

Being extremely honest...” How we self care

Andy Langford
Chief Operation Officer
Cruse Bereavement Care

Being Aware of the Need

Over 500,000 people die in the
UK each year

3-4 people affected by each
bereavement

What is self-care?

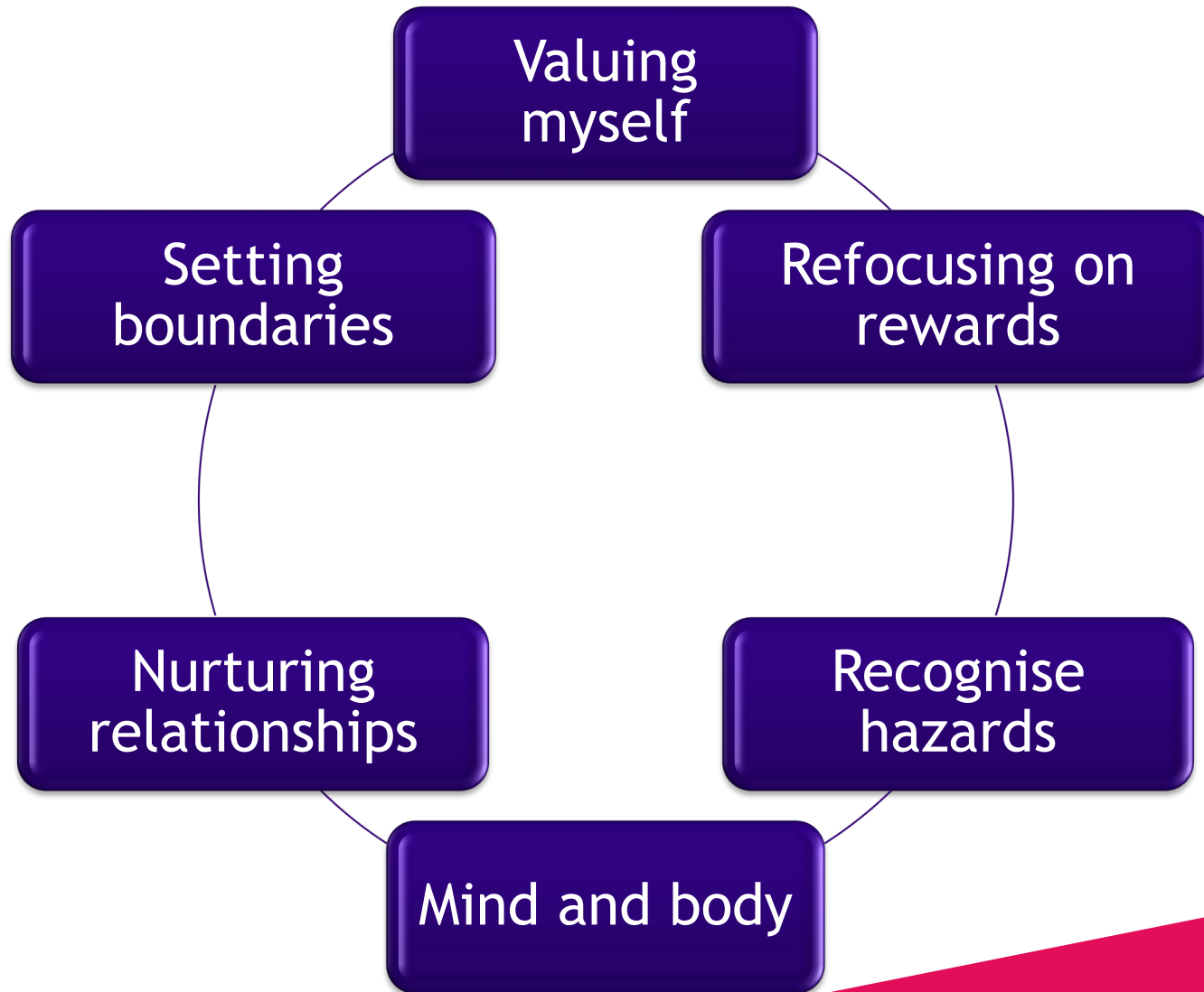
**“looking after your well-
being...being productive and
care for others”**

