



# BE SELFISH

The Power and Impact of Self Care on  
HIV Clinicians and Providers

**Ashley N. Browning, MRC, CNP**  
**Self-Care Strategist**

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# Collaboration with State Primary Care Associations: Best Practices

Southeast AETC



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# AETC Program National Centers and HIV Curriculum

- National Coordinating Resource Center – serves as the central web –based repository for AETC Program training and capacity building resources; its website includes a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and other events. Learn more: <https://aidsetc.org/>
- National Clinician Consultation Center – provides free, peer-to-peer, expert advice for health professionals on HIV prevention, care, and treatment and related topics. Learn more: <https://nccc.ucsf.edu>
- National HIV Curriculum – provides ongoing, up –to-date HIV training and information for health professionals through a free, web –based curriculum; also provides free CME credits, CNE contact hours, CE contact hours, and maintenance of certification credits. Learn more: [www.hiv.uw.edu](http://www.hiv.uw.edu)

# Things to discuss

**1** INTRODUCTION

**2** SELF-CARE

**3** 8 COMPONENTS OF SELF-CARE

**4** SELF-CARE AND CLIENT CARE

**5** QUESTION AND ANSWER

**6** CONTACT INFORMATION



# Who am I?

- Ashley N. Browning: Born and raised in Dayton, Ohio

## Educational background:

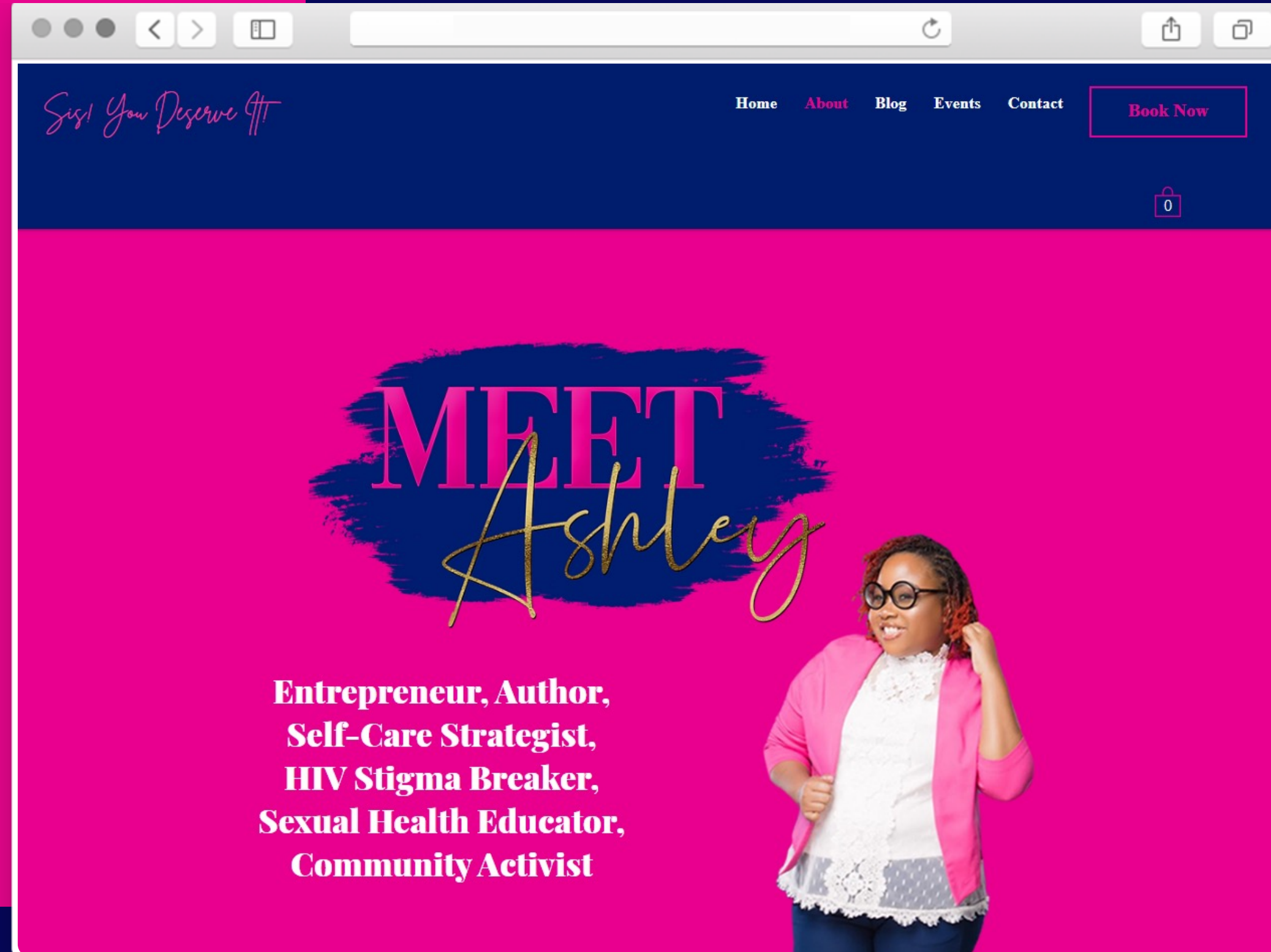
- B.A in Criminal Justice from Kentucky State University
- Master in Rehabilitation Counseling from the University of Kentucky

