

'THE SUSTAINABLE MENTAL HEALTH PRACTITIONER' WEBINAR WORKBOOK

Welcome to *The Sustainable Mental Health Practitioner* Webinar!

The webinar will discuss a new model of how as a mental health practitioner, you can assess and optimise your own personal and professional longevity.

This is best achieved using yourself as the case study.

This self-reflection exercise will help you focus on your own health and how you can optimise it and remain sustainable long into the future.

The workbook poses a series of questions that you can consider and answer prior to the webinar and review during and after the webinar. It is therefore a private and confidential document for you to use for your own benefit.

The Webinar will discuss the '4 pillars' of sustainability, the four integrated ingredients that when optimised will contribute to your sustainability.

These are your:

- **INPUTS:** what you bring with you into your working and personal life.
- **OPERATING MANUAL:** how you live and work, the rules you live by.
- **OUTPUTS:** what you do and produce in your personal and professional life.
- **FEEDBACK:** a performance review and how and from whom you source it.

Feedback is an important input that closes the self-sustaining loop!

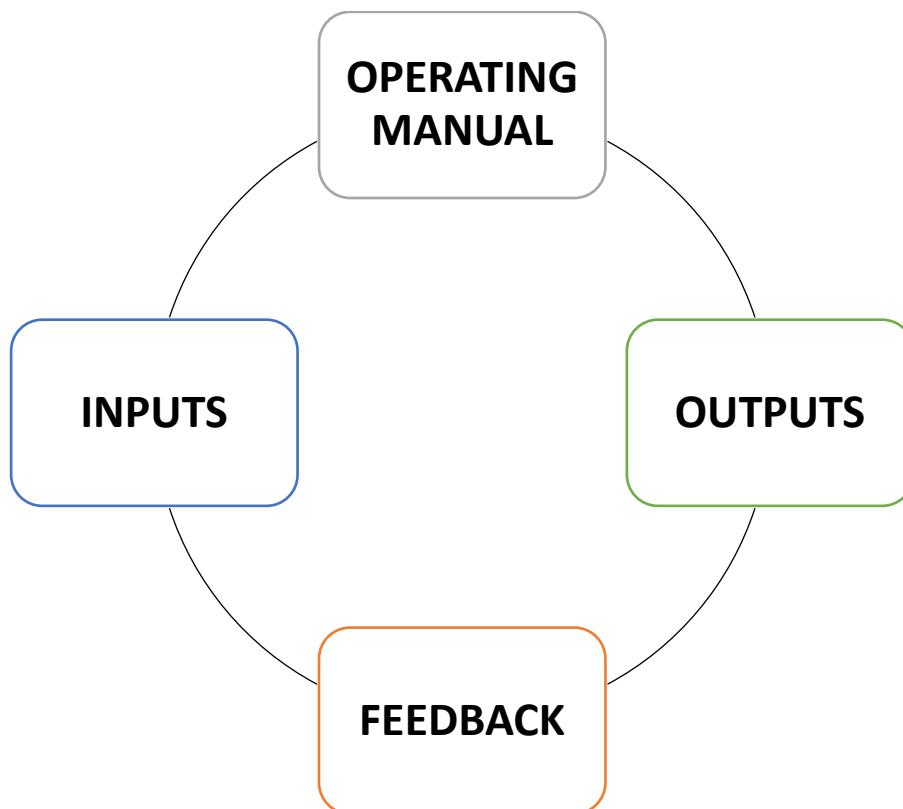


Fig.1: Model for sustainability: We must bring sufficiently diverse resources (**inputs**) to support the way we operate and manage our life and work (**operating manual**). This provides the mechanisms and framework needed to fulfil our personal and professional roles (**outputs**). **Feedback** about these outputs provides an important input, thereby improving and sustaining the cycle.

INPUTS

Motivators

What was it that initially motivated you to choose your career at the time of graduation?

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What motivates you now?

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Existence needs

Comment on the extent to which these are met on a daily basis.