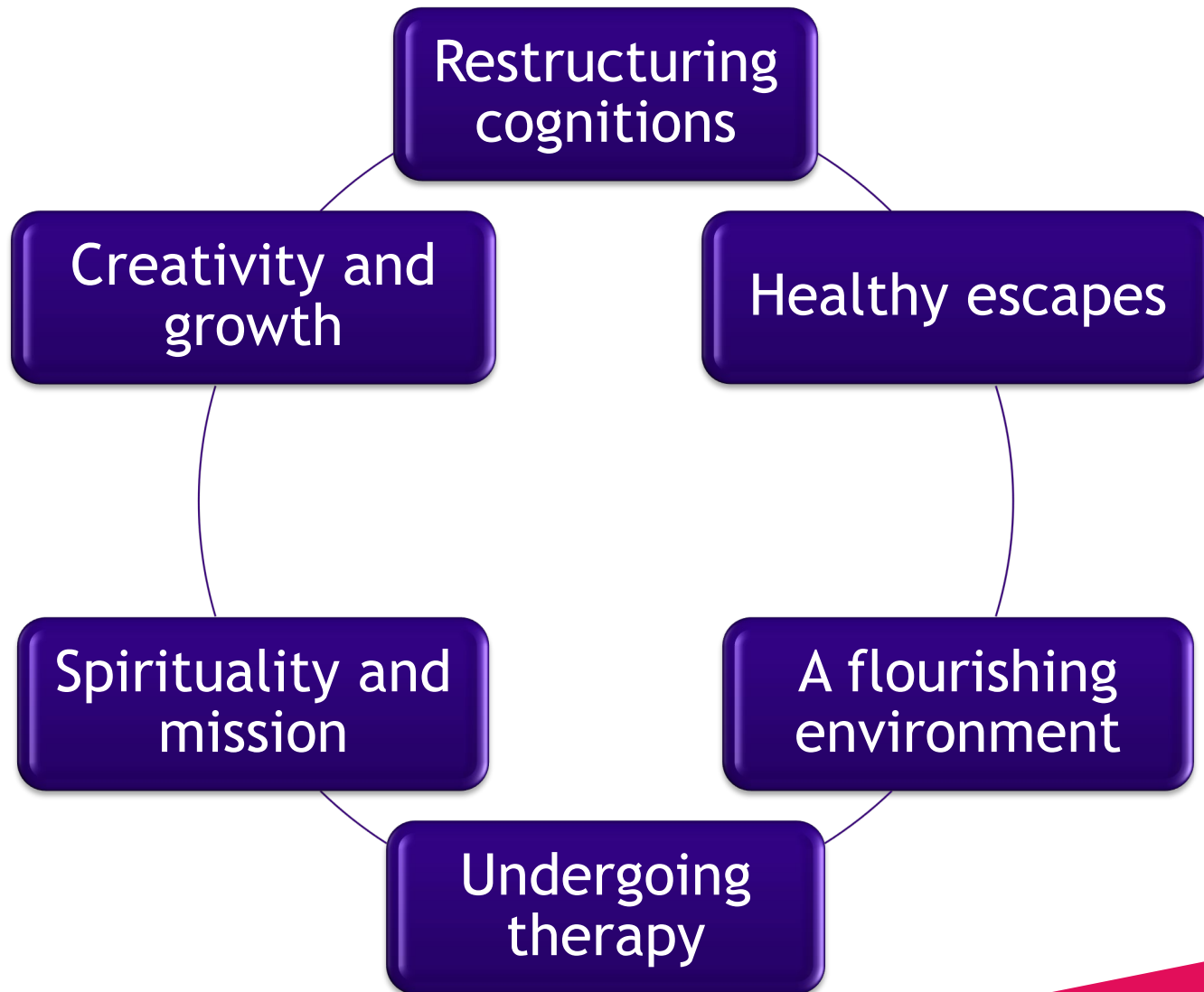
(Homewood Health)

“the care for oneself”

**“actions one takes to reach
optimal physical and mental
health...and attain emotional
well-being”**

(Grimes, Jones and Palermo)





**What are your
main barriers
to self care?**

Self-care is a choice

(Australian Centre for Grief and
Bereavement)

Self-care is our
responsibility,
but is often
overlooked

(Dr Roslyn Law)

A lack of self-care inhibits our ability to engage with clients

(Regan, 2013)

There are lots
of models of
self-care

(Martin, 2009)

Yet, I often
don't
succeed!

(Me - Andy Langford)

What is responsibility?



Ourselves:

We tend to be good at caring for others, but we are often not that good at caring for ourselves

Those close to us:

