

A close-up photograph of two hands, palms up, holding a small, bright yellow flower with a dark center. The background is dark and out of focus, with some blurred yellow and green tones. The text is overlaid on the lower half of the image.

Massage Your Pressure Points: Self-care and Mindful Stress Management

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Sources of Occupational Stress

Individual Factors

Burnout

Compassion Fatigue

Job Stress/Tension

Secondary Traumatic Stress

Vicarious Traumatization

Organization Factors

Heavy Workload

Low salary

Lack of support

Unsafe work conditions

Role conflict/ambiguity

UK Context

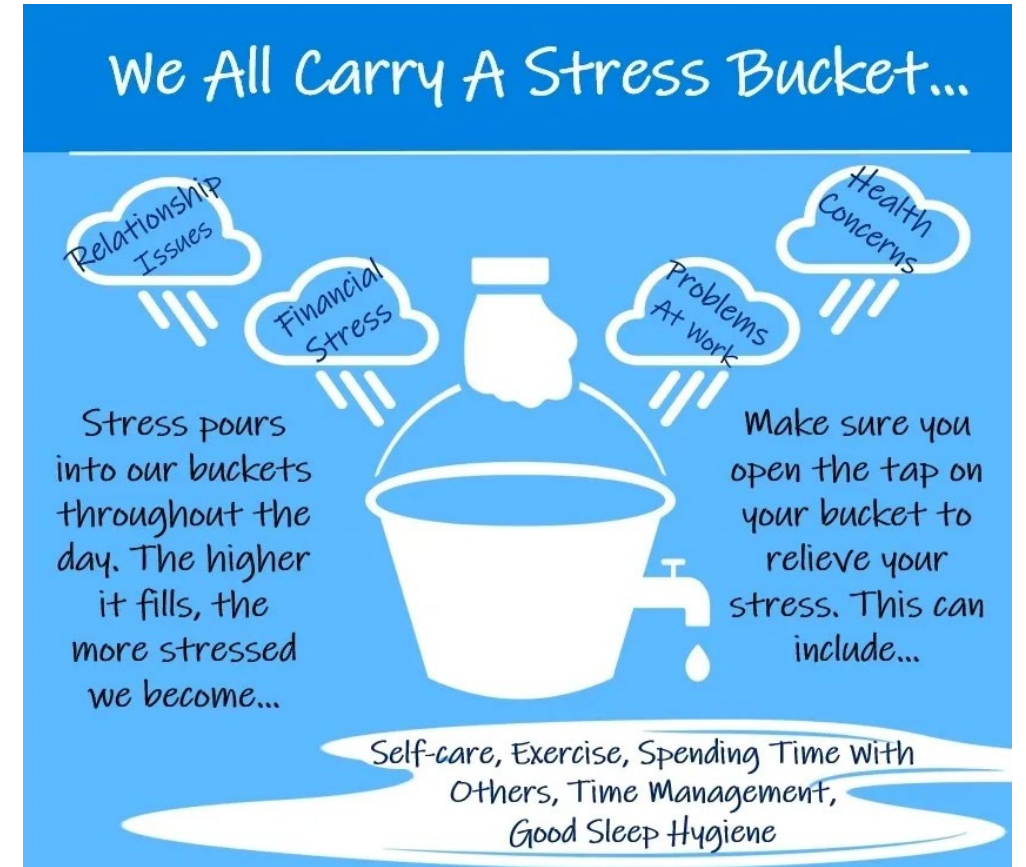
COVID-19 mental health

Cost-of-living concerns

Social work 'on brink of a collective breakdown'

Occupational Stress & Wellbeing Among Social Workers

- Health and social care sectors have among the highest levels of stress-related sickness absence in the country (Health and Safety Executive, 2020)
- 50%+ health-related sickness absence days lost relates to stress, depression, and anxiety.
- Social work is one of the most stressful occupations in the UK (Ravalier, 2019; Ravalier et al., 2021).



The success rate of finding children's shelters is compromised due to the high turnover rate of social workers (Flower et al., 2005).

