

BALANCING PUBLIC SERVICE AND MENTAL HEALTH



Canadian Mental
Health Association
Toronto



APATHY
IS BORING.
Connect, Educate
and Activate.

NOMINEE

We all know that self-care is extremely important. Particularly when facing the unique challenges of political and civic engagement. Here are a few ways you can prioritize self-care:



Individual Well-being: Self-care recognizes that individuals have unique needs. What brings well-being to one person may not work for another, highlighting the importance of tailoring self-care practices to individual lifestyles, personalities, and circumstances.



Stress Reduction: Personalized self-care practices can be effective in reducing stress. Acknowledging that stressors vary from person to person, emphasizes the need for diverse self-care strategies, allowing individuals to choose what resonates with them and provides genuine relief.



Prevention of Burnout: Understanding and addressing one's specific self-care needs helps prevent burnout. Recognizing that burnout is a highly individualized experience underscores the importance of customizing self-care plans to maintain optimal mental and physical well-being.



Enhanced Resilience: Individualized self-care fosters resilience by promoting practices that build personal strength and coping mechanisms. Recognizing the diverse ways people build resilience reinforces the idea that self-care is not a one-size-fits-all concept.

5 SIGNS OF BURNOUT

- ◆ Persistent fatigue or exhaustion
- ◆ Decreased motivation and productivity
- ◆ Emotional distancing from work
- ◆ Increased Irritability
- ◆ Physical symptoms such as headaches, stomach aches or muscle tension

STRATEGIES FOR SETTING BOUNDARIES AT WORK



Clearly **communicate** your expectations, rules, and boundaries.



Actively **listen** to others' concerns, needs and emotions



Be firm and consistent in **enforcing** the boundaries you have set



Regularly **assess** the effectiveness of your boundaries and adjust them as needed.



Refer others' to appropriate **resources** that can better meet their needs

BUT HOW DO I ADDRESS IT?



Campaigning can feel like a 24hr job, take breaks in a day, such as:

- **Set a reminder:** Use a timer or set a reminder on your phone to prompt you to take a break.
- **Take a walk:** Step outside for a few minutes to get some fresh air and stretch your legs.



Address things you can do something about

- As a staffer, sometimes you don't have all the answers, focus on and address the things you can control



Connect with your peers

- Be open with others' about how you are feeling
- Highlight your accomplishments and successes
- Normalize setbacks and challenges with each other

RESOURCES



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9-8-8 SUICIDE CRISIS HELPLINE

A safe space to talk, 24 hours a day, every day of the year.

Call 9-8-8

Text 9-8-8

WELLNESS TOGETHER CANADA

Wellness Together Canada is a mental health and substance use website.

We support people in Canada and Canadians who live abroad in both English and French. Our services are available for free.

Call 1-866-585-0445 or text WELLNESS to 741741 for adults

HOPE FOR WELLNESS HELP LINE

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week

Call 1-855-242-3310 (toll-free) or connect to the [online Hope for Wellness chat](#).

MY SELF-CARE ACTION PLAN

- Step 1:** Identify self-care goal(s)
- Step 2:** Identify specific actions - the steps you will take
- Step 3:** Set a deadline to keep yourself accountable
- Step 4:** Celebrate successes!

GOAL	STEPS	TARGET
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____
	✦ _____	_____

"I AM MAKING A DIFFERENCE, AND MY WELL-BEING IS ESSENTIAL FOR THE IMPACT I WANT TO CREATE."