



# PREVENTING PEER DRIFT: THE IMPORTANCE OF SELF- CARE AND BURNOUT PREVENTION

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**VIDEO LINK:** <https://vimeo.com/558680557>

# Introduction

- Peer Specialist, PQ ACTT in Ottawa
- Certified Peer Worker
- My Past Experience
- Current Role with ACTT
- Personal Experience with Burnout



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# Agenda

1. Introduction
2. Quick review: What is Peer Support?
3. Realities of working in Peer Support
4. What is Peer Drift?
5. Warning Signs of Peer Drift
6. What is Burnout?
7. Strategies to Prevent Burnout
8. Self Care
9. Boundaries
10. Putting it all together



Image retrieved from: <https://goo.gl/images/Nm5ngB>

# What is Peer Support?

- A relationship, a state of being, focusing on the individual + shared mutuality rather than diagnostic criteria
- Provides the opportunity to feel safe, respected, valued, understood and comfortable while receiving support
- Belief that every individual has within themselves the knowledge of what is best for them—help to support a person as they search for that inner knowledge and to reignite their hope

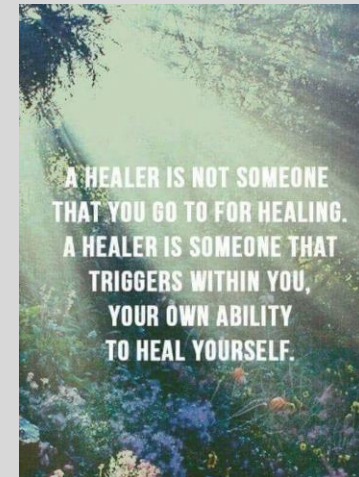


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# Realities of Working in Peer Support

## Positives

- Celebrations
- Mutual growth, empowerment and learning



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## Negatives

- Challenges
- Possible danger/volatility
- Losses
- Being second guessed

# Peer Drift

- What is Peer Drift?
- Peer support does not start with an assumption of a "problem", it starts with listening and relating to make sense of experiences, and then use the relationship to support the creation of new ways of seeing, thinking and doing
- What does Peer Drift mean?
- A warning sign of burnout



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# Warning Signs of Peer Drift

## **Peer Support**

- Comfortable using recovery story as a tool
- See support as an opportunity of mutual learning
- Focus on strengths, opportunities and skills
- Find your voice, make decisions
- Self-confidence and pride

## **Peer Drift:**

- Uncomfortable sharing recovery story
- See support as opportunity to instruct
- Focus on barriers, symptoms, diagnoses
- Defer decisions, avoid challenges
- Self-doubt, shame
- Adoption or intrusion of negative/problem centered thinking
- Use of medical language

# What is Burnout?

- Definition
- Symptoms
- Burnout Self-Test (Maslach Burnout Inventory)



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# Strategies to Prevent Burnout

