

WHAT'S IN YOUR FIRST AID KIT?

Resources and Tools to Help You Survive and Thrive

First Aid 
TOOLKIT



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What's in Your First Aid Toolkit?

Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.





- **Krista Nelson, MSW, LCSW, OSW-C**

- Program Manager, Quality and Research of Cancer Support Services & Compassion,
- Providence Cancer Institute
- President, Association of Community Cancer Centers (ACCC)

- **GPS For the Soul**
- *Moving Toward Your Values*

First Aid TOOLKIT

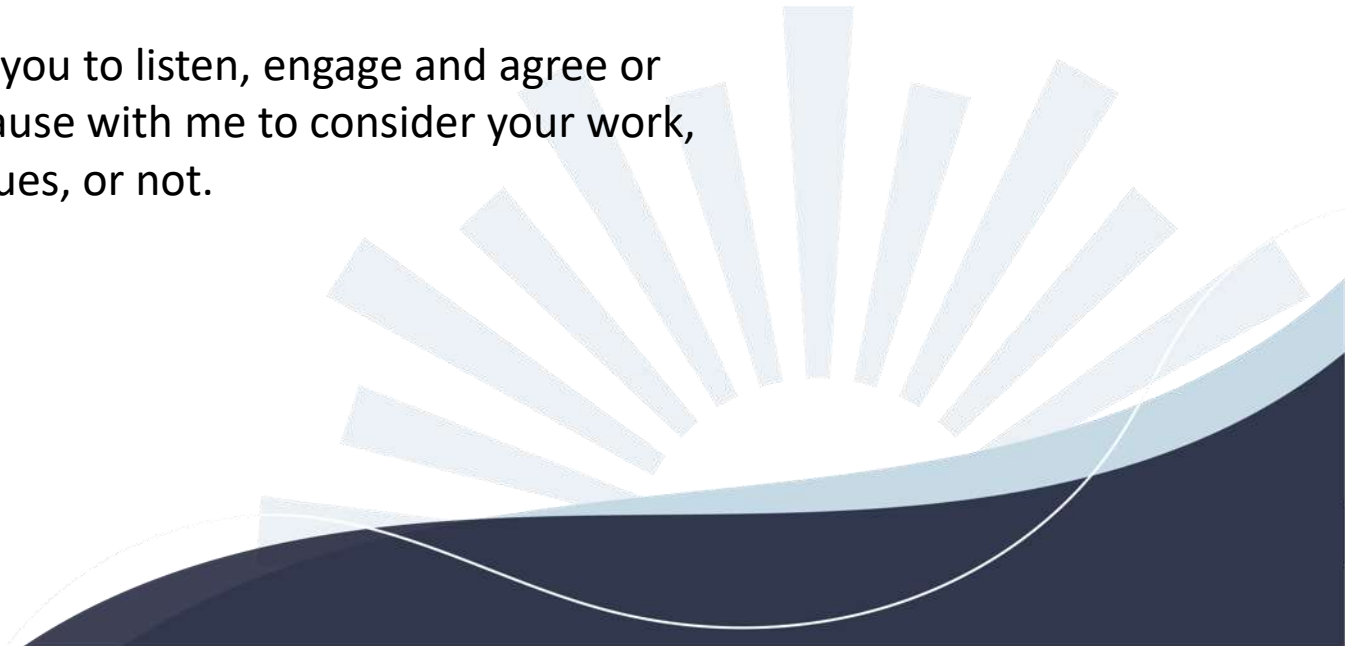
PRESENTER DISCLOSURE

Presenter Disclosure

Faculty: Krista Nelson

I disclose the following relationships with Athenex Oncology. I have received funding for participation in Patient Advocacy Council.

Today I will be sharing a perspective, I encourage you to listen, engage and agree or disagree. The point, is that I hope you take this pause with me to consider your work, and how that experience is aligning with your values, or not.



