



Welcome to Aware

Volunteer Onboarding Training

Module 3 Self Care

Welcome !

**On this sheep-scale,
how do you feel today?**



WOOL FOR EVERY DAY #IWOOLWOOLYOU

Module 3

- 6:30pm Welcome
- 6:35pm Compass Points Reflection Exercise
- 6:55pm Group Discussion
- 7:15pm Key points about understanding Mental Health when in a Listening Role
- 7:30pm Break & Leg Stretch
- 7:45pm Introduction to Self Care
- 8:00pm Compassion Fatigue
- 8:45pm How can I look after myself when Volunteering
- 9:15pm Mindfulness Exercise
- 9:30pm Next Steps & Close



Learning Objective

By the end of this module, you will understand more about mental health and the necessity to look after yourself and your own mental health when in a listening role.



Compass Points

In your Breakout Room, consider the following questions about Modules 1 & 2

- What **EXCITES** you about what you have learnt?
- What **WORRIES** you about what you have learnt?
- What **SURPRISES** you?
- What do you **NEED** to know more about?

Nominate a Spokesperson to feedback to the main group (2-3mins)

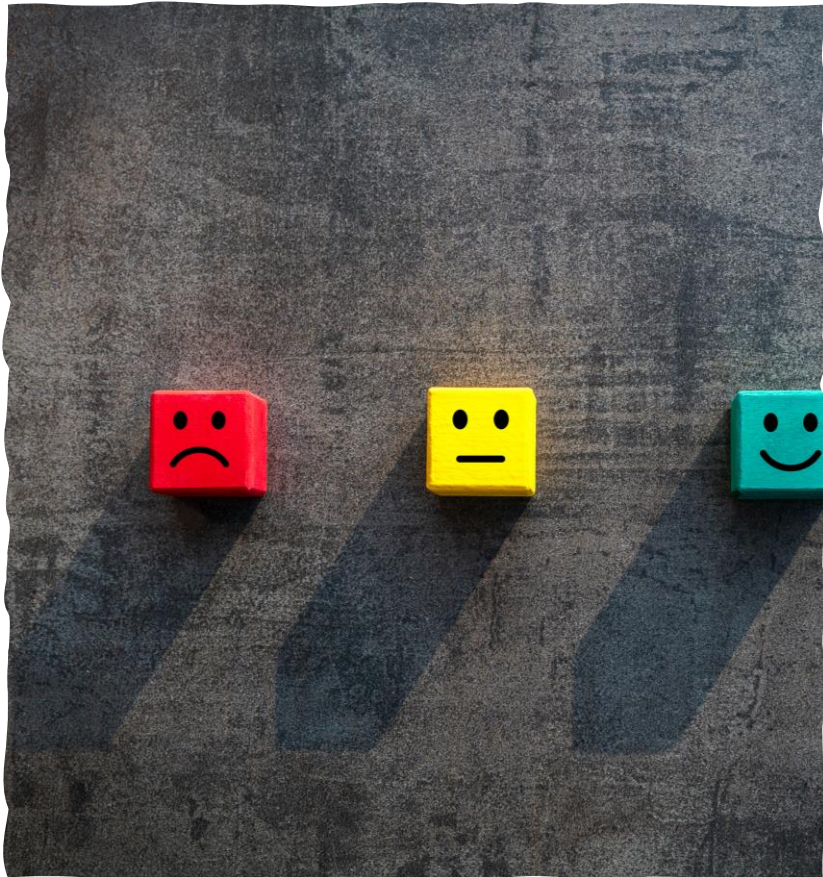


What is Mental Health?

A person's condition with regard to their **psychological** & emotional wellbeing



Key Messages about Mental Health



- Recovery is possible
- Our mental health is fluid, changes according to life events, our relationships and our coping style. Our mental health needs to be “attended to, to be protected and nurtured”.
- Common mental health conditions that we work with in Aware are depression, bipolar disorder and anxiety. It is very important to normalise, de-stigmatise mental health issues in an ongoing way, bit by bit, step by step. This reflects our ethos at Aware.
- Additionally, our ethos is to seek to understand and empathise with people’s mental health condition by listening to them.
- Our mental health is crucial to our development right across the lifespan.

Break



What does
Self Care
mean to you?