Need	Not met	Met
Hydration: <i>adequate water intake / clear urine</i>		
Nutrition: <i>balanced diet /modest amounts of good food</i>		
Sunlight: <i>minimum of 15 mins per day to your hands and face</i>		
Exercise: <i>2.5 hours per week of moderate intensity exercise</i>		
Sleep: <i>7 or more hours per night</i>		

Existential needs

Rate to what extent you currently meet your need for the following:

Need	Not met	Met
Love: <i>someone or something to love and be loved by</i>		
Hope: <i>something to look forward to</i>		
Meaning: <i>waking up with a strong sense of purpose</i>		
Control: <i>choice and autonomy at work and at home</i>		

Acquired needs

Rate to what extent your work meets your need for the following:

Need	Not met	Met
Achievement		
Affiliation: <i>need for contact and working with people</i>		
Power through others: <i>mentoring, teaching, leading teams, coaching</i>		
Power over others: <i>leadership, control, influence, discipline</i>		

Personality traits

Identify your main personality trait(s) from the following.

Need	Not me	Not sure	Yes, me!
Obsessional			
Avoidant			
Dependent			
Narcissitic			
Other			

Sources of energy

List those things that *energise* you during your working day and allow you to offer clinical care evenly throughout the day and return home with energy to spare.

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○

OPERATING MANUAL

This is your personal 'modus operandi' and how you choose to live your life. It includes the rules you live by, your lifestyle choices, the way you manage your time, stress and health care.

Rate your *lifestyle habits* in the following table:

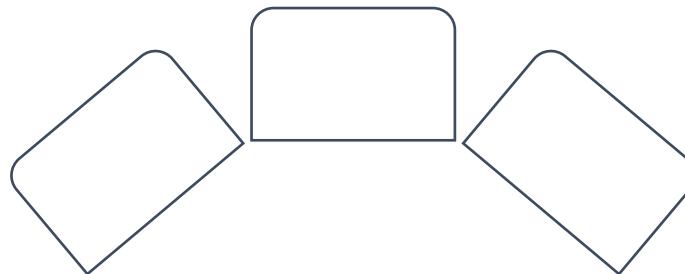
Lifestyle habit	Not good	Just OK	Good
Smoking			
Nutrition			
Alcohol			
Physical exercise			
Sleep			
Substances (<i>party drugs, caffeine</i>)			

Rate the following in terms of how you manage these in your daily life:

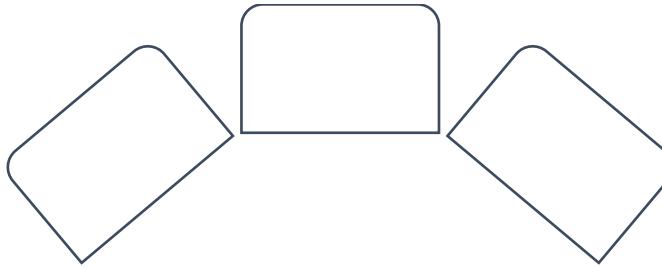
	Not good	OK	Good
Time management			
Managing your working week			
Stress Management			
Domestic load and workload (your burden)			
Fatigue			
Financial / money /debt / wealth creation			
Crisis management			

Supports

Identify three personal supports who would assist you in a time of personal need.



Identify three professional supports who you can turn to in times of professional need.



Self-care questionnaire

Measure	NO	YES
Do you have your own GP whom you see for ongoing health care?		
Considering your family history, age and gender, are you up to date with all of your appropriate cancer, cardiovascular, diabetes health screening?		
Do you know your blood pressure and cholesterol?		
Are you experiencing a <u>physical health</u> symptom that interferes with your enjoyment of life that has not been assessed by a GP?		
Are you experiencing a <u>mental health</u> symptom that interferes with your enjoyment of life that has not been assessed by a GP or MHP?		

OUTPUTS

List all of your current professional roles (e.g., clinical, administrative, academic, research, College)

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List all of the personal roles you currently undertake at home and in the community.

