



## ZIMBABWE PSYCHOLOGICAL ASSOCIATION

*“As you serve, remember to go for service....”*

### Ethics, Burnout and Self Care in Human Service

*“I feel so guilty when I take even 10 minutes for myself, I find myself getting upset when my sister calls me, I just feel overwhelmed. I am pushing myself even though I feel exhausted. Am no longer interested in doing my work. I wish I could change or quit. I have so much weight on me these days and I cannot seem to focus, no-one understands what I am going through”.*

These are the voices of those who provide support to others. So often when we offer care to others, we may forget to care for ourselves too. This can lead to burnout which comes because of emotional, physical, and mental exhaustion. Burnout makes you less productive, leaves you feeling overwhelmed and can compromise your immune system. Why include ethics in this article? This is because burnout is a self-care issue and self-care is also an ethical issue. Ethically, we are not to allow personal problems, psychosocial distress, or mental health difficulties to interfere with our judgment, performance, or responsibilities to clients if seeing clients is our responsibility. Issues of impairment are very significant in ethical and professional conduct. This means that practitioners who experience burnout should immediately seek help and take appropriate remedial action or take any other steps necessary to safeguard self, clients, and work. Practitioners with direct knowledge of another worker’s impairment should where feasible, engage their colleague compassionately and encourage them to seek help .

Burnout can come from prolonged and unaddressed stress. And this prolonged stress exposure can cause anatomical changes in the prefrontal nerve cells and emotional center of our brain thereby affecting focus, attention, self-control of behavior and speech, cognitive flexibility, decision making and working memory. Burnout can also involve a sense of cynicisms like that high level of skepticism that things are not going to change, this is an inevitable fate there is no way out of this and so forth..Thus, things become mechanical in your life and you just do things without any motivation or interest at all. So, an important aspect of burnout is to recognize the symptoms of burnout and the accumulative effects they are having on us. Some signs and symptoms of burnout are feeling overwhelmed or stressed out and having constant negative talk. Other known signs and symptoms of burnout such as physical and emotional exhaustion, insomnia, impaired concentration, physical symptoms such as appetite changes, heart palpitations, absence of positive emotions, substance abuse, relationship deterioration and anhedonia. It is however known that burnout is preventable with direct attention to our well-being, and this is called self-care. If you are not taking care of yourself, it can be difficult to help others effectively. Proper self-care is important to ensure you stay healthy and have a good mindset and to continue providing effective services. Here are some things you can do to practice good self-care; move your body everyday through exercises, dancing gardening or simply going for a walk. *Cont. next page..*

#### Our Vision

To aspire to excel as a valuable, effective and influential organization which aims at advancing psychology as a science in the society .

#### Our values

- Excellence
- Knowledge
- Diversity
- Ethics

#### Reminder!!

The deadline for renewal of practicing certificates for practitioners regulated by Allied Health Practitioners Council is 31 March 2022.

Renewals can be processed online using the link:  
<https://portal.ahpcz.co.zw/signup>

For more information, contact AHPCZ on:  
[info@ahpcz.co.zw](mailto:info@ahpcz.co.zw).



### Reminder !

AHPCZ 1st Board  
examination;

- submission of files due date is 31 March 2022

### Did you know ?

*Engaging in acts of kindness produces endorphins, the brain's natural pain killer.*

*Performing acts of generosity boosts happiness and well-being and is even linked to physical health benefits.*

### Cont.. from page 1

When you start to feel overwhelmed sometimes finding someone to talk to or a variation in tasks can help. Breathe, you just need to focus on breathing. Say no to someone do not take everything Breathing helps to recenter self, staying hydrated, sleep to feel rested refreshed and alert, build a support network Its important to talk to others, ask questions or lean on others for emotional support. Also, remember our senses are powerful tools for self-care. You do not need to spend money. It does not take money to watch sun set, to breathe, take stairs instead of elevator, some get up early to meditate, some get off the screen to decompress, some say no to more demands, and some laugh with colleagues.