Self Care

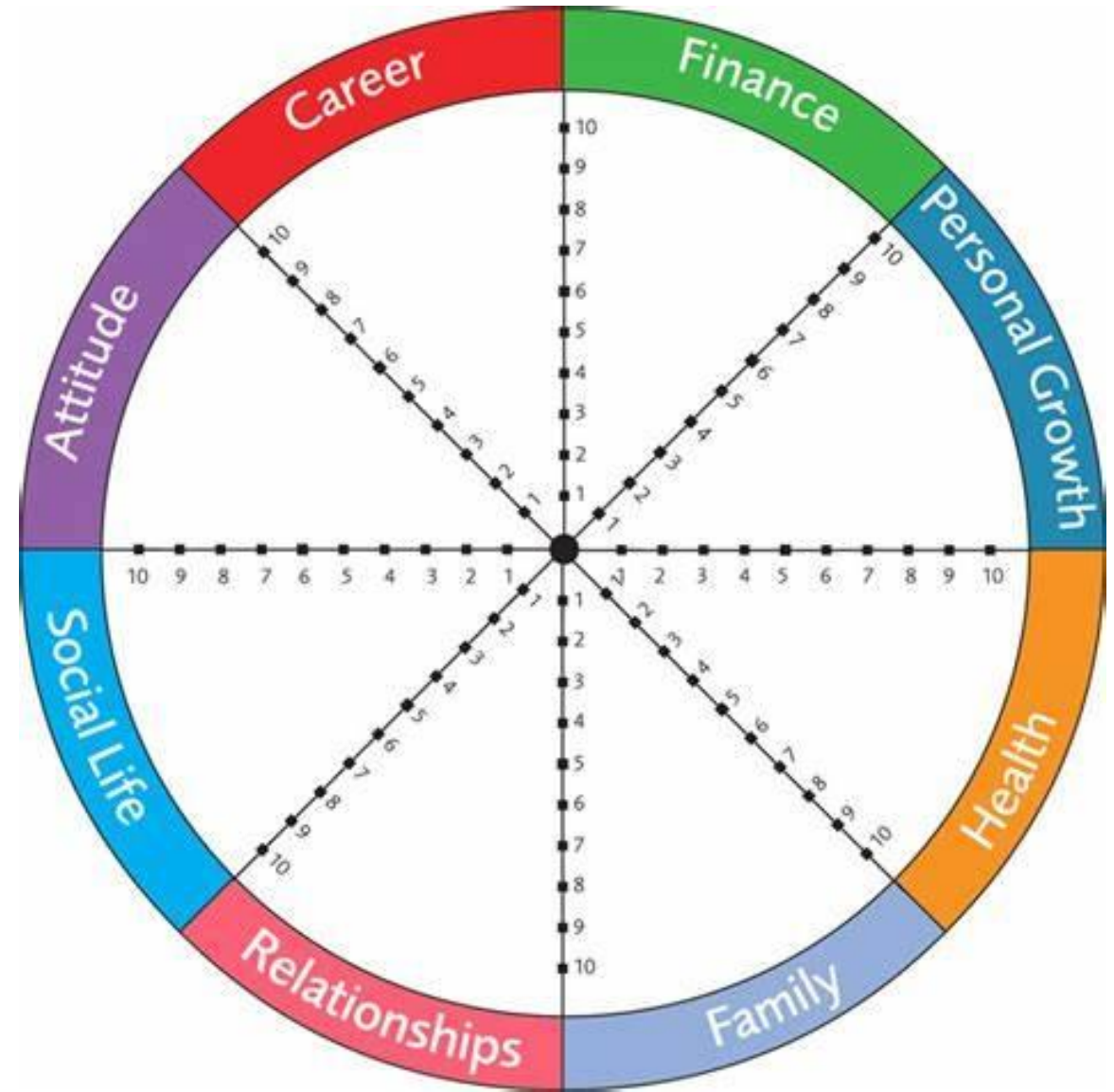
- **Self-care** has been defined as the process of taking care of oneself with behaviors that promote health and active management of illness when it occurs. Individuals engage in some form of self-care daily with food choices, exercise, sleep, and pastimes.
- While the concept of self care has received increased attention in recent years, it has ancient origins. Socrates has been credited with founding the self-care movement in ancient Greece, and care are of oneself and loved ones has been shown to exist since human beings appeared on earth.

Self-care has to have personal significance to you as a person. It is important that it has meaning for you as a person.

Wheel of Life

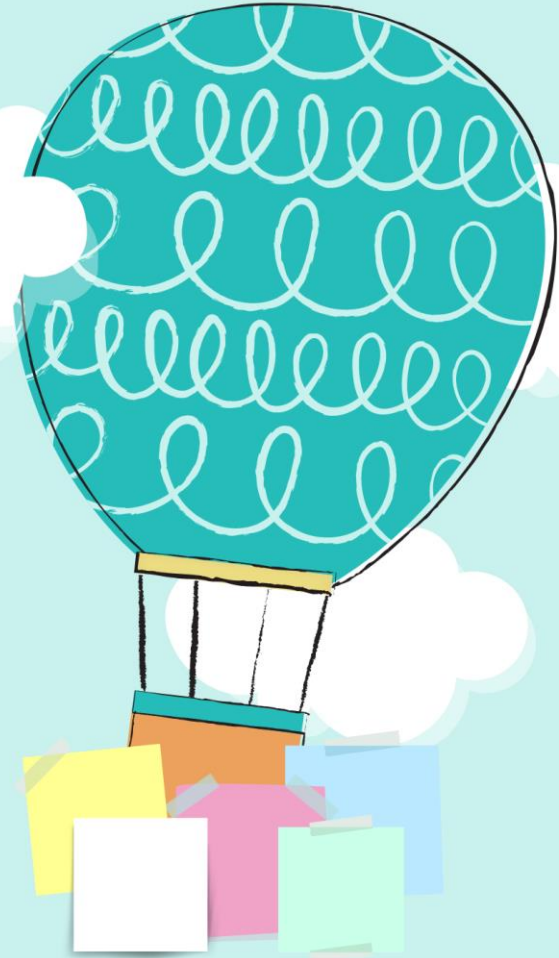
If you're like most people, you probably have some areas of your life in which you thrive, and others where you may feel less than fulfilled.

The Wheel of Life is a self coaching tool that can help you identify areas of imbalance in your life.



The Change Balloon

The CHANGE
Balloon



How to complete the Change Balloon

1. Write down your Wish List
2. Write each wish on a post-it
3. Draw a hot air balloon on a large sheet of paper
4. Each post-it becomes a weight hanging on the side of the basket
5. Now imagine that the balloon has sprung a slow leak...
6. One of the weights has to be cut loose..
7. What can you drop?
8. Take one post-it away and that now becomes the lowest priority on your list
9. One by one allow all the weights to drop off until only one is left..
10. Now you have your priority rankings

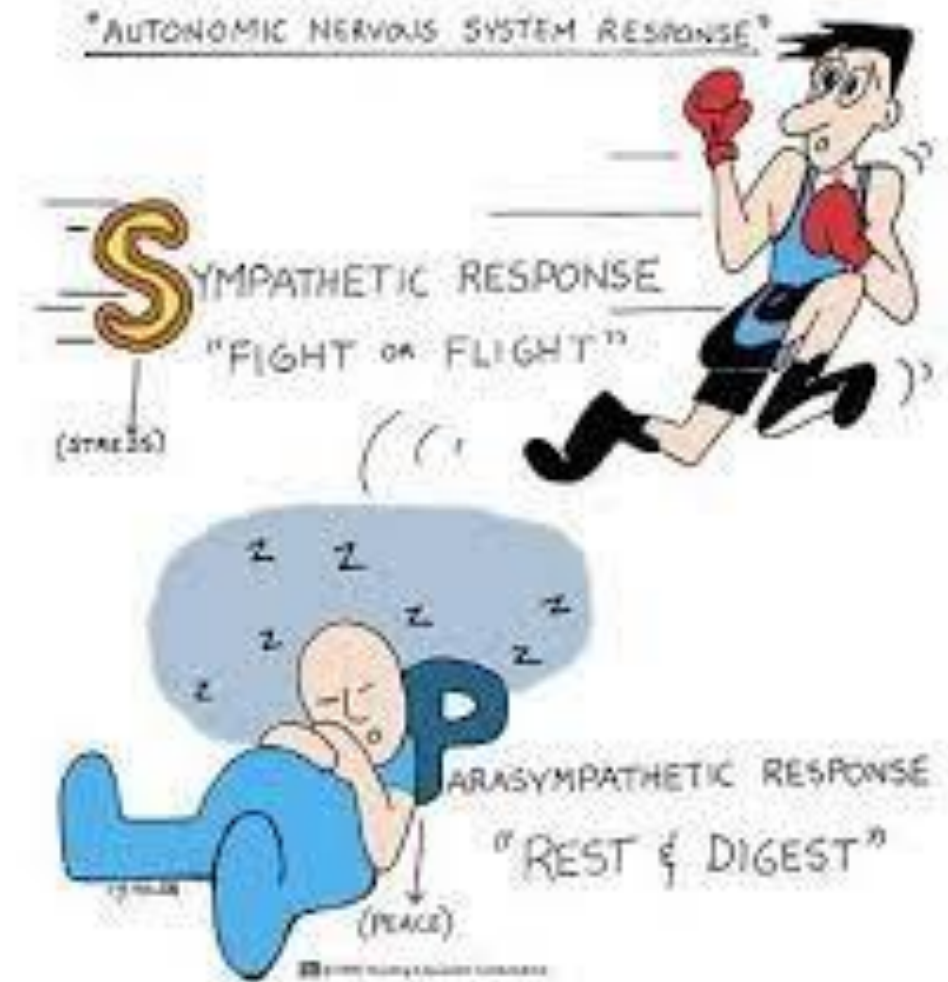
The CHANGE Balloon





www.tagxedo.com

Physiological Basis of Stress



Physiological Basis of Stress

Fight or
Flight
Response

VS

Rest & Digest
Response

Increased Heart Rate
Muscle Tension
Upset Stomach
Fast Breathing

Slower Heart Rate
Deeper Inhalations
Decreased Blood Pressure
Constricts Pupils



When stress is caused by witnessing the pain of others or helping someone in a crisis, we can experience *Compassion Fatigue* rather than *burn out*, which is caused by overwhelm or over-identification with the pain of another

Compassion Fatigue

Compassion Fatigue is caused by physical, spiritual and emotional depletion associated with helping others who are traumatised or in pain or distress.

Medical Staff
Psychotherapists Counsellors
Community Volunteers
Emergency Services/Gardaí/Carers
Teachers





Triggers for Compassion Fatigue

5 of the More Common Triggers are...

1

Regularly
Listening to
Disturbing
Issues

2

Being
threatened by
those you care
for

3

Being
Confronted
with Suicide

4

Caring for
Someone with a
Physical Illness
or dealing with
Death

5

A Heavy
Workload &
Excessive
Hours

Compassion
Fatigue

How does Compassion Fatigue manifest itself?





Coping with Compassion Fatigue

When the caregiver loses sight of themselves

- When in a caring role, we are tending to a person experiencing or healing from deep pain or trauma. This requires compassion, empathy and sensitivity.
- If we possess a high degree of empathy, it's natural for our nervous system to become triggered and elicit a response as if *we were the person seeking support*.
- *This is a typical response when we enter another's world with both feet.*
- We might also notice stress we received on an unconscious level, find it's way to the surface days later.

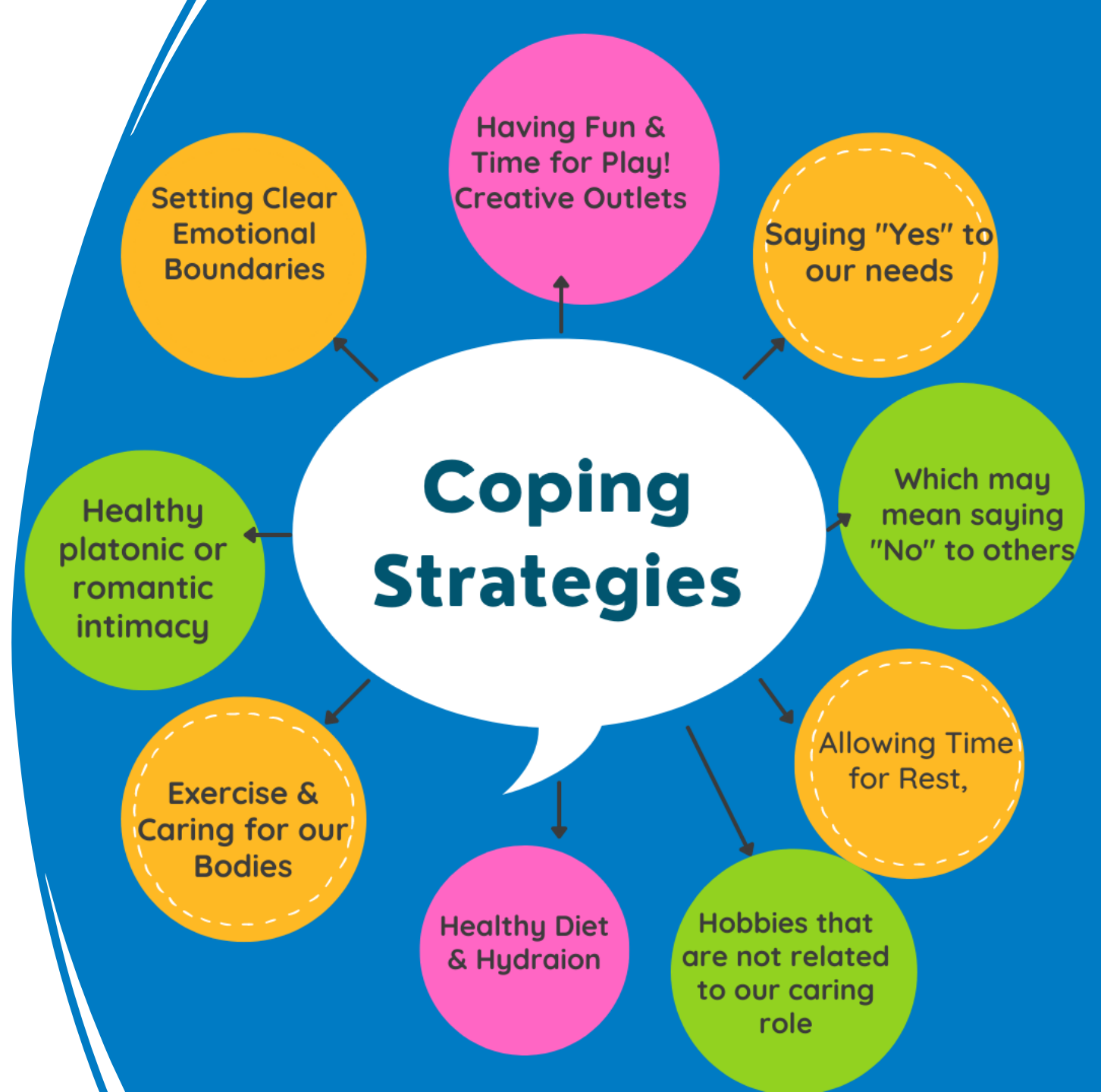


Secondary Trauma

- According to Psychotherapist Babette Rothschild, (Author of *Help for the Healer*), we can experience *secondary trauma* consciously or unconsciously.
- “Hearing the details of a ‘patient’s’ suffering, the carer’s body reacts to the description of the event as if she were experiencing it.”
- According to Trauma Therapist Peter Levine, both mind and body mobilize vast amounts of energy in preparation to deal with the perceived threat. Without an opportunity to discharge the stored energy, the body holds on to that high energy, romped up state.



Compassion Fatigue



Tips for Good Mental Health



Good Mental Health

Attend to 'the body'

- Keep Active
- Learn to love & appreciate your body
- Journaling
- Nutrition
- Exercise
- Sleep



Self-Compassion

- Communicate
- Cultivate kindness in your life
- Forgive yourself when you make mistakes
- Identify things you like about yourself
- Let go of your critical inner voice

Seeking Help

What do we do when we need support?

Culturally, it is much easier to ask for support with a physical ailment than it is for an emotional issue or crisis.

Many of us associate asking for help with weakness or incompetence when in fact community, family and peer support is fundamental to positive mental health.



Case Study - Tom

- Tom is an experienced nurse in a very busy hospital, working in the ED. There is a lack of experienced staff on his shifts on a routine basis. Tom finds it hard to say 'No' to both his colleagues and patients. Tom has noticed recently that he is not as attentive to patients as he once was and dreads some of the tasks he has to complete. He has found himself feeling irritated by some of the demands made of him.
- Tom has also recently begun to 'call in sick', especially on weekend shifts when the ED is extremely busy. Tom has always prided himself on 'getting on with things' personally and professionally and finds asking for help difficult. He did not receive encouragement or support from his parents growing up. He does not have much social support in his life.
- Is Tom at risk of compassion fatigue? Or is he fatigued already?
- What supportive reflections might you offer to Tom?





Help Seeking Behaviours

- Reach out to a trusted friend or relative
- Check out community Services
- Speak with employers or trusted colleague
- Cultivating an awareness of our emotional and physical needs
- Allowing ourselves to receive support from others



Context & Background

- What is the pace that works for you, creating space for yourself, whilst acknowledging stress in life. Taking your time! Giving yourself time!
- What our relationship with stress is like – individually defined
- Acknowledging, validating our feelings – stepping away from self-denial
- Fatigue – tuning into how we are. Is this present? If it is, what can you do about it?
- Permission for yourself to be how you are
- How it can be acceptable to be and admit vulnerability interpersonally – appropriately so
- Adaptation to what we have navigated speaks to underlying resilience we possess

Context & Background

Bringing the fragile part
of ourselves with us,
acceptance of being
human

The work impacts us

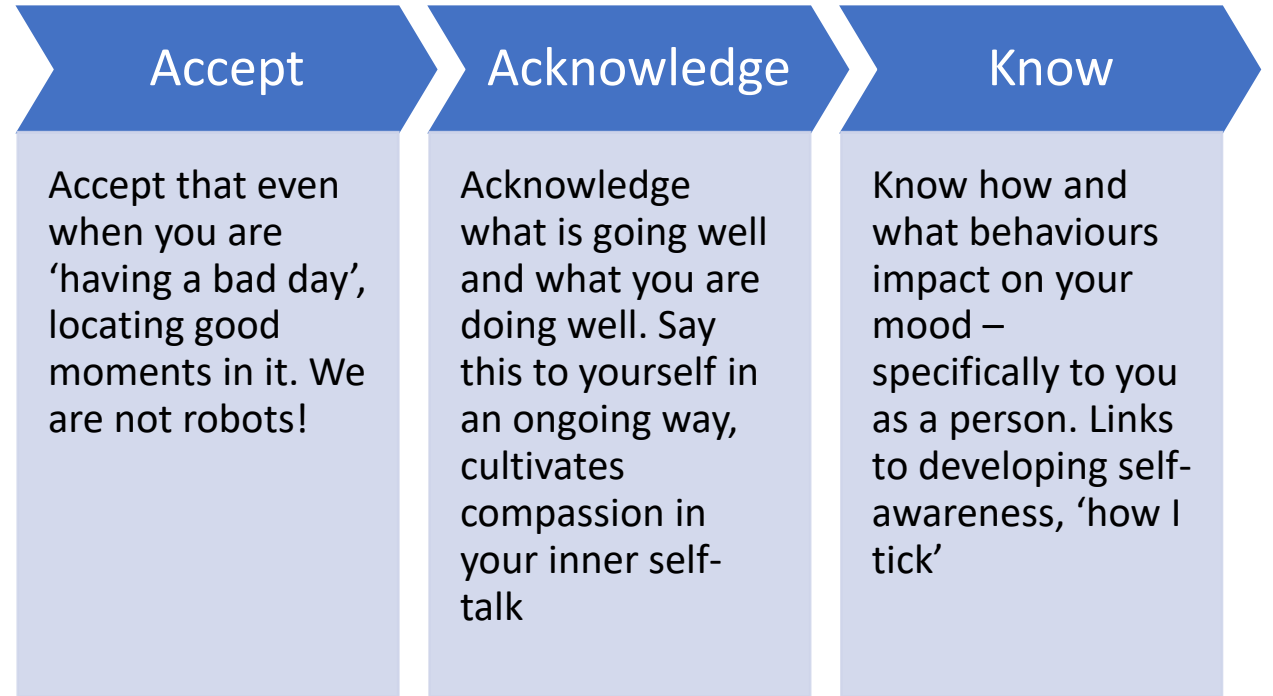
By admitting
vulnerability, anxiety
reduces, internal and
external connection
develops

Significance of our
internal relationship –
inner self talk. Locating a
hopeful, developmental
space herein

What do you do to take
'good' care – invitation
to develop your
awareness and
understanding of this

Making and taking space
for ourselves – having
something for you

Principles for Good Mental Health



Self Care when Volunteering

- In your breakout rooms discuss how you might look after yourself while volunteering with particular focus on pre-shift and post-shift care.
- Bring 5 ideas back to the main room



Mindfulness Exercise





End of Module 3

- Reflect on what you have learned from this module and note down some ideas in your learning journal.
- Choose 3 things that you will do to practice self care when volunteering.
- Write them on a post-it or a piece of paper and have it beside you when volunteering.

Zoom Invites for Module 4 will be issued this week

Have a GREAT WEEK & Thanks for coming this evening