

Self Care Skills

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WHY do you volunteer?

- What do you do at New Hope?
- Do you also volunteer at other places?
- *Tell us Why!*



Volunteering

- Purpose
- Meaning
- Improve something personally important
- Physical health
- Social Life
- Emotional Health



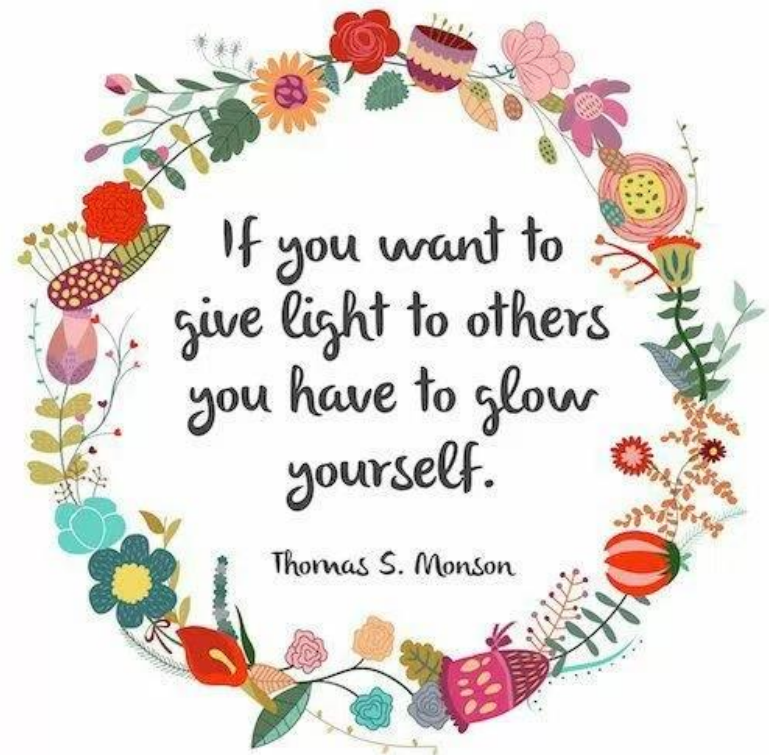
Volunteers make the world better!



- 44,155 volunteer hour
- Served 2,711 families
- \$3.9 Million value to community!

Self Care

- Self care require maintenance
- It is a lifestyle practice not a special event
- EXTRA needed if you are a caretaker, giver, healer, volunteer



Warning Signs

- Forgetfulness
- anxiety
- restlessness
- cynicism
- appetite changes
- sleep disturbances
- irritability



Example

- “Phillip” volunteers at the homeless shelter.
- This year with bad weather it has been extra busy.
- Phillip is starting to get impatient & annoyed. He feels hopeless that this problem can ever be solved.



Warning signs

- impaired concentration
- Isolation
- detachment
- gastrointestinal issues
- increased illness
- Impaired work performance
- Tired /fatigue



Example



- “Janet” volunteers to drive Cancer patients to appointments.
- Lately she does not feel like talking or getting to know them-like she used to.
- She feels exhausted and sick after helping people who are so sick.

Compassion Fatigue

“We have not been directly exposed to the trauma scene, but we hear the story told with such intensity, or we hear similar stories so often, or we have the gift and curse of extreme empathy and we suffer.

We feel the feelings of our clients. We experience their fears. We dream their dreams.

Eventually, we lose a certain spark of optimism, humor and hope.

We tire. We aren't sick, but we aren't ourselves.”

– C. Figley, 1995

What's your experience?

- Take a minute to think about a sad or frustrating or unfair story that you have heard from New Hope clients or colleagues.

How did the client feel?

How did you feel?

What did you do with the feelings afterwards?

Burnout

*Journal of Occupational
Health Psychology:*

- *Exhaustion*
- *Cynicism*
- *Reduced Ability*



Let's check in

- Lifestyle assessment
- Burnout measure
- Self Care checklist

How are you doing?

- What was the last self care activity you engaged in?
- Frequency?
- Do you prefer solo or shared self care?
- What barriers to regular self care?



Choosing self care that suits you

BREAKFAST

Slams

Build Your Own Breakfast with our NEW Side Orders

DENNY'S BENNY FAMILY
 Ham or Bacon \$16.30
 Salmon \$17.80
 Choose from one of the following, bacon, ham or salmon served on toasted ciabatta bun with hash browns and your choice of hollandaise or cheese sauce.

GRAND SLAM \$16.00
 Pancakes, eggs, strips of bacon, sausages served with pancake syrup.

SPINACH & MUSHROOM BENNY \$15.00
 2 poached eggs with spinach and mushrooms served on toasted ciabatta bun with hash browns and your choice of hollandaise or cheese sauce.

FRENCH SLAM \$15.50
 Bread dipped in egg batter, accompanied by strips of bacon, eggs, sausages and your choice of bread (white or wholegrain).

CRACK-A-JACK \$17.30
 2 eggs cooked to order with strips of bacon, sausages, hash browns, grilled tomatoes, mushrooms and your choice of white or wholegrain toast.

KIWI SLAM \$21.00
 A 150grams (pre-cooked weight) sirloin steak cooked to order with eggs, hash browns, grilled onion and your choice of white or wholegrain toast.

VEGETARIAN BREAKFAST \$16.30
 2 eggs cooked to order served with hash browns, 2 sausages, 2 strips of bacon, a slice of ham and your choice of white or wholegrain toast.

LUMBERJACK SLAM \$16.30
 2 eggs cooked to order served with hash browns, 2 sausages, 2 strips of bacon, a slice of ham and your choice of white or wholegrain toast.

BUDGET BREAKFAST \$7.00
 2 eggs, hash browns served with 2 slices of toast (wholegrain or white).

Bacon (3) \$4.50
Ham (2) \$4.00
Sausages (2) \$3.50
Baked Beans \$4.50
Hash Browns \$3.80
Tomato \$3.80
Mushrooms \$3.80
Eggs (2) \$3.50
Toast (2) \$2.80
Small Pancakes (3) \$6.00

Denny's breakfast eggs are cooked any style except boiled.

Only our breakfasts with ☕ are served with tea, filter coffee, decaffeinated coffee or add **\$3.80** for hot chocolate or a barista coffee.

A surcharge will apply on Public Holidays. Like us on FACEBOOK

- Think of a “menu”
- Know which type of self care is needed!

The future

- Time and resource allotments for self care as with other important tasks
- Build in regular calendar items to look forward to

Self care is not procrastination or “cheating” it is intentional for the purpose of reconstitution

A day trip, meal out, time alone, time with loved ones, concert, community event, art exhibit

THANK YOU

