021
    - **An interdisciplinary approach to caring for people living with Obsessive compulsive disorder** on Thursday 28th October 2021

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MHPN Presents

NOW LIVE: Listen to MHPN's latest podcast, Book Club, a six-part series featuring conversations between two mental health practitioners on a book or journal article of their choosing.

Join our hosts and their invited guests as they unpack the texts that have inspired, challenged, and moved them in their work within mental health. You can stream all six episodes of Book Club online via MHPN's website, or simply search "Mental Health Professionals' Network Book Club" to find and follow us on Apple Podcasts and Spotify.

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MHPN networks

Would you like to continue the 'How to be a sustainable practitioner' discussion with local practitioners? Please visit our online map to find one of our existing Peer Support networks, alternatively MHPN are seeking coordinators to start Peer Support networks to help practitioners connect with each other through general peer support meetings or with a focus on the covid pandemic and its impact on the mental health workforce.

Or perhaps you would like to start a network discussing issues of local relevance? MHPN Project Officers are available to help you establish and support interdisciplinary mental health networks across metropolitan, regional, rural and remote Australia. We have 373 networks around the country. Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au to start a new network.

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Thank you for your contribution and participation.

Good evening.

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