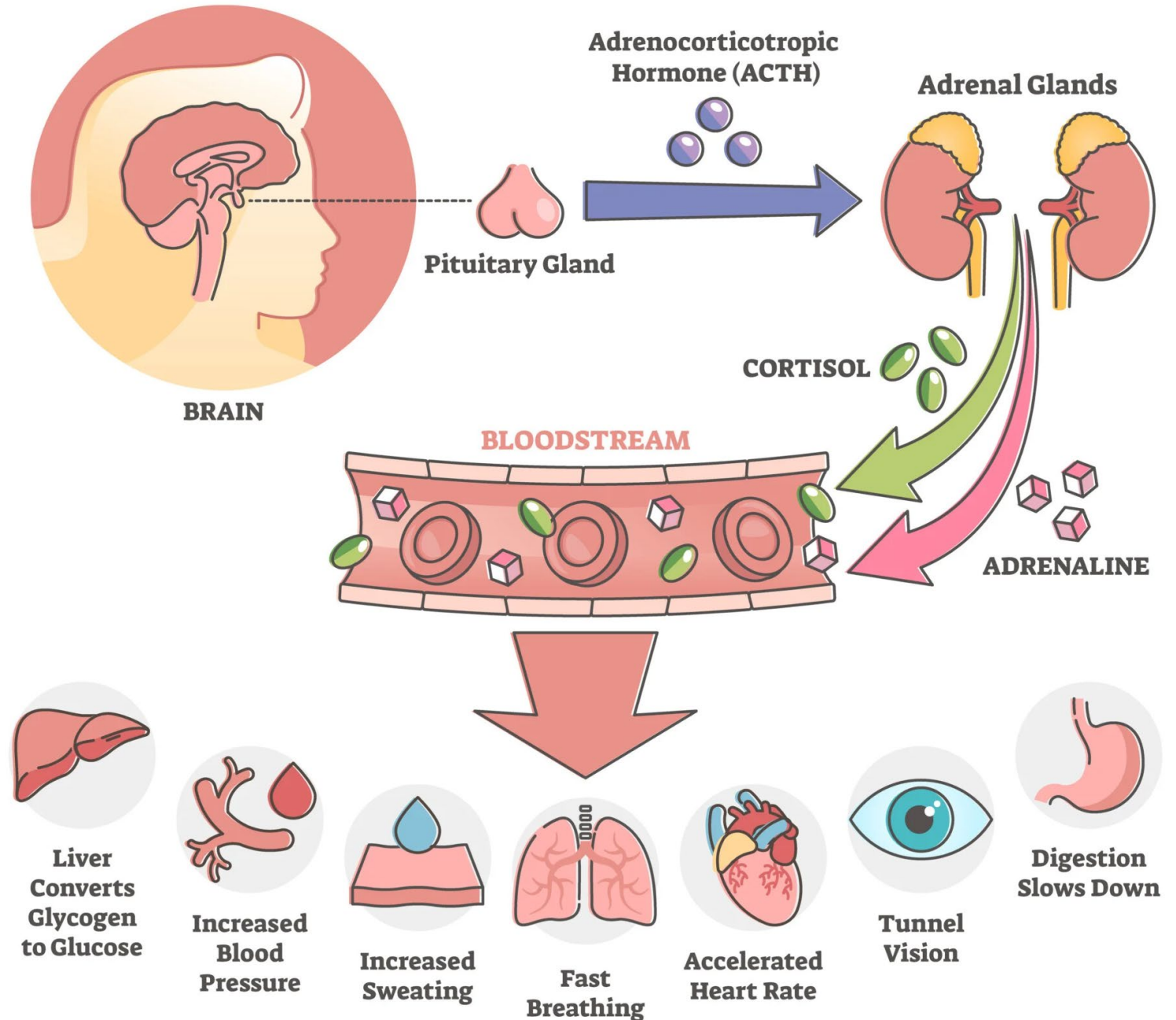
Fight or Flight Response

Chronic stress

is defined as that which lasts over an extended period of time.

