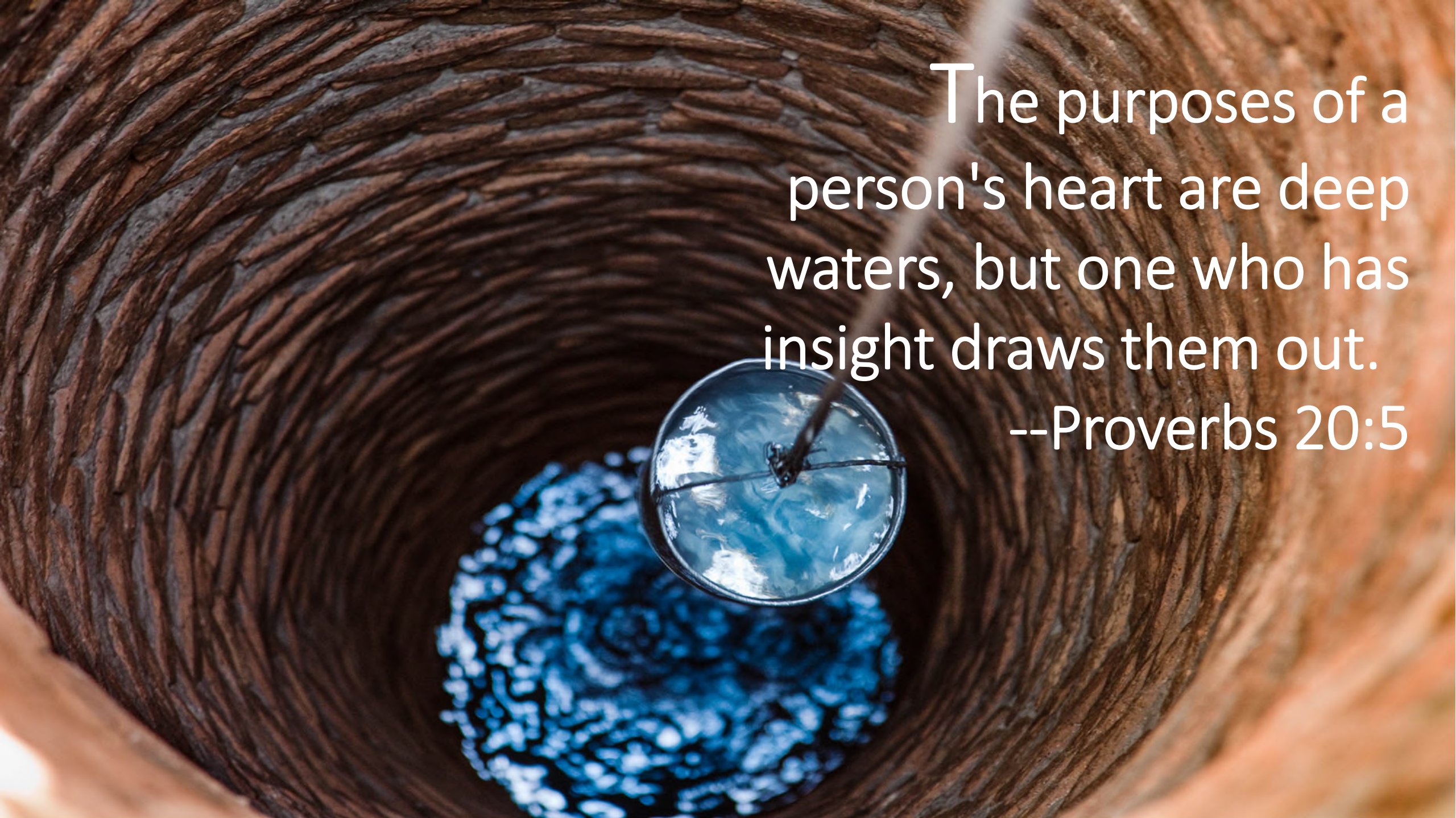


Self-Care for the Criminal Justice Practitioner

Joel Núñez, Ph.D.
NJ State Licensed Psychologist

The image features three lit candles against a dark background. The most prominent is a large, bright yellow candle in the foreground, which is in sharp focus. Behind it, two other candles are visible: a purple one and a red one, both slightly out of focus. The flames are bright and steady, creating a warm, glowing effect. The overall mood is calm and contemplative.

A top-down view of a wooden well. The well's interior is lined with dark, textured wood, showing concentric rings. In the center, a bucket is suspended by a rope, partially filled with clear water. The water in the bucket is bright blue, reflecting light. The overall scene is dimly lit, with the light source coming from above, creating a strong contrast between the dark wood and the bright water.

The purposes of a
person's heart are deep
waters, but one who has
insight draws them out.

