

# STREE MANORAKSHA TRAINING

## — Self – care for Counsellors & Staff



# Learning Objectives

- What is the need for self – care?
- Compassion fatigue, burnout and vicarious trauma
- Warning signs
- Self – care wheel
- How to practise self-care?



# Why is self-care important?

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**Every counsellor is a human first; our emotions & thoughts are equally important and genuine. We need to take care of our mental health**

- When listening to or talking with women about violence
  - Be aware of your emotions/thoughts
  - You may experience strong reactions or emotions like anger
  - You may start re-experiencing your trauma (in form of thought/emotions)



# Compassion Fatigue, Burnout & Vicarious Trauma

## Compassion Fatigue

**Compassion Satisfaction:** the pleasure a clinician derives from being able to do his/her work well.

**Burnout:** Feeling of hopelessness and difficulties in carrying out one's job effectively

**Secondary/Vicarious Trauma:** a consequence of direct or indirect exposure to people who have experienced and/or reading/watching material about such cases





# Warning signs – Need for Self - Care

## What are some of the physical signs?

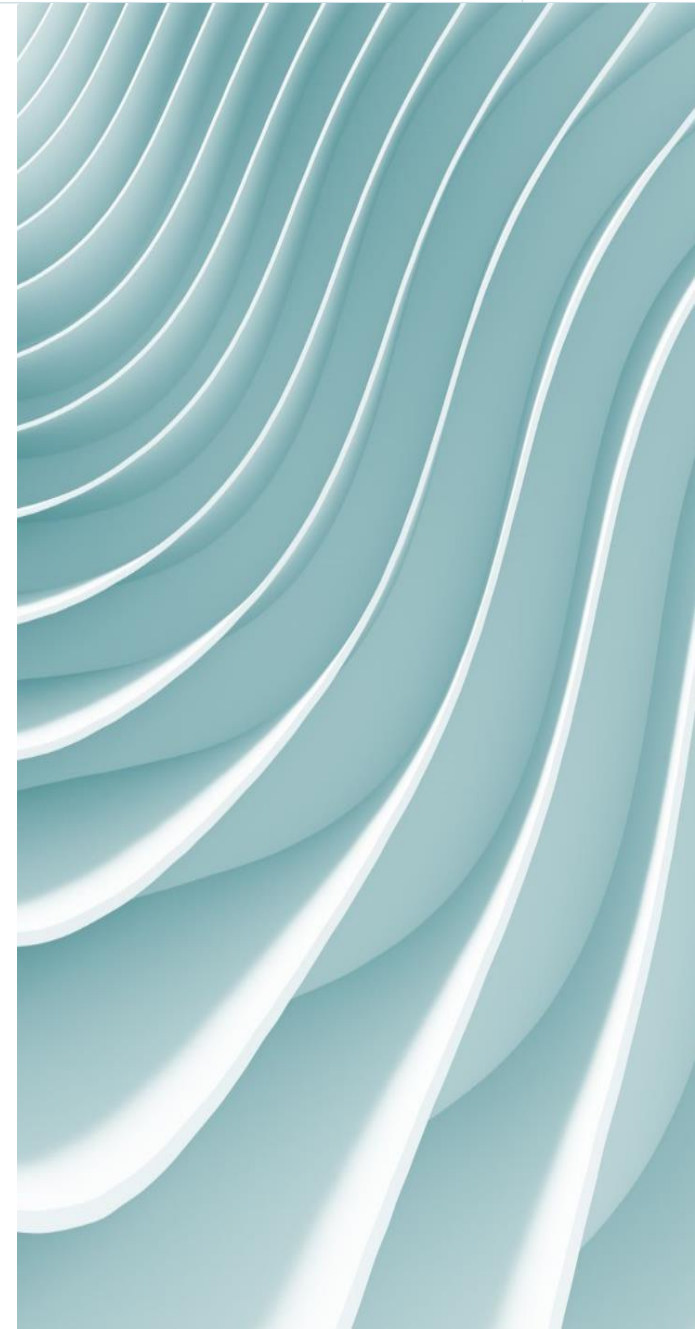
- Difficulty to fall asleep
- Disrupted sleep (nightmares/restlessness/wakefulness)
- Exhausted / lethargic, feeling tired
- Frequent headaches, back pain, muscle aches
- Drinking alcohol or abusing substances to cope
- No physical / leisure activity
- Poor appetite/lack of interest to eat



# Warning signs – Need for Self - Care

## **What are some of the psychological signs?**

- Feeling unable to cope or afraid nearly all the time
- Self doubt
- Sense of failure
- Frequent anger outburst
- Irritability
- Decreased interest and satisfaction
- Totally engaged in thoughts about difficult or terrifying work events





# Warning signs – Need for Self - Care

## What are some of the social signs?

- Isolated or avoiding connections with colleagues
- Cut off from friends and family
- Avoiding or dreading any social activity

# Self – Care Wheel: How to take care of your self?



- **Regularly engaging in activities** which reduces stress and maintains or enhances health and well-being
- **Striking a balance between all six domains of self-care** ensure optimal health and well-being to professionals
- **Distress tolerance** like BREATHE technique



# BREATHE Technique:

Breathe

Reach out

Eat well

Accept imperfections

Take time out

Hygiene (sleep)

Exercise



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# Thank You

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