## Certifications:

- Developmental Disabilities
- Chemical Dependency
- Non-Profit Management
- Certified Life Coach with a specialization in Mindfulness and Meditation

## Roles and Accomplishments:

Entrepreneur, Author, Self-Care Strategist  
HIV Stigma Breaker, Sexual Health Educator,  
Community Activist



# **Self Care is a Divine Responsibility**





# What is Self-Care?



**Self Care is the practice of taking action to preserve or improve one's own health.**

# **What is the importance of Self-Care for HIV Clinicians and Providers?**



# 1 Burnout Prevention

Healthcare professionals, especially those caring for individuals with HIV, are susceptible to burnout due to the emotional and demanding nature of their work. Engaging in self-care practices helps prevent burnout by reducing stress levels, promoting work-life balance, and enhancing resilience. When HIV Clinicians and Providers prioritize their well-being, they can sustain their passion for client care and avoid emotional exhaustion.

# 2 Enhanced Client Care

Self-care directly impacts the quality of client care provided. When HIV Clinicians and Providers are physically, mentally, and emotionally well, they can deliver more compassionate, client-centered care. Practicing self-care allows clinicians to make better decisions, communicate effectively, and empathize with their clients' needs, resulting in improved treatment outcomes and overall client satisfaction.



# 3 Improved Mental Health



The demanding nature of healthcare professions can have adverse effects on mental health, leading to increased stress, anxiety, and even depression. By prioritizing mental self-care, which may include mindfulness practices, therapy, or engaging in hobbies, HIV Clinicians and Providers can better cope with the challenges they face and maintain their emotional well-being.

# 4 Physical Well-being

The long working hours and high-pressure environment in healthcare settings can also impact physical health. HIV Clinicians and Providers may neglect exercise, proper nutrition, and adequate rest, leading to health issues. Physical self-care, such as regular exercise, healthy eating habits, and sufficient sleep, not only improves their overall health but also boosts energy levels and resilience to cope with the demands of their profession.





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# Components of Self-Care



# Self-Care Components



**SPIRITUAL SELF-CARE**



**FINANCIAL SELF-CARE**



**PHYSICAL SELF-CARE**



**OCCUPATIONAL SELF-CARE**



**EMOTIONAL SELF-CARE**



**SOCIAL SELF-CARE**



**MENTAL SELF-CARE**



**ENVIRONMENTAL SELF-CARE**

A photograph of two hands raised in prayer, silhouetted against a bright, glowing sun. The hands are positioned with fingers spread, palms facing each other. The background is a soft, hazy sky with the sun's light creating a lens flare effect.

# Spiritual Self-Care

Spiritual self-care involves finding a sense of meaning, purpose, and inner peace. It can provide HIV clinicians with emotional support and resilience in challenging situations.

# Examples of Spiritual Self-Care



Meditation

Nature Connection



A healthcare worker, likely a nurse or doctor, is shown from the chest up. She is wearing blue scrubs, a white surgical mask covering her nose and mouth, and white gloves on both hands. Her hair is pulled up into a bun. She has her eyes closed and her hands are raised in front of her, palms facing forward, in a meditative pose. A stethoscope is visible around her neck. The background is a light-colored wall with a subtle pattern. The entire image has a dark blue overlay.