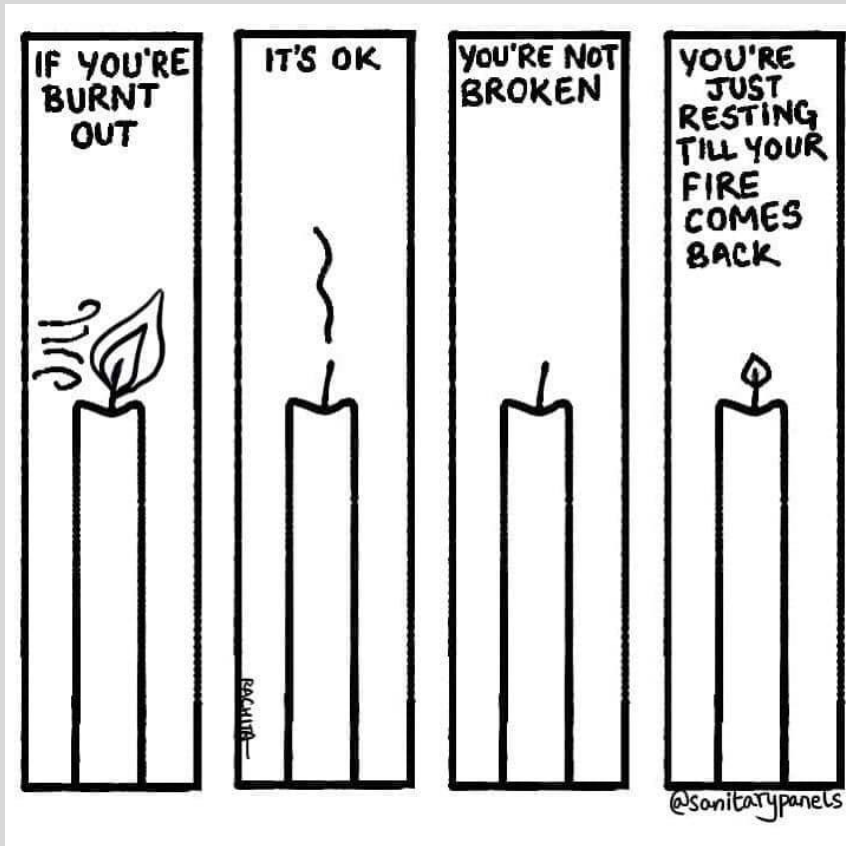


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- Self-Care
- Boundaries
- Grounding
- Debriefing



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# Self-Care

- What is Self-Care?
- Three R's Approach
- Mental Health Continuum
- Self-Care Strategies
- What if my self-care doesn't line up with what someone else needs?

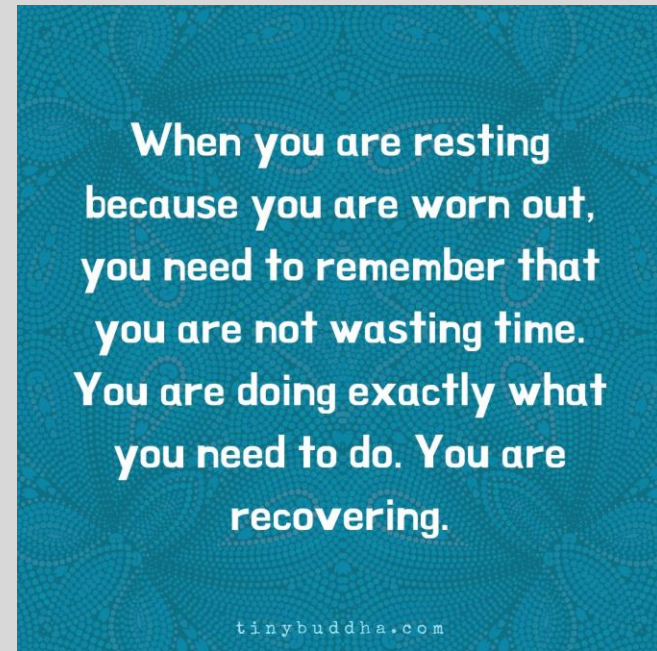


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# Boundaries

- What are Boundaries?
- How do we develop and implement them?
- How might they differ?

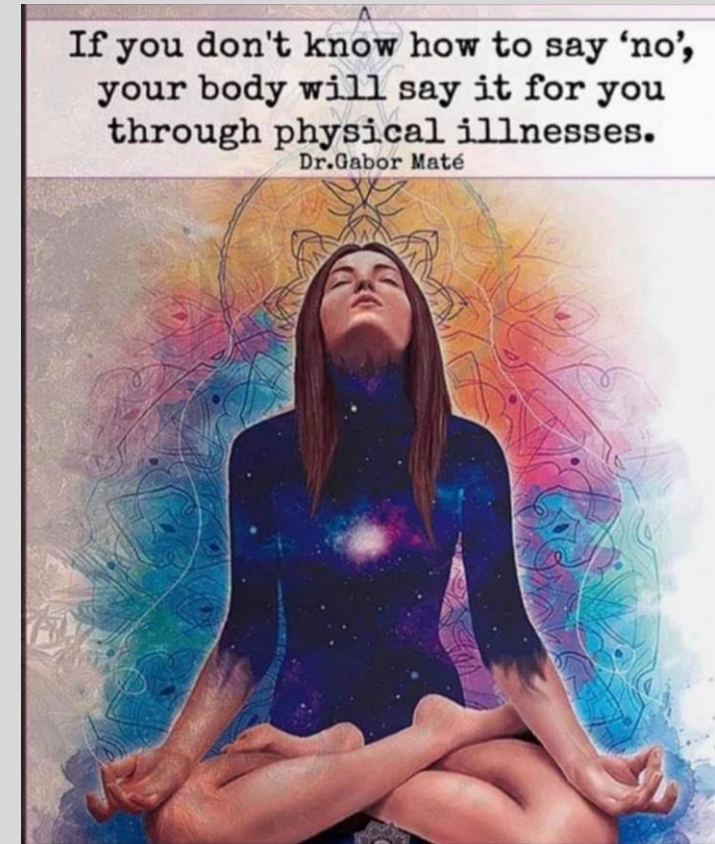


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# Putting it All Together

## IF YOU ARE STRUGGLING TODAY, REMEMBER THIS:

You have survived everything you've gone through up to this point.