Agenda

1

Refection

2

COVID

3

Resilience and Suffering

4

Aligning with Values

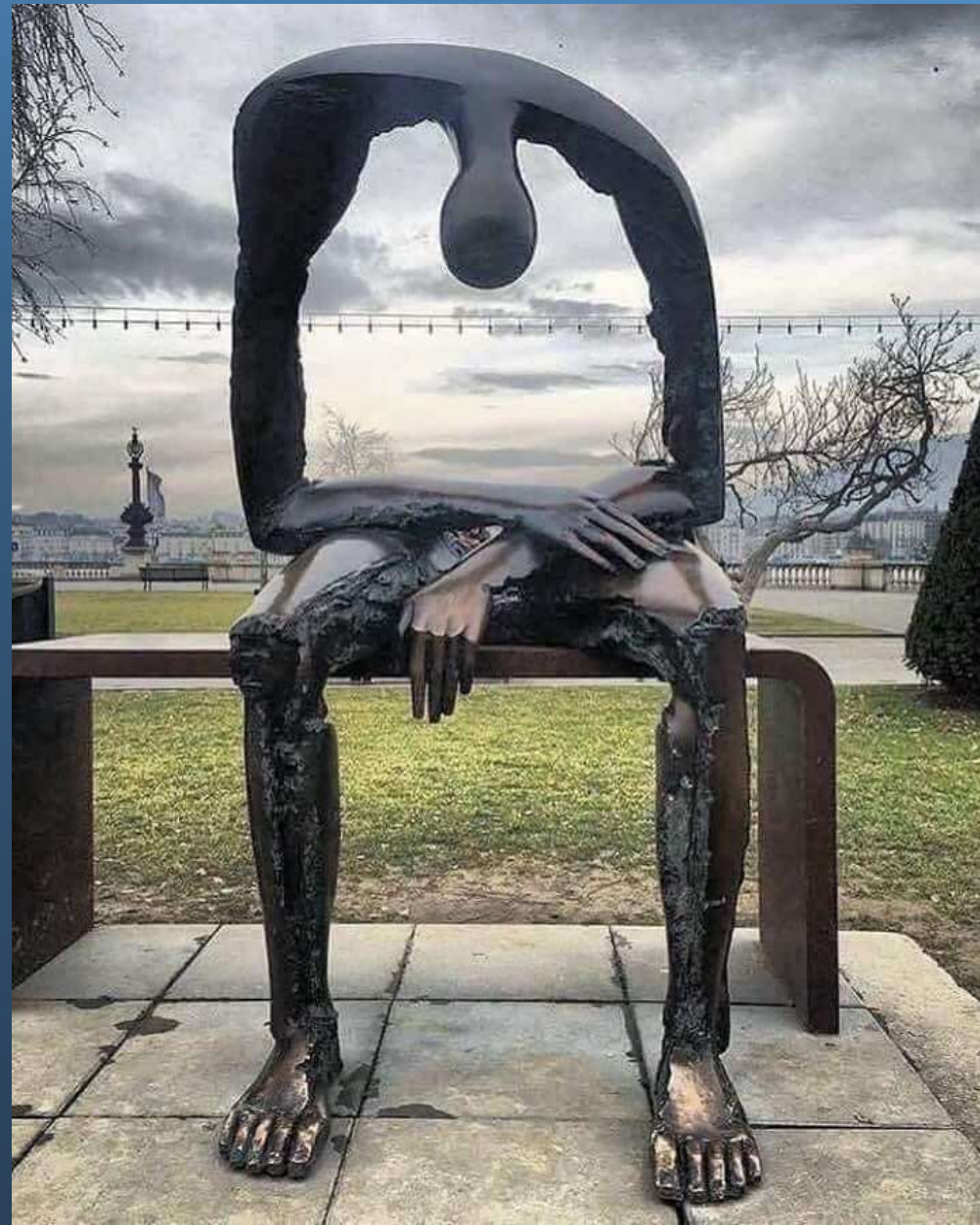
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Finding Meaning