# Meditation

Taking a few minutes each day to meditate, focus on the breath, and calm the mind, promoting mental clarity and reducing stress.

A couple of hikers, a man and a woman, are seen from behind, standing on a dirt trail. They are both wearing large backpacks and hats, and are holding hands. The man is on the left, wearing a light-colored t-shirt and shorts, with a large backpack and a rolled-up mat. The woman is on the right, wearing a dark t-shirt and shorts, also with a large backpack. They are looking out over a vast, hilly landscape with a valley below. The scene is set during the day, with a clear sky and some shadows on the ground. The overall mood is peaceful and adventurous.

# Nature Connection

Spending time in nature, such as going for a hike or sitting by a lake, to feel more grounded and connected to the world around them.



# Gratitude Practice

Keeping a journal to write down things they are grateful for, fostering a positive outlook and appreciation for the good moments in life.

**I got a  
freebie  
for you!**

*She* SELFISH

Date : .....

S M T W T F S

*Gratitude Journal*

3 Little things to be grateful for

Say something nice about yourself

Daily affirmation

What would make today great?

Happy memories

Lessons I learned today

People I am grateful for

My Mantra

# Physical Self-Care

Physical self-care involves taking care of the body's well-being, which is crucial for HIV clinicians to maintain their energy levels and overall health.





# Examples of Physical Self-Care



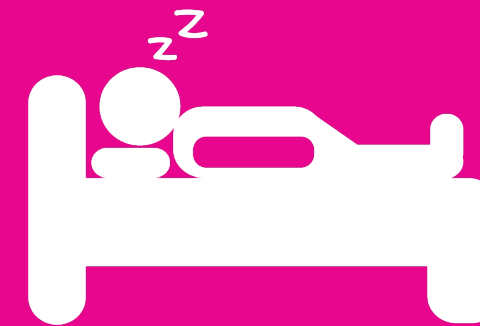
## Regular Exercise

Engaging in physical activities like swimming, cycling, or dancing to stay active and reduce the risk of burnout.



## Balanced Nutrition

Eating a well-balanced diet with plenty of fruits, vegetables, and proteins to nourish the body and support the immune system.



## Quality Sleep

Ensuring an adequate amount of sleep each night to allow the body and mind to rest and recover from the day's demands.



Now, give yourself 1 point if...

**1**

**Took Vitamins this morning**

**2**

**Ate a healthy meal**

**3**

**Drank a glass of water as soon as you woke up**

**4**

**Got 5-7hrs of Sleep**

**5**

**Worked out this morning or plan to do at least 30 mins of activity today**



# Emotional Self-Care

Emotional self-care involves recognizing and addressing emotions in a healthy way, reducing the risk of emotional exhaustion and compassion fatigue.

# Examples of Emotional Self-Care



## Journaling

Writing in a journal to express thoughts and feelings, providing an emotional outlet and promoting self-awareness.



## Supportive Networks

Connecting with colleagues or joining support groups to share experiences, seek advice, and feel understood.

# Examples of Emotional Self-Care



## Setting Boundaries

Learning to say no to excessive work demands and creating space for personal time and activities they enjoy.



## Mindfulness Practices

Engaging in meditation or deep breathing exercises to reduce stress, stay present in the moment, and respond to challenges with greater clarity and composure.

# Mental Self-Care

Mental self-care focuses on stimulating the mind and maintaining mental sharpness, which is vital for making sound decisions and providing quality care.



# Examples of Mental Self-Care

## Reading for Pleasure



Unwinds, engages the mind beyond work-related topics.

## Mindfulness Practice



Reduces stress, enhances focus and resilience.

## Continued Learning



Expands medical knowledge, boosts confidence.  
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# Examples of Mental Self-Care

## Brain Teasers and Games



Improves cognitive abilities and agility.

## Creative Outlets



Relieves stress through artistic expression.

## Setting Intellectual Goals



Fosters a sense of achievement and motivation.  
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# Financial Self-Care

Financial self-care involves managing finances and reducing stress related to money matters, allowing HIV clinicians to focus better on their clients.

# Examples of Financial Self-Care

## Budgeting



Creating a budget to track income and expenses, ensuring financial stability and avoiding unnecessary debt.

## Retirement Savings



Starting a retirement savings plan early to secure their financial future and prevent anxiety about retirement.