--Proverbs 20:5

Iatrogenic Effect

Inadvertent harm
caused by the healer.

The Over/Under

- ✓ Overworked
- ✓ Overwhelmed
- ✓ Overstressed



- ✓ Underfunded
- ✓ Understaffed
- ✓ Underappreciated
- ✓ Underpaid

✓ **Emotional exhaustion**

✓ **Depersonalization**

✓ **Diminished efficacy**

✓ **Impaired insight**



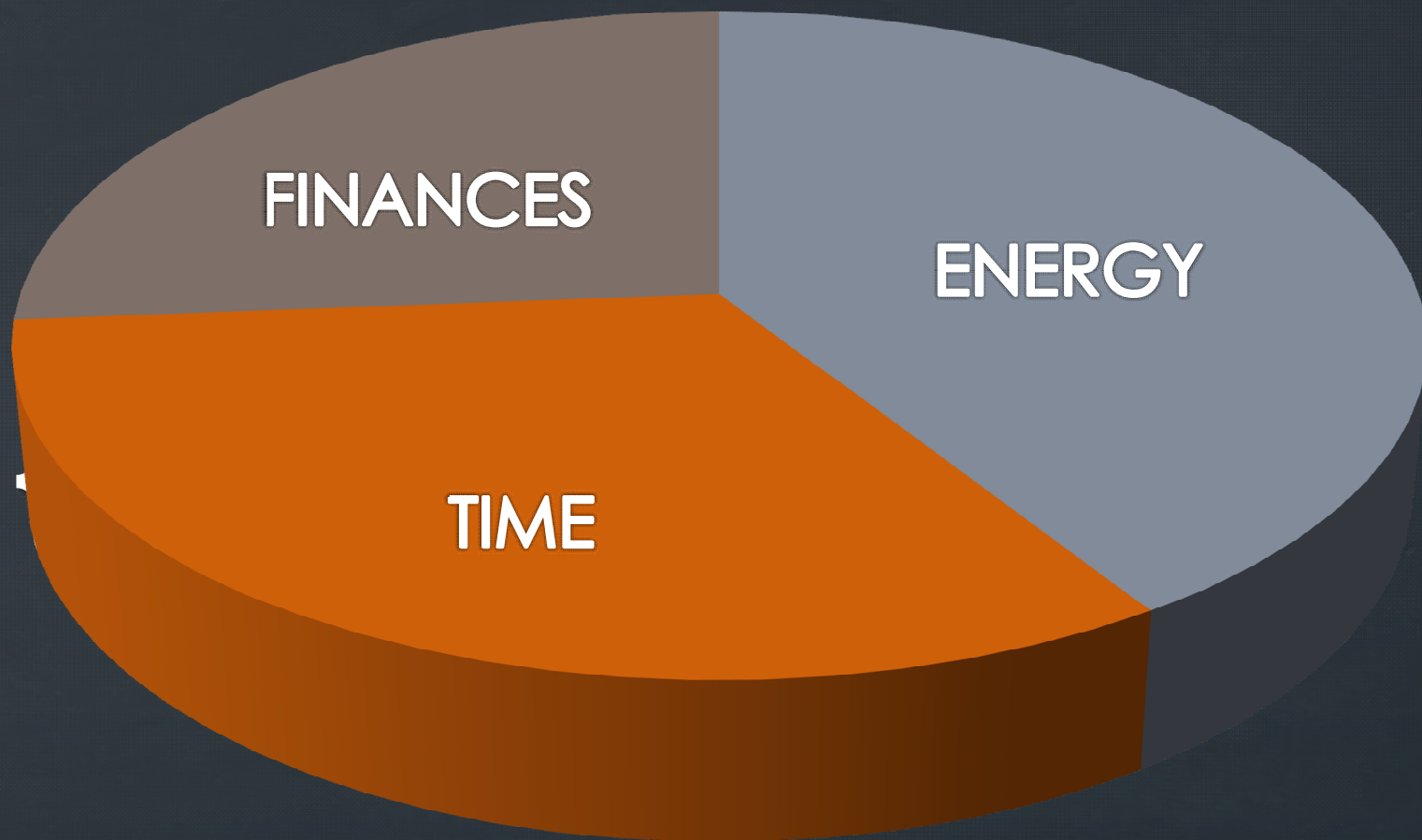


We must begin with data, but we cannot end there.

The essential questions:

- ✓ **“What about me?”**
- ✓ **“What about you?”**
- ✓ **“What about us?”**

Burnout is not a category but a continuum.



Diaphragmatic Breathing





On the basis of what I learned today...

1) What must I *stop* doing now?

2) What must I *start* doing now?

3) What must I *continue* doing?

4) What resources do I need for the journey ahead?

#1 NEW YORK TIMES
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the deepest well

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