Work, Relationships and Suffering

6

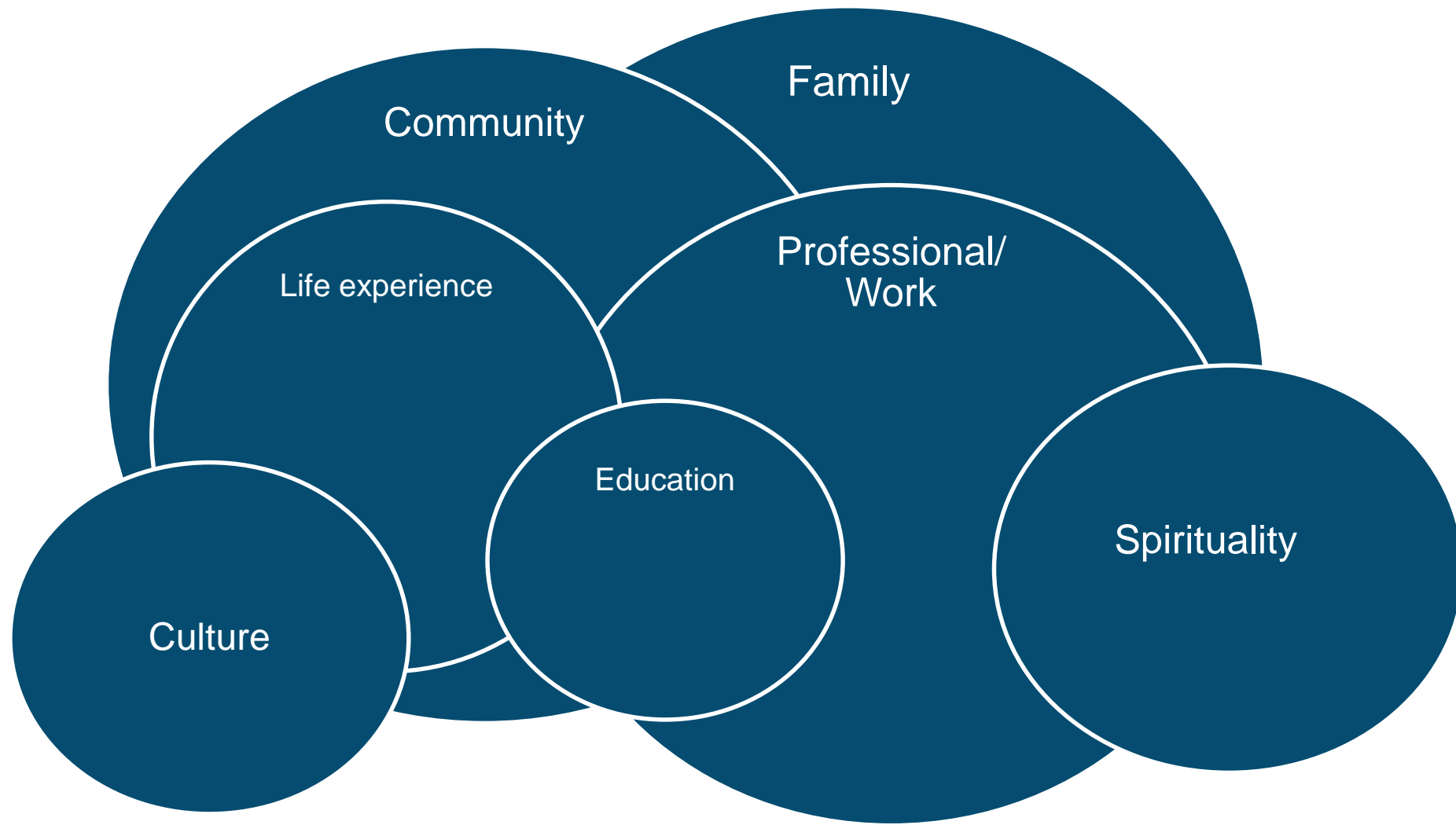
Finding your North





inputs Community Human-centered
 Delight Integrity others Values Excellence
 Determination Intelligence Personal Efficiency
 Faith Independence Gratitude Calm Accountability
 Continuous Common Goodwill feeling Cooperation
 consciously Honor Adventure Generosity Innovation
 Fairness Success Hard belief Beauty Growth Knowledge
 Ease Intensity Love All work Fun Health
 Dynamism Accuracy Change Charity Freedom joy Creativity
 every Accomplishment form Friendship Justice Discovery
 Connection one Liberty Gentleness Family core Discipline
 Kindness life Happiness Global Commitment Democracy
 Challenge Goodness Flair Coordination
 Competence Achievement view Inner Diversity
 individual peace concern Self-reliance
 Individuality Content Cleanliness Leadership Faithfulness Customer Enjoyment
 Punctuality Harmony Collaboration Law
 Improvement quietude commonplace Decisiveness
 Communication
 Competition Equality