- Cardiovascular Disease
- Metabolic Syndrome (e.g. Type 2 diabetes)
- Physiological outcomes

(Marmot et al., 1991; Rosengren et al., 2004; Chandola et al., 2006)



Cognitive Model of Stress



Fight or Flight Response

- Muscle tense
- Headaches
- Difficulty concentration
- Sweating

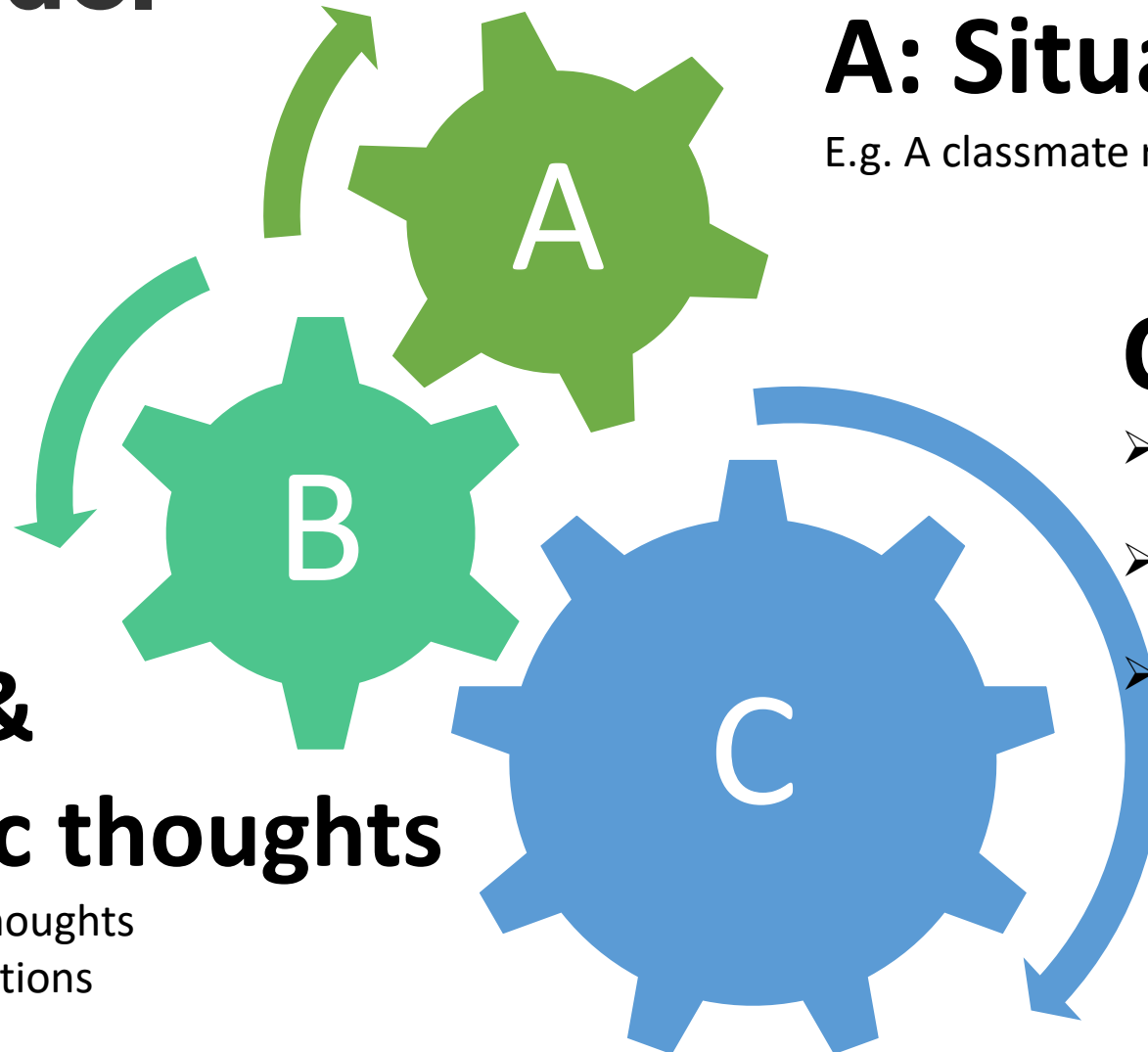
Behaviours

- More/less time at work
- Procrastination
- Negotiate and argue
- Stress-relief mechanisms (e.g. smoke or drink)
- Sleep disturbance

Thoughts

- There is too much to do.
- There's not enough time.
- It's out of control.
- I can't cope.

ABC Model



A: Situation/Trigger

E.g. A classmate repeatedly talks over me in a class

B: Belief & Automatic thoughts

Negative automatic thoughts
Dysfunctional assumptions
Core Belief

E.g. Gosh, that classmate definitely dislike me

C: Consequence

- Physical: what does that think do to my body?
- Emotional: How does that thinking make me feel?
- Behavioural: how your respond?

E.g.

Physical: heart beat faster, my body heats up. Face go red.

