Preparing for Climate Change in the Pacific Northwest
November 15, 2017
With Sarri Gilman, LMFT
www.SarriGilman.com

Naming and Taming Overwhelm®
Crows and Hazelnuts
Two things I noticed

Several losses all at once

Unusual rates of illness and chronic illness
Is overwhelm unusual or is it our new norm?
WHAT IS IT?
What Helps?
The Overwhelm is vast and all around you
Step 1: Provide a solid reliable listening post.
Step 2: Help Them STOP
Step 3: Make order out of chaos
Step 4: Be a spider
Step 5: Give permission to set boundaries

Plant a seed.
Training People around You

We will not have enough therapists

What skills can you build in others right now
Practice building listening posts
Staff need to create a container to share the feelings they experience.
Be a model of self-care. Make this really visible.
Evaluate staff ability to stop problem solving, rest, eat lunch, take breaks...doing some self-care on the job.
Like vicarious trauma—overwhelm is a bit viral. When they have a case with many issues, what is their hand-railing? Use a method and mantra they repeat over and over.
Helping to teach boundaries- ask yourself if the worker will likely see this situation again?
Step 8: Boundaries:
Self-care and boundaries are connected. Most people do not enter our field with the training or skills. Every staff member needs to develop their boundaries with training.
Emotions, Self-care, and Big Boundary challengers and challenges in their lives.
The importance of kindness. How is kindness expressed now? Can that be expanded?
In highly stressed organizations and individuals, kindness. Responding to messages, understanding what co-workers and clients need from you.
Resiliency Myths and Madness

You are Human, not Superhuman
Start with you and your own overwhelm
Get a listening post
Journal your feelings
Read/class on developing boundaries
Self-care more on the job through the day.
Dealing with an Overwhelmed Supervisor:
Notice it. Discuss ways to focus or reduce, streamline. Discuss overload. Protect yourself from their overwhelm. Establish boundaries that work for you. Predict and plan for things you need. Expect mistakes. Show kindness.
Old French: saintuaire • Late Latin: sanctuarium "a sacred place" • Latin: sanctus "holy"
For upcoming events, webinars, classes, please visit my website www.Sarrigilman.com, sign up for email list.

Join me on my Facebook author page sarrigilman.author

Free weekly boundary tips by email- great to use with supervisees for conversation. Sign up for those on my website.

Upcoming:

Monthly Webinar Series on Boundaries

Feb. 2-4, 2018 Transform Your Boundaries Immersion Weekend @ Whidbey Institute