Personal Values



Social Work Core Values

- Service.
- Social justice.
- Dignity and worth of the person.
- Importance of human relationships.
- Integrity.
- Competence.



Finding What's Meaningful to You

(Modified from Drs. Hansen & Keltner, UC Berkley)

- Family Relationships
- Learning & Personal Growth
- Adventure & Risk Taking
- Community Connections
- Work
- Status & Power
- Fun and Play
- Spirituality
- Service
- Integrity & Honesty
- Freedom & Independence
- Innovation & Creativity

Share in the chat some of your values

Value Sheet

Domain	Valued direction (write a brief summary, in one or two sentences.)	Importance	Success	Rank
Family relationships				
Communtiy Connections				
Learning & Personal Growth				

Value Sheet

Domain	Valued direction (write a brief summary, in one or two sentences.)	Importance	Success	Rank
Family relationships	To be a loving and supportive daughter. I will work on calling them often and will plan visits to see them more often	10	8 (just flew to visit)	
Communtiy Connections	To be an engaged community member. I hope to be a resource to my neighbours, friends and co-workers.	7	10 (volunteering weekly with houseless, helped friend with illness)	
Learning & Personal Growth				

Personal Values

- Know what they are
- How to prioritize them
- How to use them to make decisions
- Use them for goal setting
- Make decisions in alignment when you can
- How and when to reflect and adapt as needed



What Distracts Us From Our True North?



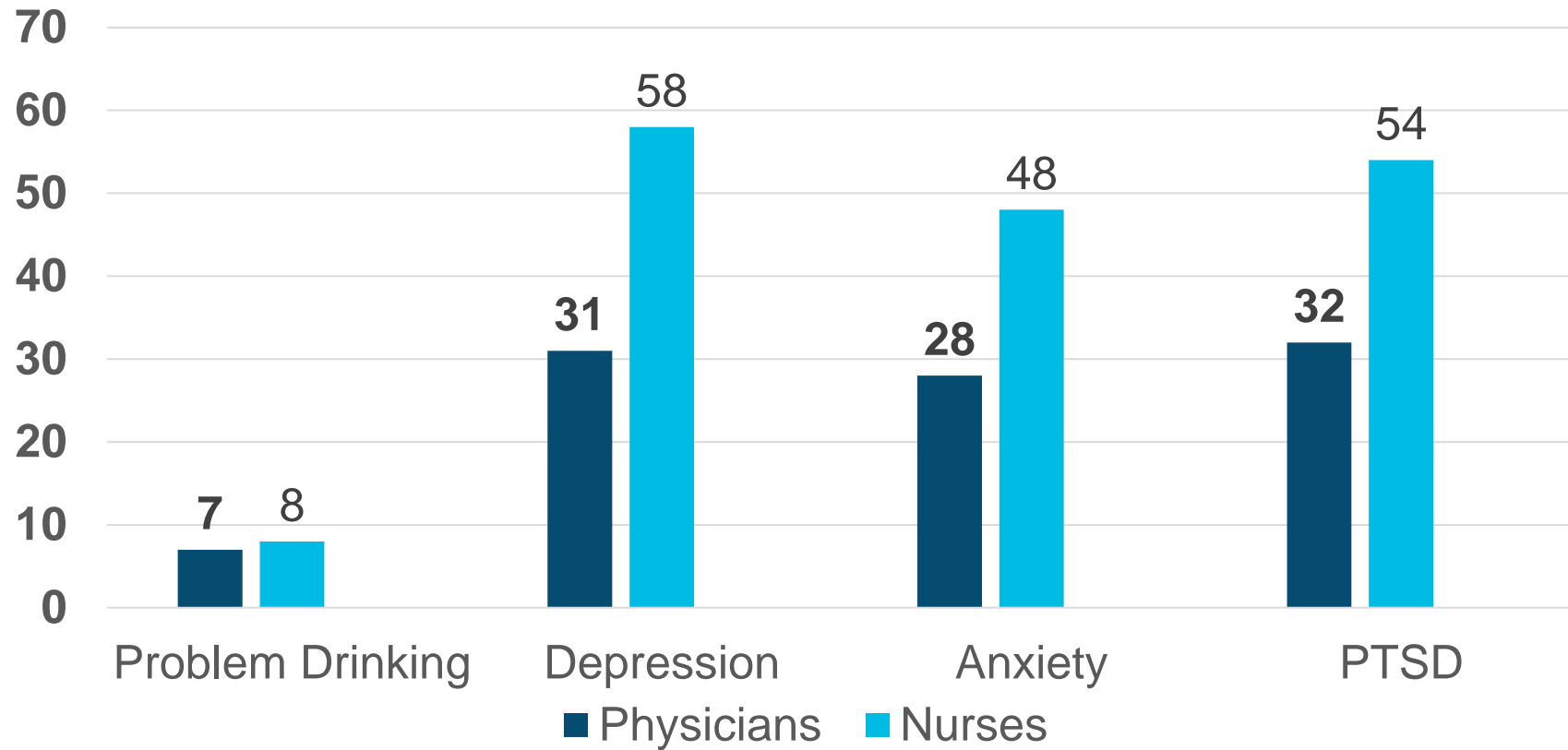
- Time
- Lack of clarity
- Burnout
- When an organizations values don't align with yours
- Worrying about others' perceptions
- If your values are in conflict with wider society
- Grief
-