Emotional: Annoyed.

Behavioural: I interrupt the classmate and say, “sorry, but you…….” and ………

Rational Emotive Behaviour Therapy (REBT)

A

Situation

Where were you?
What were you doing?

B

Belief & negative automatic thoughts

- What thought or image went through your mind?
- What makes you believe the thought is true?
- What makes you believe the thought is false?

C

Emotion or Feelings

D

Dispute

- What thought or image went through your mind?
- Dispute the Beliefs to find which are dysfunctional—
- What is the evidence that my belief is true?
- In what ways is my belief helpful or unhelpful?
- What helpful/self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?

E

Effective new belief & Actions

- What helpful/self-enhancing new belief can I use to replace each self-defeating or dysfunctional belief?
- What are my new feelings?

Basic Self-massaging Techniques

- **Stress-related Massages**
 - Eyes fatigue & Headaches
 - Irritable Bowel Symptom
 - Mood Changing Points
- **What is Tapping?**
- Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology.



ACUPRESSURE POINTS for Relieving Headaches and Migraines



JOINING
THE VALLEY
(L 14 or He Gu)



THIRD EYE POINT
(GV 24.5 or Yin Tang)



DRILLING BAMBOO
(B 2 or Bright Light)



FACIAL BEAUTY
(ST 3 or Stomach)



GATES OF
CONSCIOUSNESS
(GB 20 or Feng Chi)



BIGGER RUSHING
(LV 3 or Great Surge)



