



Self-care and Well-being in the Workplace

PH 101 Orientation

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Agenda

- Workforce Trauma
- Self-care
- Compassion in the Workplace
- Individual & Collective Efforts



COVID-19 Reflections

Created
burn out

Identified
unsafe
working
conditions

Impacted
mental
health



Trauma in the Workplace

Location: Workplace site

Frequency: One-time or on-going

Symptoms: Physical and/or mental health



Trauma in the Workplace (iSpring)

- Workplace trauma occurs when **employees/workers** experience a trauma at **work and work sites**.
- This can be a **one-time** traumatic event, like a workplace accident. Or, it could be **ongoing** stressful events.



Trauma in the Workplace (iSpring)

- When someone has experienced trauma, it can manifest in different ways. This includes symptoms associated with both **physical health** and **mental health**.



Self-care (iSpring)

WHO's definition of self-care is the ability of individuals, families and communities to promote their own health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker.

* accordion interaction, panel name: World Health Organization

Self-care (iSpring)

Self-care is the intentional actions we take to boost our mental, physical and emotional well-being. By that definition alone, self-care can mean a lot of different things, including nutrition, lifestyle, hygiene, and preventive health.

* accordion interaction, panel name: Bravewell Wellness

Self-care (iSpring)

Self-care is anything that we kind of deliberately do or refrain from doing with our own well-being in mind, anything that promotes our own physical, emotional, psychological or spiritual well-being.

* accordion interaction, panel name: Cleveland Clinic



Self-care (iSpring)

Self-care is the _____ actions we take to boost our mental, physical, psychological, and spiritual well-being.

intentional

selfish

musical

inventive



Self-care (iSpring)

Self-care promotes our own _____,
_____, and/or _____ well-being.

physical

emotional

psychological

spiritual



Compassion in the Workplace



You in the Workplace

True / False	Compassion Statement
True	Showing compassion to colleagues is vital to sustaining job satisfaction and work-related motivation.
False	Focusing on compassion at work does not promote health interpersonal relationships.
True	Compassion works by building trust, mutual connections, and reciprocation.
True	Compassion reduces anxiety, the pressure of achieving, and makes them resilient to work stress and burnout.
True	Colleagues, coworkers and staff form healthy and strong professional relationships and feel comfortable to work as a part of the team.



Collective Workplace (iSpring)

- Recent research and findings have recognized compassion to be an essential aspect of a productive work environment
- Employees who work with each other compassionately are more likely to help and cooperate with each other
- Acts of kindness in the workplace impact not only the carer and the receiver, but it also affects the performance culture as a whole
- Organizations where compassion prevails, have employees with reduced stress and more job satisfaction



**Self-care and well-being is
important in the workplace.**