

# IF I ONLY HAD TIME! SELF CARE FOR BUSY PROFESSIONALS

0.1 ASHA CEU and 1 Act 48 PDH

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PAMELA SMITH HAS NO RELEVANT RELATIONSHIPS TO DISCLOSE.

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## **Learning Objectives:**

- Discuss which aspects of the existing literature on self-care for SLPs apply to the learner's current work and life balance.
- Describe and practice 4 strategies for self care that can be used during or after the work day
- Identify 4 situations during the typical work day where the use of self care would be helpful, if only there were time



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Busy students and professionals often find limited time for self-care, which over time can lead to high stress and fatigue. Individuals in the helping professions are particularly vulnerable to these issues, and it is important for the clinician to first care for oneself. Mindfulness, relaxation and other mental health practices are some of the ways that we can do so. Most current research in this realm has examined experiences of SLP graduate students. Without minimizing the stress that students experience during clinical training, professionals are certainly far from immune to stress on the job. In a profession where we are constantly giving of ourselves to others, confronted with productivity demands, and having reduced access to support and resources, it can be beneficial to incorporate aspects of self-care into the workday. This session will review the literature on mindfulness and self-care in the helping professions with particular focus on SLP practice. We will introduce several techniques that students and professionals alike can use during their busy days to relieve stress, achieve grounding, and prepare for the important work that we do. Participants will have the opportunity to practice these techniques in a stress-free environment and reflect upon ways that they might incorporate these strategies for their own best use. NOTE: This session is limited to self-care for SLPs and is not presented for use with caseload in any setting.

**Speaker's Bio:** Dr. Smith retired from the State System of Higher Education after over 35 years working as a speech-language pathologist and professor. She received her M.A. from Ohio University and Ph.D. from Temple University. In retirement she has continued to teach as an adjunct in the areas of TBI and dysphagia. Together with her husband she has taken up yoga and is enjoying its physical, mental and spiritual benefits as well as a newly discovered sense of community. She has also finally embraced the joy of living a balanced life and the importance of self-care. Learning this sooner would have had such a positive impact on her professional life.

Jen Akob is a 500-hour registered yoga teacher and an IAYT certified Yoga Therapist. She has been teaching yoga for over 10 years and has been a yoga therapist for 5 years. She received her M.Ed. from Florida Atlantic University and has worked as a master's level mental health counselor for over 15 years in a variety of community settings. As a yoga therapist, she has been able to utilize her counseling skills combined with her old love of helping people in a therapeutic setting with her new love of yoga and working with the body holistically. Her focus is to help people to reduce the negative effects of stress, of which there are many, and help people to find a healthy balance physically, emotionally and spiritually.