Healthcare Workers: Impacts of COVID (March-May 2020)

	Depression	Chronic Anxiety	PTSD	
China	16.5%	28%	53%	International Journal of Environmental Research 2020
Italy	25%	20%	49%	JAMA open 2020
ICU MDs (85countries)	30%	46%	51%	Annals of Intensive Care 2020
NYC	48%	33%	57%	Gen. Hosp. Psychiatry 2020

United Kingdom ICU Mental Health Study (June-July 2020)



Greenberg et al
Occupational Medicine January
2021

Combatting Burnout

- Finding meaning in your work has been proven to be a protective factor
- Positive significant total effect that meaning of work has on life satisfaction
- Improving the meaning of work can have a protective effect against stress, thereby improving the quality of care provided by palliative care professionals
- Healthcare professionals with the most stress tend to assign less meaning to their work

*How to keep walking forward,
and even find renewal along the
way, in this year of things blown
apart?*

What sustains us?

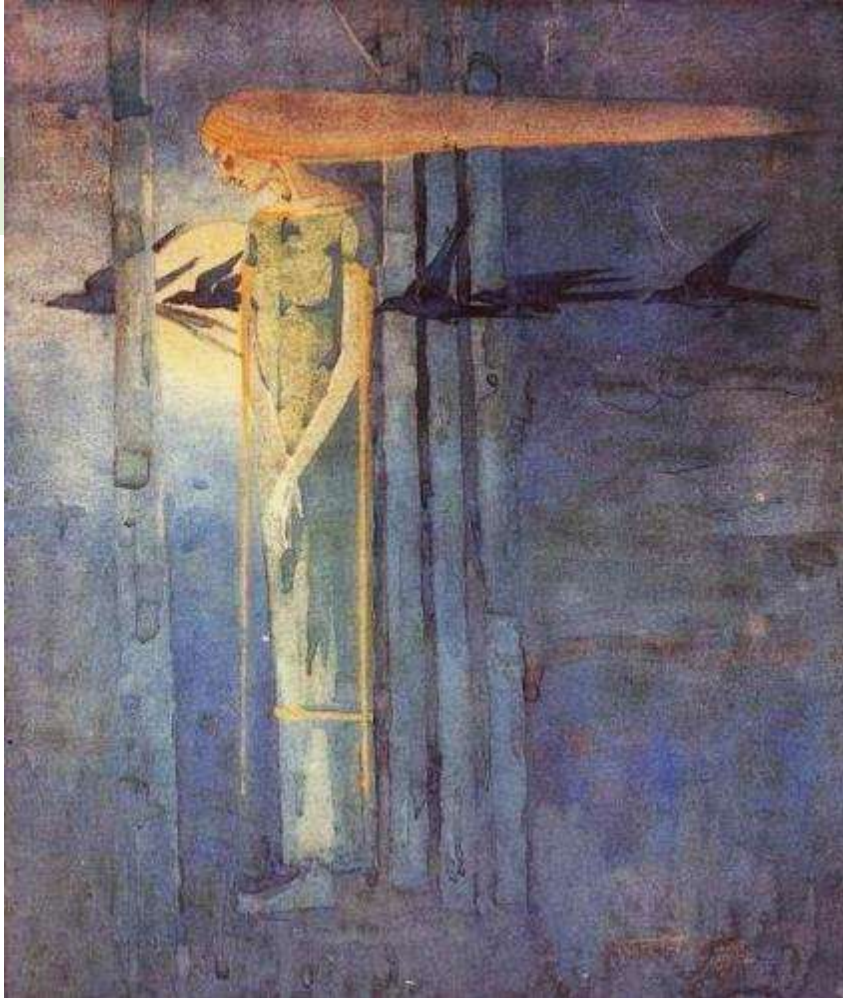
*How to hold on to our sense of
what is whole and true and
undamaged,
even in the face of loss?*

Krista Tippett



Dr. Bernstein





Between the stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

Discovering Meaning

- Love/Relationships
 - By experiencing something or encountering someone
- Work
 - By creating a work or doing a deed
- Suffering
 - By the attitude we take toward unavoidable suffering, and that everything can be taken from a man but one thing: to choose one's attitude at any given set up circumstances.



Finding Meaning in Suffering



Post-traumatic Growth

- Personal Strength
- Relationships
- Greater Life Appreciation
- Beliefs
- New Possibilities



Meaning & Cancer

- Understanding the significance of the illness (mind, body & spirit)
- Life review
- Change in self and relationships
- Re-evaluation of values



Key Everyday Lessons

- Create something
- Develop/maintain relationships