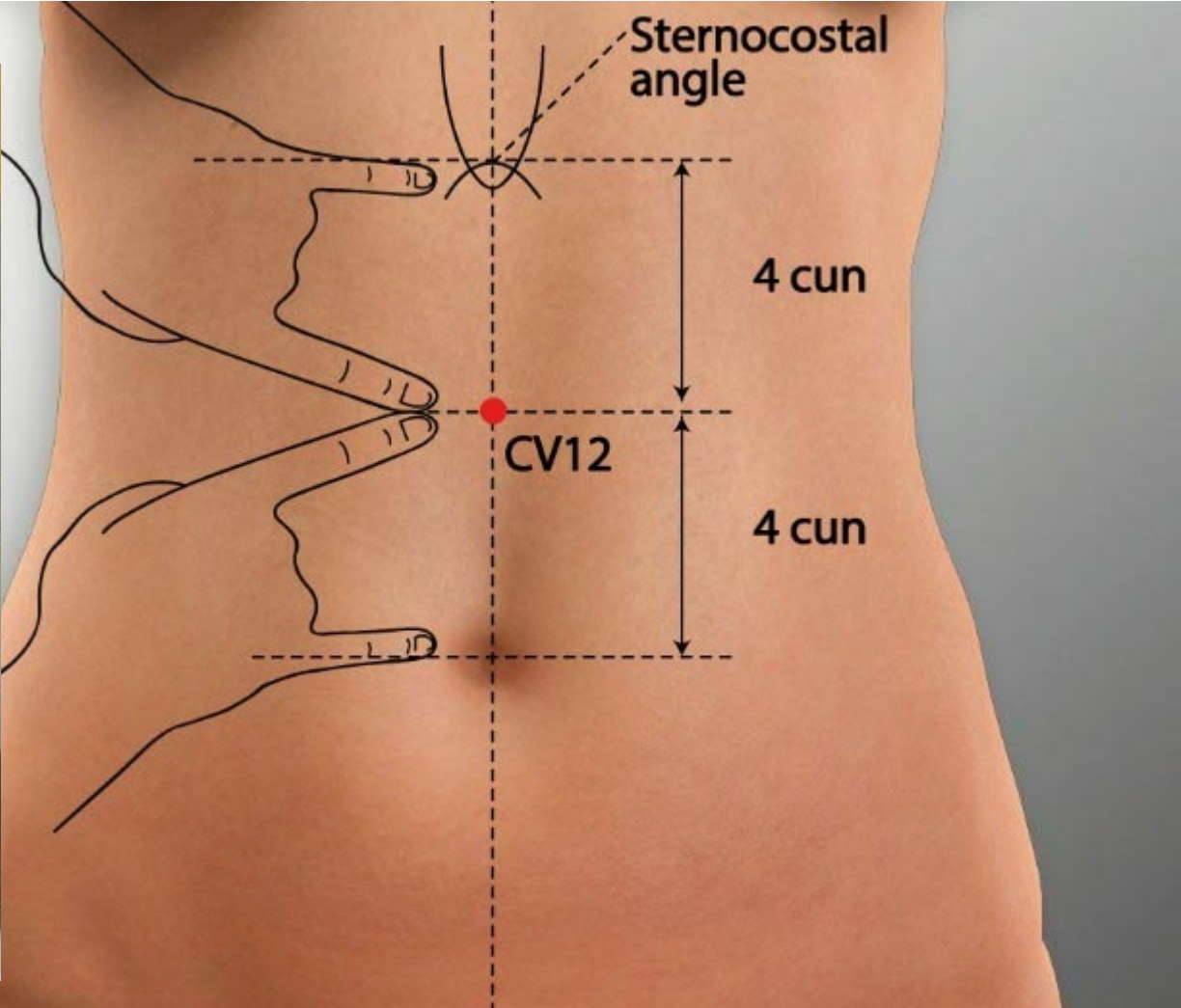
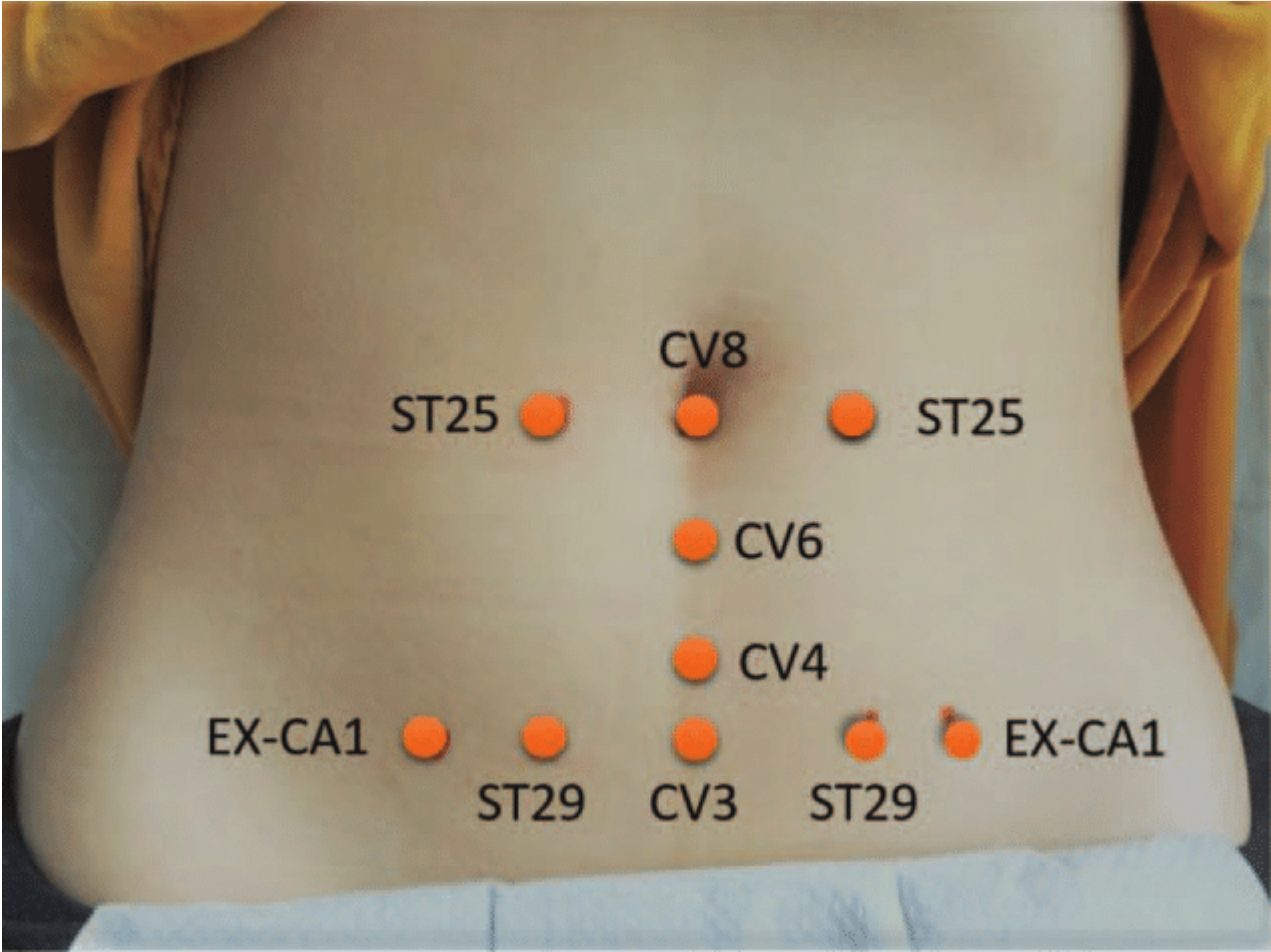
WIND MANSION
(GV 16 or Feng Fu)



