

“What about Me?”
My Well-Being and Self-Care
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Pillars of Well-Being:

Physical
Spiritual
Psychological
Emotional
Professional/Occupational
Financial
Personal Growth
Social (Family and Friends)
Romantic Relationship

Professional Quality of Life:

Compassion Satisfaction

Compassion Fatigue

***Burnout**

***Secondary Traumatic Stress**

***Vicarious Trauma**

“It’s All About Me?”

“What About Me?”: My Well-Being and Self-Care

2 Things I want to discover:

3 Things I want to glean while attending the Fall Summit:

What I have wanted to do or intended to do, and haven't had the time:

Where I wanted to go, but haven't had the time:

Who I have been wanting to, or intending to connect with, but haven't had the time:

Within the next week, I will:

- What could get in the way:
- I will mitigate this by:
- I will celebrate my success by:

Within the next month, I will:

- What could get in the way:
- I will mitigate this by:
- I will celebrate my success by:

My Accountability Partner:

- *When will I contact her/him:
- *What permissions will I provide her/him:

