

# **SOWING THE SEEDS OF SELF CARE**

**The Practice Educator's Role**

# SelfCare

psychology



TRAINING



TOOLS



BLOG



**#SELFCARESQUAD #PROFESSIONALSELFCARE**



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How motivated are we all feeling this morning?

 Start presenting to display the poll results on this slide.

**WHY?**


**WHAT?**

**HOW?**

# WHY?

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Is Social Work a stressful profession?

 Start presenting to display the poll results on this slide.



According to the 2016 Labour Force Survey, those who are working in health and social care have the highest incidence of sickness due to stress of all occupations recorded.



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186K





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186K

28%

the National Audit Office suggests a 28 per cent turnover of staff and a 6.6 per cent vacancy rate within social care.

**WHY?**

**WHAT?**

**HOW?**

# WHAT?



# Looking Through a Lens of Terribleness

SMALL QUALITATIVE STUDY  
COUNSELLORS, SOCIAL WORKERS  
AND SPECIALIST DOMESTIC ABUSE  
SUPPORT WORKERS



How do those  
listening to and  
working with trauma  
in a domestic abuse  
setting on a daily  
basis cope?



How do those listening to and working with trauma in a domestic abuse setting on a daily basis cope?

shut off, unable to deal with hearing anymore stuff, not able to do my role

when you've got hardened to it it's time to leave

Vicarious Trauma is 'stealth' like

I worried about becoming 'battle weary', I couldn't continue to work with that level of trauma

Physically and emotionally exhausted

Fatigued, knackered, zapped of all energy



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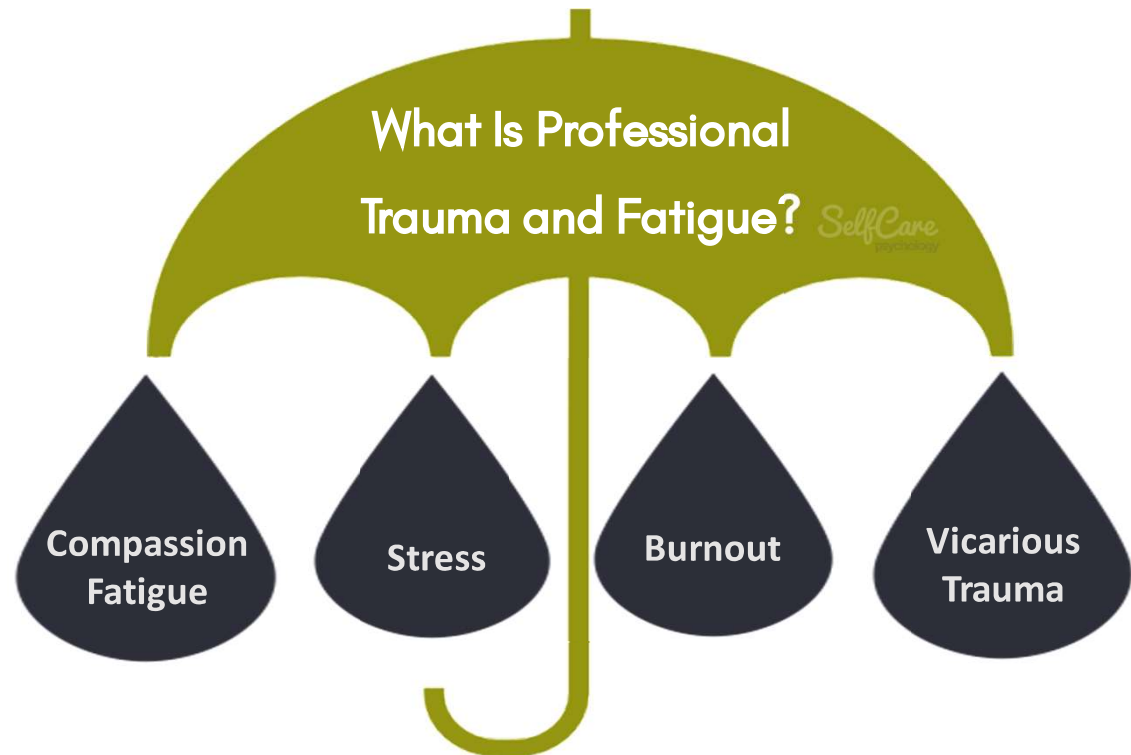


Were they aware of  
the risks?  
professional trauma  
and fatigue?



Were they aware of  
the risks?

**professional  
trauma and  
fatigue?**







How do those listening to and working with trauma in a domestic abuse setting on a daily basis cope?



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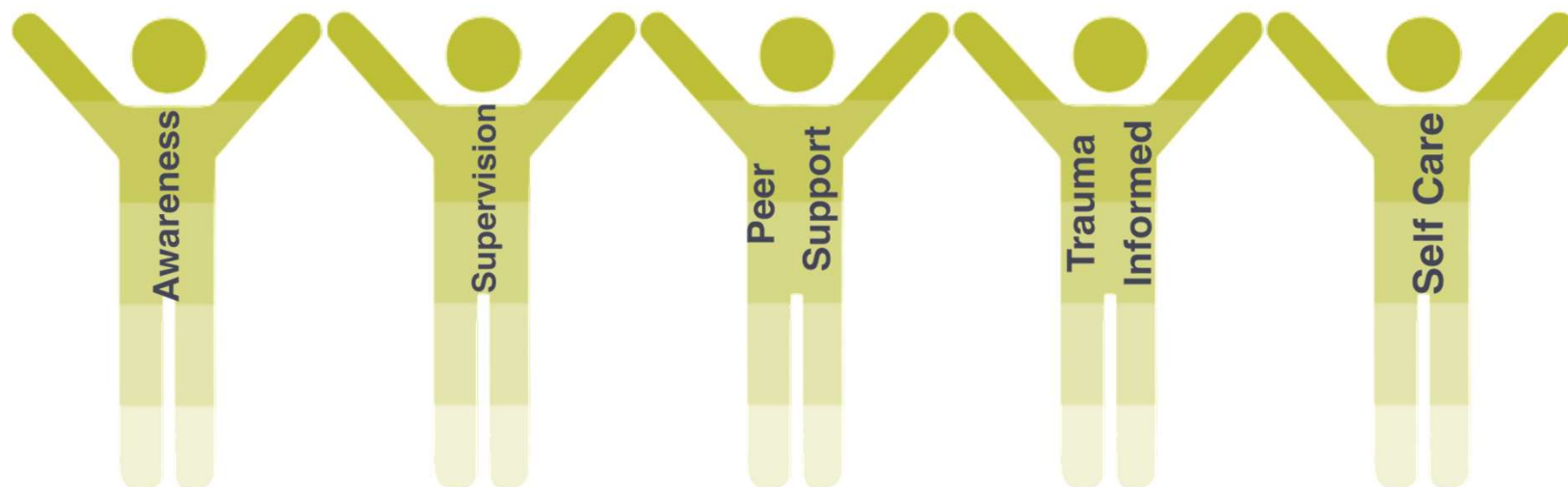
What worked for them, helped them to stay emotionally well, safe and effective?



## Five Pillars of Protection

What worked for them,  
helped them to stay  
emotionally well, safe  
and effective?

*SelfCare*  
psychology

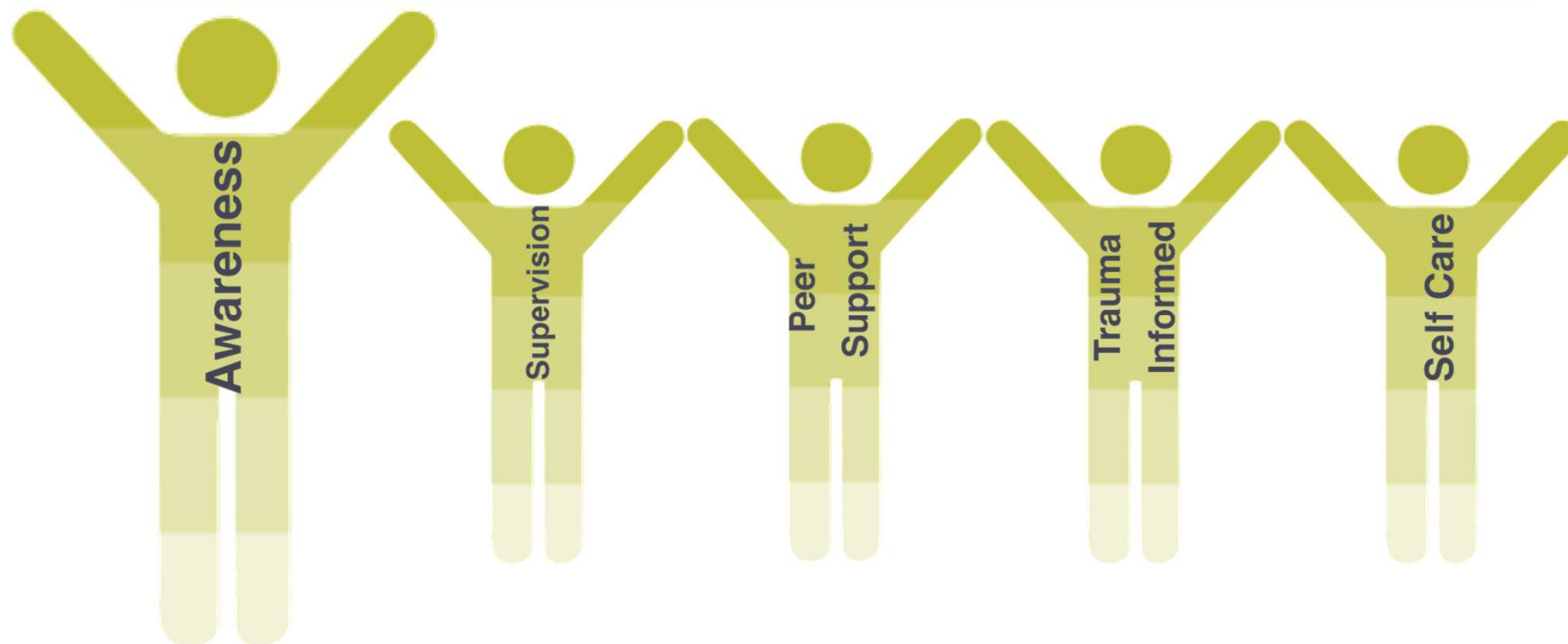


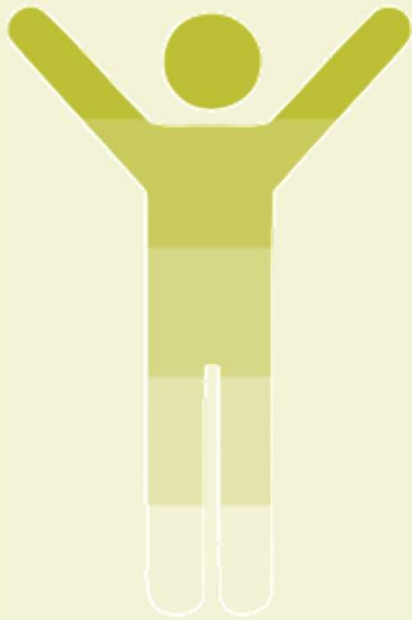


## Five Pillars of Protection

What worked for them,  
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psychology






# Self Care

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What is self care?

 Start presenting to display the poll results on this slide.

# Self Care



“ *Achieving your full potential by choosing actions to balance your physical and emotional health* ”

