

Chapter 16 Reaction

Chapter 16 Reaction Assignment

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Assignment:

Chapter 16: Discuss your own self-care, both productive and less productive types of self-care, and how you plan to implement good self-care strategies.

Being *burned out* can fit any kind of physical, emotional, or mental meaning. Too often, therapists, counselors, Crisis workers, etc... neglect their personal relationships. Pretty soon, work usually devours a good part of their life (As I'm sure it's hard not to). At first, it may seem glamorous and rewarding. But as more time goes by, you may still feel rewarded and important, but also drained and left thinking about your days and problems.

In a sense, it's like adding water into a water balloon. The more you put in it, the more it stretches. After a certain point that balloon can't hold anymore and it explodes. Same idea with the human mind; if not processed and cared for correctly it could cause severe problems in the future with capability, understanding, biases, anything that could affect a client or individual in crisis. At the end of the workday, having given so much of themselves, they feel drained of desire to communicate or the desire for a new type of relationship. I can relate to the situation but not to the severity as a professional does. In normal life I'm the "go to". I think very highly of the people that respect me so in return I respect them back. My bond with my friends are reinforced everytime I'm the shoulder for them to cry on, or the man who wakes up at 3 A.M. to come help you fix your truck on the side of the road, or even to just pass time with a beer and a chat. When I love, I love hard. A popular phrase say's "You can choose your friends but you can't choose your family." That's wrong in my case. I take on everybody's problems because I care about them, and I put my problems on the back burner. The Problem with doing that, is now we are right back to where I began. A Water balloon.

I'll tell you something I actually didn't know before I dug into chapter 16. On page 549, Paragraph 2. It says, "The body's nonspecific response to any demand is stress. Humans need some stress for optimal performance." It makes me think back to all those times that I would

throw my hands in the air, cuss, and complain. In hindsight it actually frightens me a little to know that I was, and really still am capable of such a thing. It's a fear that I can only conquer with experience, but it's the lack of experience that makes me worry. I don't feel like I do a lot of exercises to release anything in my head that's bothering me, except the isolation that I take every November. November is the one time of the year that I don't make myself readily available to others outside of a select few. Here in Maine, November is Whitetail Deer season, which is where I like to release and relax, basking in nature's beauty and essence. The calmness, the critters, the views and the serenity. Its tranquility at its finest. Whenever I feel like I'm getting over stressed from work, school, or life in general, I take a trip to hunting camp. It's the best way that I have found so far, that helps me cope with the problems of my own as well as others. But I realize that it isn't an option I have when I'm facing a client in a full on crisis and I'm having a hard time sorting it out in my head. My goal for this class to be successful for me is to be able to find ways to deal with my own type of *burnout*. I hope the similies I used are easy enough to follow along, it's the first thing that popped into my head as I was searching for the words to explain what I meant. This class is important to me, and I'm extremely goal oriented. I have no doubts that I will accomplish what I set my goals as.