

SELF CARE

What is Self Care?

You have all probably heard the term self care, it gets thrown around a lot.

What we are talking about, is that you are taking time to do the things that you enjoy, that you get pleasure from, and how you relax, to ensure you can best support yourself, and then in turn, best support the people you work with.

Why is Self Care Important?

Working in this space, you are most likely a person who has a lot of empathy. Having a lot of empathy, although a beautiful character trait, can make you more susceptible to things such as;

- Over Working
- Compassion Fatigue
- High Stress Levels
- Poor Time Management
- Not taking time for Self Care
- Burn Out

When you work with people all day long who are having a crisis, being taken advantage of, fighting battles, and can be very easy to take that on and feel some sort of responsibility to their welfare.

This is why it is so very important to make sure that you look after yourself. Remember that you too need love, support, compassion and someone to talk to.

Staying Connected to your CASoP Team

We value you and what you bring to the team. We are here to provide support, and to help you feel connected to the team. Please utilise Slack to stay in contact with your team. If there is something/someone that you are struggling with, no doubt someone on the team has had the same or similar struggle. Share your experience and ask for support. You can get support from your CASoP team in the following ways:

- Slack - instant messaging during work hours to help you in your role and to be connected to the team.
- Regular mentoring/supervision sessions (weekly or fortnightly)
- Monthly team catch ups

Tips to Help you Maintain Your own Well Being

Self care is really important and here are a few suggestions to help you look after yourself:

- Exercise
- Breaks - imperative
- Avoiding burnout
- Continue to do your hobbies and interests
- Importance of nature – getting out of the house for fresh air
- Spending time with loved ones
- Reach out to your CASoP Team

Leaving Work at Work

Just as important as self care, and an important aspect of maintaining your well being is being able to leave your work at work. This can be especially hard as we work from home and are not venturing out into the community.

Here are some tips to leave your work at work, where it belongs:

- Remove the expectation of dealing with emails outside of work hours.
- Set hard deadlines for the end of your workday.
- Write tomorrow's to-dos today.
- Set aside time for hobbies, interests, and things that you truly care about.
- Link in with your loved ones using Skype/Whatsapp etc
- Set boundaries in your house of places/areas where work talk is prohibited