Real self-care must be an intentional and sustainable habit. Do not just wait to recalibrate during vacation periods only. Have an intention to engage in a regular and deliberate process of attention to mind, body, and soul. Exercise self-care regularly so it becomes automated for us to do. Do not say I am gonna push hard and rest ones. Behavioral science teaches us that self-care is a phenomenal path towards shoring our protective factors. Through self-care we avoid self-neglect, we pay attention to the signals of our body. By doing self-care on daily basis, you are infusing something called a break ritual into your practice. Research reveals that regular every day break rituals can help us prevent burnout and can help us really anchor ourselves down with very chaotic and complex environments. So, you need an inventory of self-assessment. This helps you recognize what activities have a high impact on your life, what grounds you and makes you stay attuned. Find activities that can help you recalibrate and bring you back to homeostasis, back to a place of presence and feeling good about life. Activities that help you recuperate energy from draining work. All in all, have a supervisor who is attentive and helps you navigate and take appropriate actions through check-ins.

*By Dr M. Machinga (Psychotherapist)*

## CALL FOR ABSTRACTS: AFREhealth 5th Annual Symposium

**Abstract submission is open till 31 March 2022.**

The theme for the symposium is "COVID-19 Pandemic and Post-pandemic issues for Health Professions Education, Research and Service delivery"

Abstracts can be presented under the following subthemes:

- Innovation in health professions education – lessons from COVID-19 pandemic state for post-pandemic period
- Collaboration in research-African initiatives for strengthening research and collaboration across the continent and beyond
- Impact of the COVID-19 pandemic on service delivery and the requirements for quality of care post-pandemic.
- Leadership in Africa on decolonization, climate change, research and development

Please submit abstract via this link: <https://afrehealth.org/2022symposium/submitabstract>

Please visit <https://afrehealth.org/2022symposium/guidelines> for guidelines

### Make a difference!

Our Education and Training Committee has put forward an exciting proposal to harness local resources, of which our community abounds, in order to offer **ongoing, free training opportunities to our membership in the form of online workshops.**

I am a great believer in life-long education, in constantly improving our skills set, in keeping our minds open to new ideas, in welcoming diversity in its very many forms. I also believe in giving back, paying forward, sharing knowledge and resources.

Consequently, I urge you to consider offering your expertise for one of these workshops and giving a little of your time to colleagues and students alike. You do not have to be an “expert” in a particular field, you just have to be passionate enough to want to talk about what you do or know.

The field of psychology is constantly growing and changing and, with the increased awareness of the importance of mental health that the Covid pandemic has brought about, never has there been a better time to start conversations, to get our profession known. The American Psychological Association published a special report highlighting 14 emerging trends in our field (<https://www.apa.org/monitor/2022/01/special-emerging-trends>) and stated that “in 2022, psychological science will play an increasingly outsized role in the debate about how to solve the world’s most intractable challenges”. Be a driving force in these exciting times.

If you are keen to participate in this great initiative, please contact **Director Training on 0773590526**. And, by the way, not only will you be helping your Association, you will also earn some CD Points for being a speaker!

From ZPA Vice presidents’ desk

## ZPA SOCIAL MEDIA PLATFORMS

**LinkedIn** :Zpa Zimbabwe

**Facebook** :Zimbabwe psychological Association

**Instagram** :zim\_psychology\_assoc\_zpa

**Twitter** :@ZimbabwePsycho1

## CONTACT DETAILS

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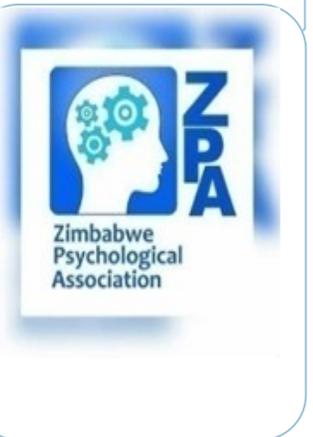
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### Reminder !

Submission deadline of  
articles : Zimbabwe Health  
Journal :#18 March 2022.

Use:

research@ahpc.co.zw for  
submission

OUR  
WEB

[www.zpazim.org](http://www.zpazim.org)