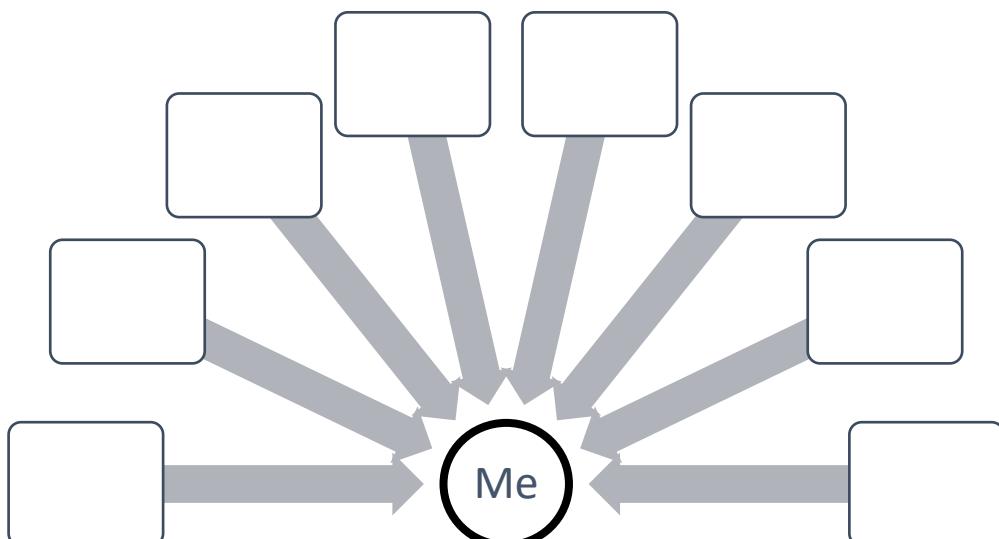
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Behaviour:

List what others notice about you when you are stressed.			

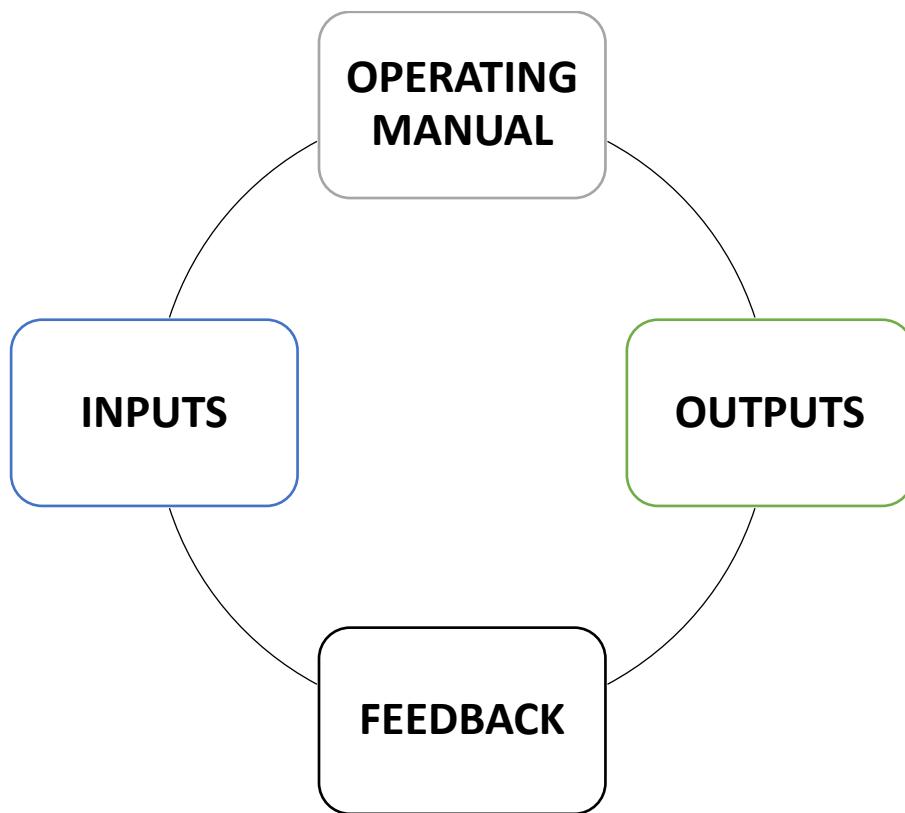
FEEDBACK

List the current sources of feedback you use to monitor your health and how you are performing in your various roles at home and at work.



SUSTAINABLE?

Identify those areas that need attention of modification.



INPUTS	
OPERATING MANUAL	
OUTPUTS	
FEEDBACK	

Date:/...../.....