- Find purpose in suffering
- Agree that life is not fair
- Freedom to find meaning
- Focus on others
- Quiet
- Writing or Nature



The “After” Covid Experience

- Take a moment to reflect... on your life, on your work... What is sacred for you? Right now, in this moment?

Blessing for Work: John O'Donahue

May the light of your soul bless your work with love and warmth of heart.

May you see in what you do the beauty of your soul.

May the sacredness of your work bring light and renewal to those who work with you and to those who see and receive your work.

May your work never exhaust you.

Rather, may it release wellsprings of refreshment, inspiration and excitement.

May your work be infused with a loving heart,

May you know that your work is an offering of ministry

May you truly know that you are a revelation of God's love

Especially as you serve those in need.

May you be filled with the knowledge that this IS sacred work,

You are CALLED to be here.. NOW at this time and this place.

Peace... to you.



Questions?



References

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Sponsorship and Acknowledgement



Stay Tuned for More Sessions

Date and Time	Session Title	Speaker
6/5/21 1 pm – 2 pm EST	Beyond Band-Aids: Growing Mighty as a Team	Elizabeth M. Muenks, Ph.D. Psychologist, KU Medical Center
5/26/21 1 pm – 2 pm EST	Behind the Mask: Moral Distress and Compassionate Care	Lara Traeger, Ph.D. Assistant Professor, Psychiatry, Harvard Medical School Staff Psychologist, Department of Psychiatry, Mass General Hospital
7/10/21 1 pm – 2 pm EST	There Is Nothing Wrong with Your Kit: It's a System, Not a Self-Care Problem	Eucharía Borden, MSW, LCSW, OSW C Senior Director, Health Equity and Clinical Services, Cancer Support Community

For More Information



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**CANCER SUPPORT
COMMUNITY**
COMMUNITY IS STRONGER THAN CANCER