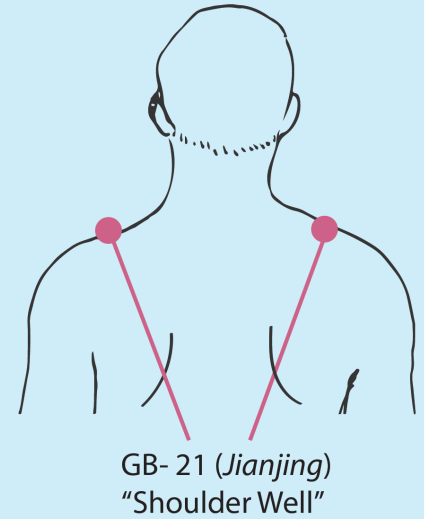
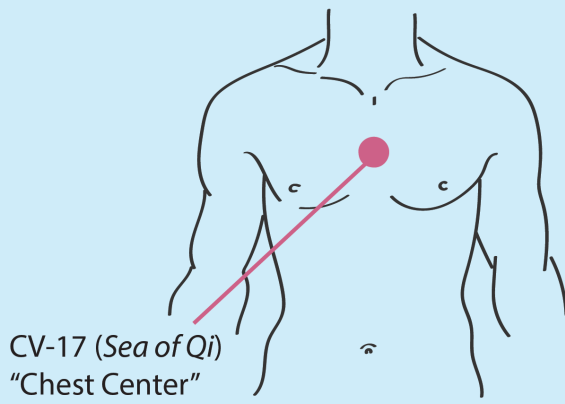
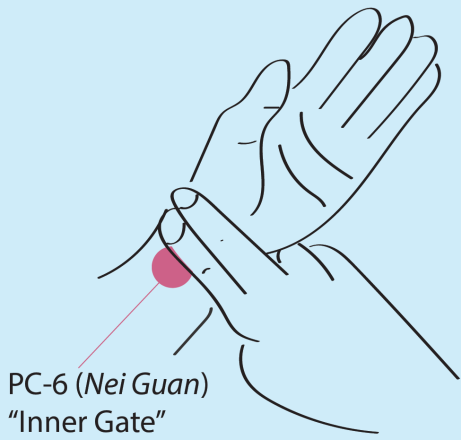
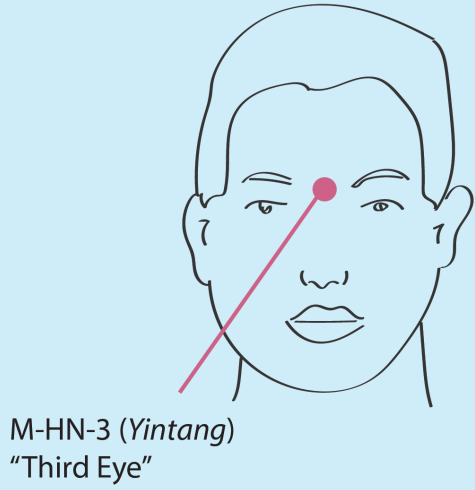
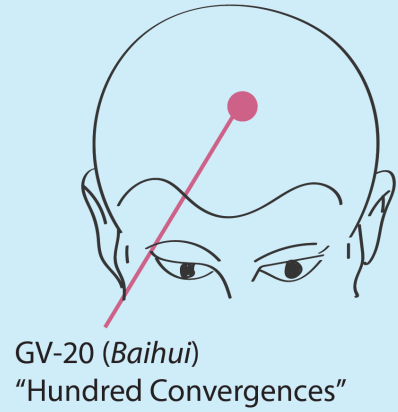
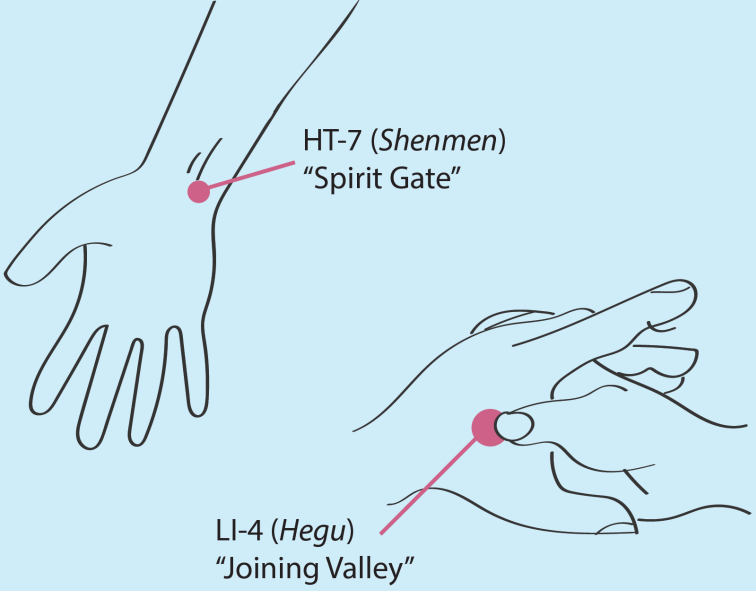
HEAVENLY PILLAR
(B 10 or Tianzhu)