## Financial Education



Seeking advice from financial advisors or attending seminars to make informed decisions and investments.

One  
more  
freebie  
for you!

52-WEEK  
Money Saving Challenge

Week	Date	Deposit	Balance	✓	Week	Date	Deposit	Balance	✓
1		\$1	\$1		27		\$27	\$378	
2		\$2	\$3		28		\$28	\$406	
3		\$3	\$6		29		\$29	\$435	
4		\$4	\$10		30		\$30	\$465	
5		\$5	\$15		31		\$31	\$496	
6		\$6	\$21		32		\$32	\$528	
7		\$7	\$28		33		\$33	\$561	
8		\$8	\$36		34		\$34	\$595	
9		\$9	\$45		35		\$35	\$630	
10		\$10	\$55		36		\$36	\$666	
11		\$11	\$66		37		\$37	\$703	
12		\$12	\$78		38		\$38	\$741	
13		\$13	\$91		39		\$39	\$780	
14		\$14	\$105		40		\$40	\$820	
15		\$15	\$120		41		\$41	\$861	
16		\$16	\$136		42		\$42	\$903	
17		\$17	\$153		43		\$43	\$946	
18		\$18	\$171		44		\$44	\$990	
19		\$19	\$190		45		\$45	\$1,035	
20		\$20	\$210		46		\$46	\$1,081	
21		\$21	\$231		47		\$47	\$1,128	
22		\$22	\$253		48		\$48	\$1,176	
23		\$23	\$276		49		\$49	\$1,225	
24		\$24	\$300		50		\$50	\$1,275	
25		\$25	\$325		51		\$51	\$1,326	
26		\$26	\$351		52		\$52	\$1,378	

# Occupational Self-Care

Occupational self-care revolves around finding a balance between work and personal life and establishing a supportive work environment.



# Examples of Occupational Self-Care

## Regular Breaks



Taking short breaks throughout the workday to rest and recharge, improving focus and productivity.

## Seeking Supervision



Consulting with mentors or supervisors to discuss challenging cases and gain insights for professional growth.

## Engaging in Hobbies



Pursuing hobbies and activities outside of work to unwind and foster creativity.



# Social Self-Care

Social self-care emphasizes the significance of maintaining healthy relationships and connections with others.



1

# Examples of Social Self-Care

## Spending Time with Loved Ones

Allocating quality time to be with family and friends, fostering a sense of belonging and support.



# Examples of Social Self-Care

2

## Joining Professional Networks

Connecting with other HIV Clinicians and Providers through conferences or online platforms to share experiences and knowledge.





# 3

# Examples of Social Self-Care

## Volunteering

Getting involved in community service or volunteering initiatives to give back and experience the fulfillment of helping others.

# Environmental Self-Care

Environmental self-care involves creating a supportive physical environment that promotes well-being.



# Examples of Environmental Self-Care



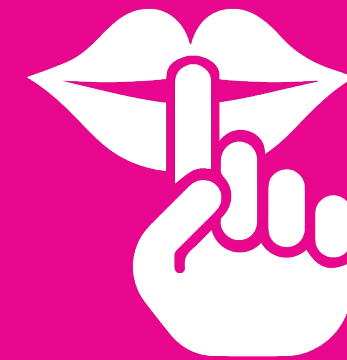
## Organized Workspace

Keeping a clean and organized workspace to reduce distractions and create a sense of calm.



## Personalizing the Environment

Adding plants, pictures, or decorations to make the workspace feel more comfortable and pleasant.



## Minimizing Noise

Using noise-cancelling headphones or finding a quiet space to concentrate during demanding tasks.

**So, how does Self-Care  
affect Client Care?**



**Prioritizing self-care has a profound impact on the **quality of client care** delivered by HIV Clinicians and Providers. When clinicians and providers take care of themselves, it enhances their ability to provide compassionate, empathetic, and effective care to their clients.**

# The Power of Self-Care on Client Care

## 01 Compassionate Care

Self-care cultivates compassion, enabling clinicians to offer empathetic support alongside health treatment.

## 02 Enhanced Empathy

Self-care fosters emotional resilience, allowing providers to maintain empathy towards their clients.

# The Power of Self-Care on Client Care

## 03 Improved Communication

Physical and mental well-being from self-care positively influences communication skills with clients.

## 04 Better Decision-Making

Self-care's benefits, like adequate rest and mental sharpness, lead to improved decision-making for client care.