**WHY?**

**WHAT?**

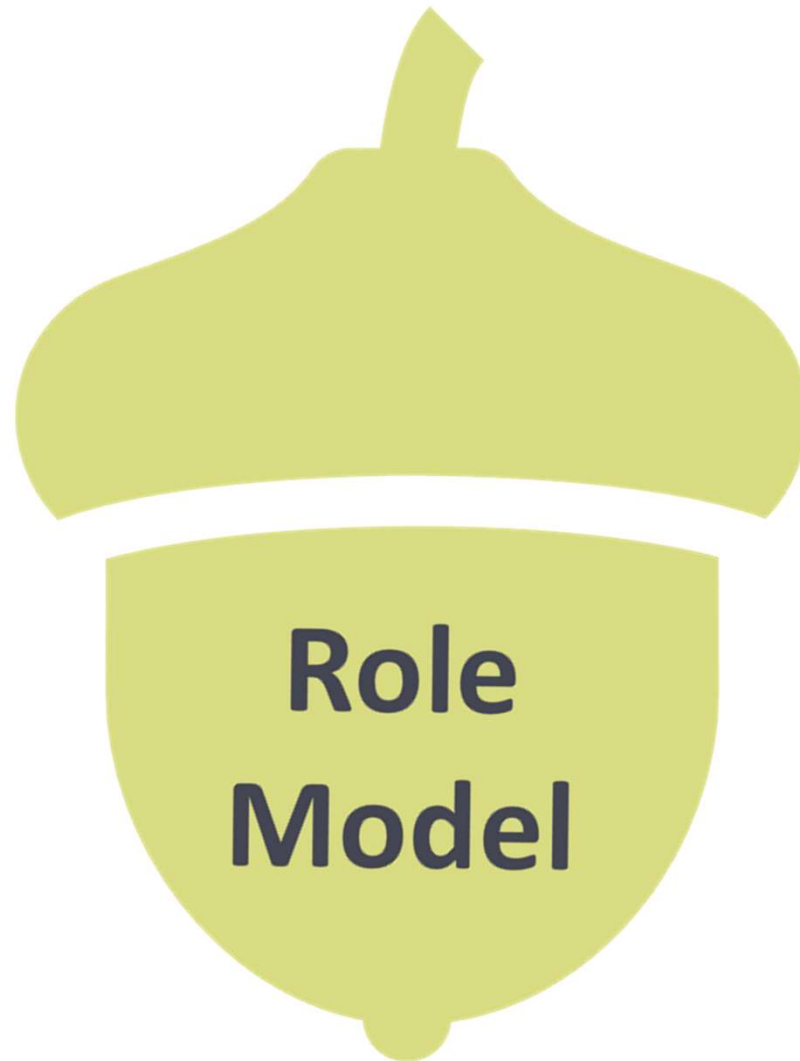
**HOW?**

# HOW?



# HOW?






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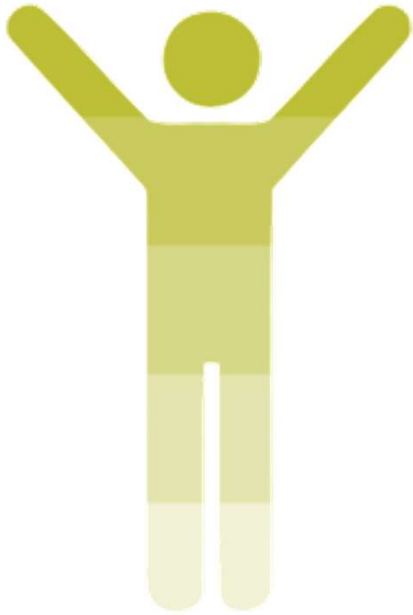
How important do you think self care is?

 Start presenting to display the poll results on this slide.

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How well do you self care?

 Start presenting to display the poll results on this slide.



“ *When we suppress our needs, we model that neglect and abuse are acceptable* ”

*Jennifer Nadel*



- What do you model to your team?
- What boundaries do you demonstrate?
- What positive practices do you exhibit?

# HOW?









What do you do to foster a self care culture within your teams/communities? How do you support others, implicitly and explicitly?

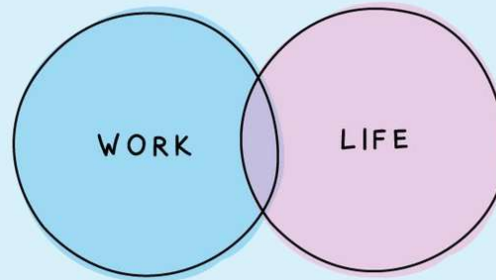
# HOW?



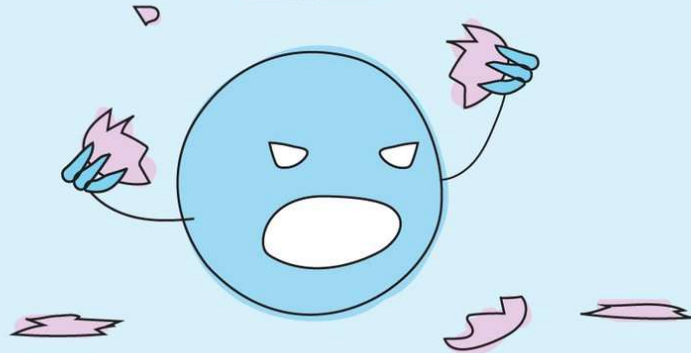




PRE - PANDEMIC



NOW



@LIZ AND MOLLIE

# HOW?



# Culture of Self Care





**Culture of  
Self Care**

**AUTHENTICITY**


**is**

**KEY**





## Audience Q&A Session

 Start presenting to display the audience questions on this slide.



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