To explore more, visit www.Top10HomeRemedies.com

Irritable Bowel Symptom



Mood Changing Points



Conclusion: A Comprehensive Approach to Addressing Workplace Stress

MANAGER TRAINING

can help supervisors understand their role in reducing workplace stress, as well as teach them how to recognize the signs of chronic stress (see next slide).

SKILLS TRAINING/ RESOURCE DEVELOPMENT

such as setting goals, scheduling and prioritizing tasks, solving problems, and negotiating and managing conflicts, can all reduce stress.¹⁴⁻¹⁶

EMPLOYEE INVOLVEMENT IN DECISION-MAKING

can increase a sense of job control, decision-making authority, fairness and support – all of which, when lacking, are cited as causes of stress.¹⁷

FLEXIBLE WORK POLICIES

improve work/life balance, increasing perceptions of job control, and reducing or eliminating commuting time.

BUILDING SOCIAL SUPPORT

can prevent the onset of high stress, and aid in the coping process when stress occurs.¹⁸

REWARDS & RECOGNITION

can help combat stress by ensuring that employees' effort is acknowledged and appreciated.

WORK ORGANIZATION

including pacing tasks appropriately, providing a level of autonomy, offering employees a variety of tasks that are meaningful and leverage their skills and strengths, can help prevent stress.¹⁹⁻²¹



Abstract

- Occupational stress and wellbeing issues are among the biggest causes of sickness absence in the UK, with the Social Work and Social Care sectors having among the highest levels of stress and mental health sickness absence of all professions in the UK (Ravalier et al., 2023). Literature have shown these sickness absences are stressed-related with depression, anxiety and other health issues like cardiovascular disease, metabolic syndrome or diabetes (Chandola et al., 2006; Niedhammer et al., 2020; Rosengren et al., 2004). Thus, high levels of occupational stress and a hectic working environment have a negative impact on the quality of health and social services. For instance, the success rate of finding children's shelters is compromised due to the high turnover rate of social workers (Flower et al., 2005).
- There is an increasing wealth of evidence demonstrating that body-mind intervention benefits the psychological and physical health of individuals, it also helps to cultivate a supportive group culture where individuals gain a sense of solidarity and self-efficacy.
- This session aims to provide psychoeducational training to facilitate social workers to learn boost their self-efficacy, awareness of self-care and "body-mind" stress management. The key learning outcome will be:
 - To understand the body and mind related to stress at work (e.g. Tension headaches irritable bowel symptoms, high blood pressure etc.)
 - To learn how mindfulness facilitates their reflection and self-efficacy: Cognitive stress management to facilitate positive reflective and constructive actions at work
 - To learn basic self-massaging techniques: to learn some acupuncture points and skills to manage their stress responses
- This session is to explore the possibility and benefit to alleviate occupational stress among social workers.