The best day of your life is still yet to come.

There are still people you haven't met, and things you haven't experienced.

YOU CAN DO THIS.

- unknown



Image retrieved from <https://images.app.goo.gl/jXe8FrP7SLKft1tZ9>

- Next Steps—how to incorporate into your practice
- Something I learned from today
- Resources

When babies take their first step and then fall on their bottoms, we praise the first step. We don't criticize their fall... I think we adults could learn a lesson here... we spend more time criticizing our falls and not enough time applauding our small steps.

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*\*\*Self-Care is not about what we do—it is an attitude, not an activity. How many times have we done an activity, had a hot bath, gone on holidays and call that self-care, yet, still feel the stress in our body and constantly think about work or stressful parts of life.*

*Self care is not about what we do, it's **how we do it**\*\**

# Resources

Send an e-mail to [laura.m.stanford@gmail.com](mailto:laura.m.stanford@gmail.com) and I can forward the following resources if interested:

- Maslach Burnout Inventory (Burnout Self Assessment)
- Self-Care Assessment Worksheet
- What do you need for Wellness Checklist
- Book, Online and App resources

Resources	
<p><b><u>Online Resources</u></b></p> <p><a href="http://www.tendacademy.ca">www.tendacademy.ca</a></p> <p><a href="http://www.compassionfatigue.org">www.compassionfatigue.org</a></p> <p><a href="http://www.psychink.com">www.psychink.com</a></p> <p><a href="http://www.cargiverstress.com">www.cargiverstress.com</a></p> <p><a href="http://www.ottawamindfulnessclinic.com">www.ottawamindfulnessclinic.com</a></p> <p><a href="http://www.selfcompassion.org">www.selfcompassion.org</a> (audios, videos, exercises)</p> <p><a href="http://www.tuck.com">www.tuck.com</a> (Sleep Health Information)</p>	<p><b><u>Literature</u></b></p> <p><i>Self-Compassion</i> (Kristen Neff)</p> <p><i>When the Body Says No</i> (Gabor Mate)</p> <p><i>Working from the Heart</i> (William P. Ryan)</p> <p><i>True Love: A Practice for Awakening the Heart</i> (Thich Nhat Hanh)</p> <p><i>The Mindfulness &amp; Acceptance Workbook for Anxiety</i> (Georg H. Eifert)</p> <p><i>The Book of Awesome</i> (Neil Pasricha)</p> <p><i>The Book of Awakening</i> (Mark Nepo)</p>
<b><u>Apps</u></b>	
<p><b><u>Stop, Breathe, Think</u></b> (Meditation guide for mindfulness and compassion)</p> <p><b><u>SAMapp</u></b> (Self-help anxiety management)</p> <p><b><u>Resilience Provider</u></b> (Assess compassion fatigue &amp; burnout levels regularly)</p>	<p><b><u>Daylio</u></b> (Mood tracker &amp; micro diary)</p> <p><b><u>Fabulous: Motive Me!</u></b> (Create goals, rituals &amp; new healthy habits)</p> <p><b><u>Secret of Happiness</u></b> (Create a daily gratitude list)</p>

# Questions?

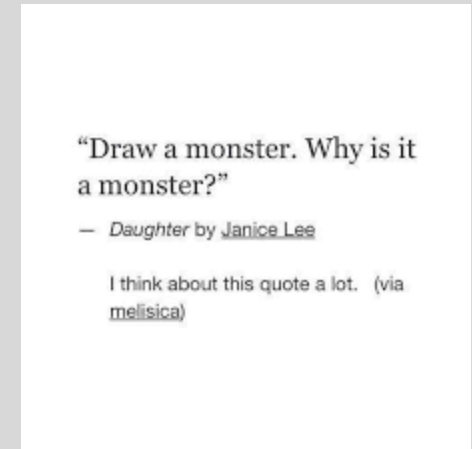


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Questions? Comments? Thoughts?

For further information or to talk more, feel free to  
contact me at

[laura.m.stanford@gmail.com](mailto:laura.m.stanford@gmail.com)



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