

**SELF-CARE IS NOT A LUXURY;
IT IS A NECESSITY.**

PARHAM NEMATOLLAH, M.S. MFCT, LAADC

QUESTION

What is your secret
sauce?

PRESENTATION OVERVIEW

- Brief Bio / Background information
- The Axe Story – A tale about self-care
- A day in the life – working in the field of addictions.
- The battle between vicarious trauma and boundaries
- The cost of caring, compassion fatigue, and burnout
- Do no harm – self and others
- Self-care is not a luxury it is a necessity – developing a personal self care plan
- Questions and answers

Background
information

BRIEF BIO

A TALE ABOUT SELF CARE



“If I had only an hour to chop down a tree, I would spend the first 45 minutes sharpening my axe.”

Abraham Lincoln



A DAY IN THE LIFE -

WORKING IN THE FIELD OF ADDICTIONS



THE BATTLE BETWEEN VICARIOUS TRAUMA AND BOUNDARIES

BOUNDARY CHECK

The Boundary Types

Boundaries: a personal clear limit for how people behave toward us

Time Boundaries



how much time you spend with someone, doing something, or time boundaries at work

Physical Boundaries



boundaries around physical proximity, sexuality, & how much space you share with others

Conversational Boundaries



topics you're open to discussing and not discussing

Relationship Boundaries



boundaries mutually agreed upon with your close friends & partner

Personal Boundaries



boundaries you have place with yourself based on awareness of your own unique needs

Content Boundaries



things you will and will not consume (or will have monitored consumption) on social media, TV, etc

THE COST OF
CARING

COMPASSION
FATIGUE

BURNOUT

You can't pour
from an empty cup.



Take care of yourself first.

“If compassion doesn’t
include yourself, it is
incomplete.”

Jack Kornfield



**DO NO
HARM**



**TOWARDS
SELF
AND
OTHERS**

“The best time to plant a tree was 20 years ago. The second best time to plant a tree is now.”

Chinese Proverb



DEVELOPING YOUR SELF CARE PLAN

“The difference between successful people and very successful people is that very successful people say no to almost everything.”

Warren Buffet