# Remember,

Self-care is not selfish but essential for HIV Clinicians and Providers and their clients.







**Any Questions?**

# Contact Us

Don't hesitate to reach out for inquiries.



**Phone Number**

[937-697-1477](tel:937-697-1477)



**Email Address**

[contact@sheselfish.com](mailto:contact@sheselfish.com)



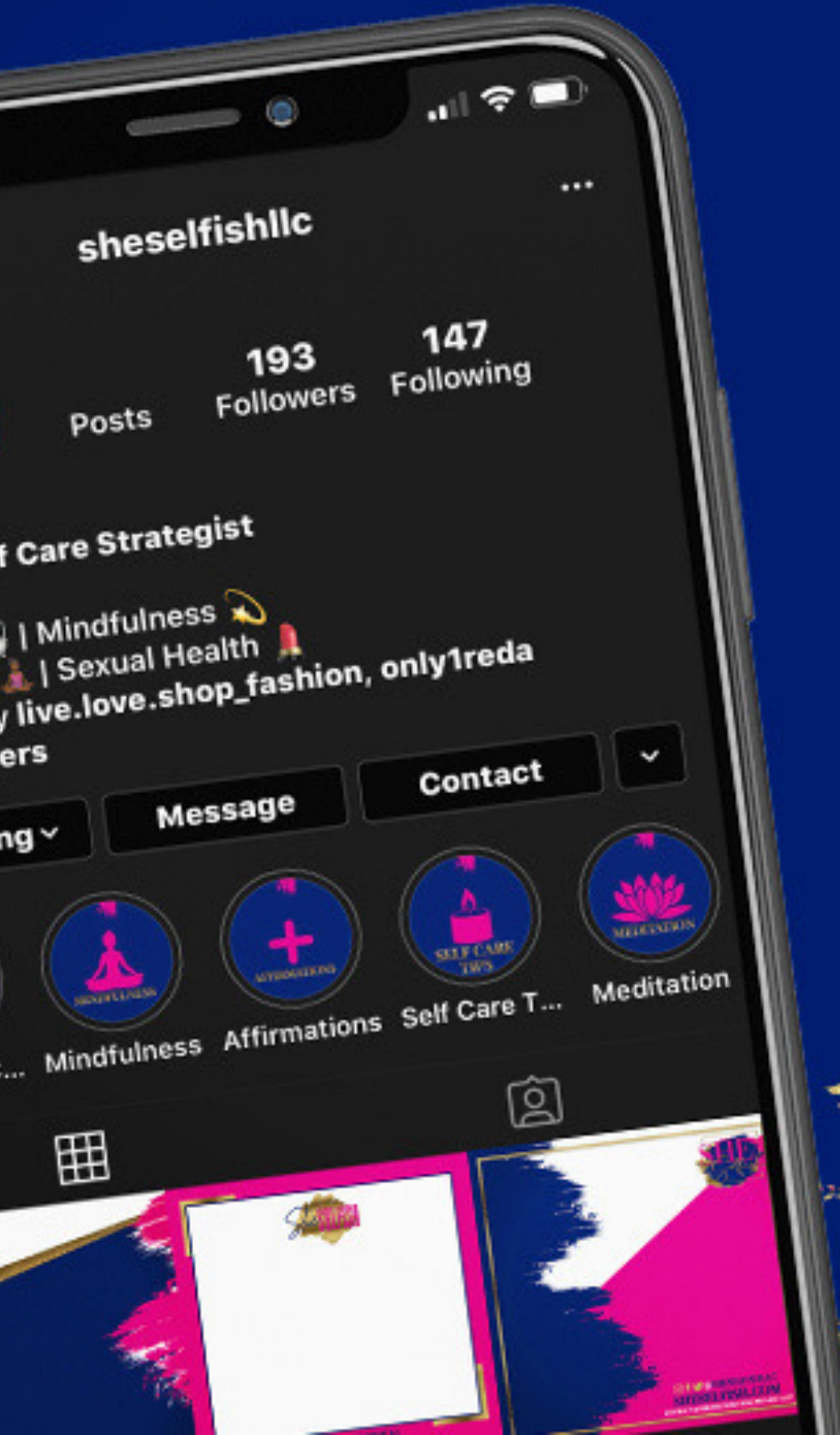
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