Welcome to the 2017 Georgia Home Visiting Institute

Setting Boundaries for Success
Know Thyself: What you want, What you need, and What you really have control over as a Home Visitor

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Board Certified Clinical Psychologist
The Dilemma: Adversity
Between stimulus and response there is a space. In that space is our power to choose our response —

V. Frankl, “Man’s Search for Meaning”
Stress management, then, is an individual challenge. No one solution works for everyone. The environment may supply the stressor; the individual supplies the coping.
The Dilemma:
Adversity
...Or Opportunity
Effects of Stress are real

- Effects of Long Term Release of Cortisol
  - Increased blood pressure
  - Inhibits the inflammatory response
  - Suppresses the immune system
  - Damages brain cells
Your Commitment
As long as you DEAL with...

- Challenging Clients
- Limited Resources
- Parenting/Caregiving
- Burnout
- Increased Workloads
- Client reports
- HIGH Turnover
- Your own Health Issues
- Job Security?
- Grief/Loss
- Budget Cuts
- Flat Tire
- Wrong Address
- Poor Accountability
- Traffic Jams
- Grumpy Colleagues
- Big T and Small t Traumas
- Unexpected Expenses
- Kid Late for Curfew
- Traffic Jams
Know Thyself: What do you want

The Problem:

Both are motivating!!!

Which one motivates you?

Which one do you choose to focus on more?

The Problem: BOTH ARE MOTIVATING!!!
“It's not stress that kills us, it's our reaction to it” – Hans Selye
Paradigm Shift: A Healthy Mind, A Healthy Life
Paradigm shift: What CAN you do about it
Are you too focused on what is out of your control?

5 THINGS YOU CAN'T CONTROL

1. What other people think of you.
2. What other people do.
3. What happens around you.
4. The outcome of your efforts.
5. The passage of time.

So let go and focus on what you can control - what you do today.

Lori Deschene
Paradigm shift: What CAN you do about it

- Situation
- Thoughts
- Emotions
- Actions

YOU!
As long as you DEAL with...

- Challenging Clients
- Kid Late for Curfew
- Inadequate Resources
- Burnout
- Increased Workloads
- Parenting/Caregiving
- Client reports
- Budget Cuts
- Grief/Loss
- Poor Accountability
- Grumpy Colleagues
- Flat Tire
- Wrong Address
- Job Security?
- Traffic Jam
- Your own Health Issues
- Big T and Small t Traumas
- Unexpected Expenses
- Flat Tire
- Burnout
What if you **CHOSE** to **FOCUS** on....

- Getting Enough Sleep
- Being flexible within your plans
- Work that you can manage
- Prayer and giving thanks
- Purpose and meaning
- Learning more
- Successful HV cases
- What you **CONTROL**
- Tasks that you can master
- Healthy snacks
- Supervisors you trust
- Self Care Skills
- Realistic Goals
- Friendships
- Your Strengths more than weaknesses
- Exercise
Focus on the problem, you’ll never see the solution
There must be another way

Worst Day Ever?
By Chanie Gorkin

Today was the absolute worst day ever
And don't try to convince me that
There’s something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one’s surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day
What do you CHOOSE to focus on
What do you **CHOOSE** to focus on

**M A N S L A U G H T E R**
What do you **CHOOSE** to focus on

MAN SLAUGHTER
What do you CHOOSE to focus on"
What you can do about it:

Recognizing Distorted Thoughts

- All-or-Nothing Thinking – success or all doom
- Overgeneralizing – if bad, all bad
- Filtering – blocking positive inputs
- Helpless Thinking – nothing will make a difference
- Self-Blame – blaming it all on yourself
- Personalizing – everything has to do with you
- Mind Reading – assuming everyone is thinking bad thoughts
Where is your \textbf{THINKING} leading you?

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Your \textit{Thoughts} stimulate your \textit{Feelings} which influences your \textit{Behavior} and lead to your \textit{Life} experiences...

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By \textit{redirecting your thoughts, you can change your Life}!
What CAN you do about it?

• Look For The Good!
  Personal Journal- Focusing on the Good.

• Choose Your Words
  Make a habit of speaking positively to people.

• Surround Yourself With Positive People
  Seek the company of positive people who share ideas.

• Accept, Don’t Judge
  Strive to accept people as they are.

• Limit Complaints
  Instead of complaining, take constructive action.
What’s your perspective going to be?
Getting Perspective

• When facing adversity or success, your effortful initial response (cognitively) shapes you neurochemically, physiologically, emotionally, and behaviorally

• An **active healthy** mind leads to a healthier perspective

• You don’t control much, yet you have more power than you **think**

• A better mind = a better life
You are what you think

A great attitude becomes a great mood. Which becomes a great day. Which becomes a great year. Which becomes a great life.
"Balance, peace, and joy are the fruit of a successful life. It starts with **recognizing** your talents and **finding ways** to serve others by using them."

Thomas Kinkade
So, why are you here?

- Mandatory conference
- Pressure from your supervisor
- You need the Continuing Education credits
- You desperately need a day away from “the job”

What if you were more focused on:
- Intentionally sitting with at least two colleagues from a different agency at lunch
- Taking a 30 minute walk during the LONG lunch break
- Learn three simple actions today to make your job more meaningful, maybe even easier
- Identifying a SR. colleague who could mentor you
- Complimenting the next two people who greet you
A World Where Anything is Possible

THANK YOU
Know Thyself:
What you want, What you need, and What you really have control over as a Home Visitor

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