**We need to pay attention
to those we love and are
close - who provide us
with what we need**

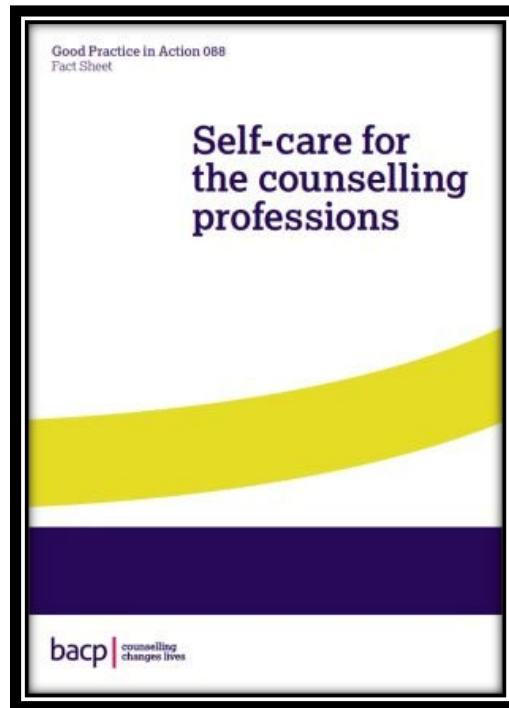
Our clients:

What's wrong with the
teapot?

The image can be found at
<https://www.shutterstock.com/image-photo/glass-empty-teapot-isolated-over-white-300815834>

Our profession:

We have ethical responsibilities

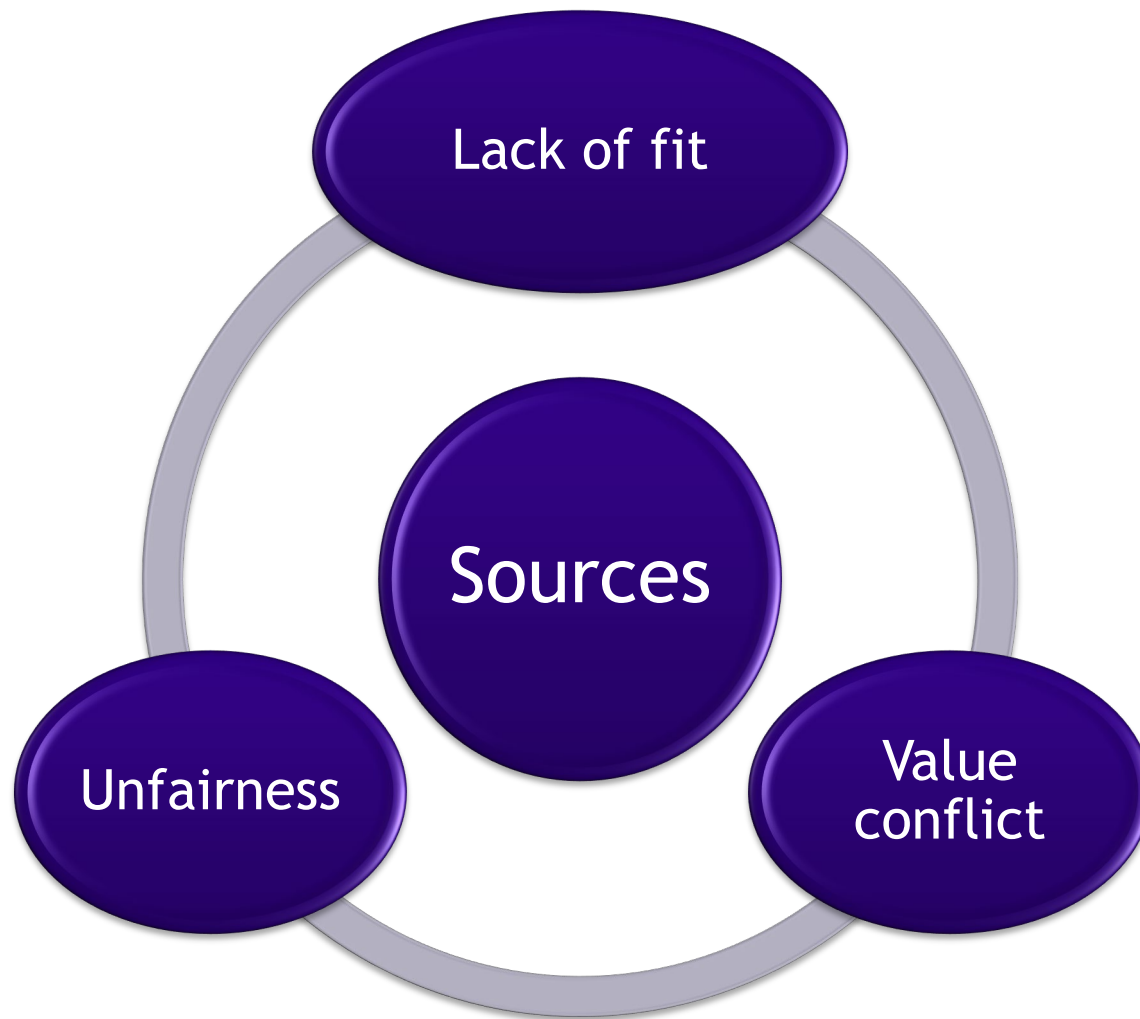


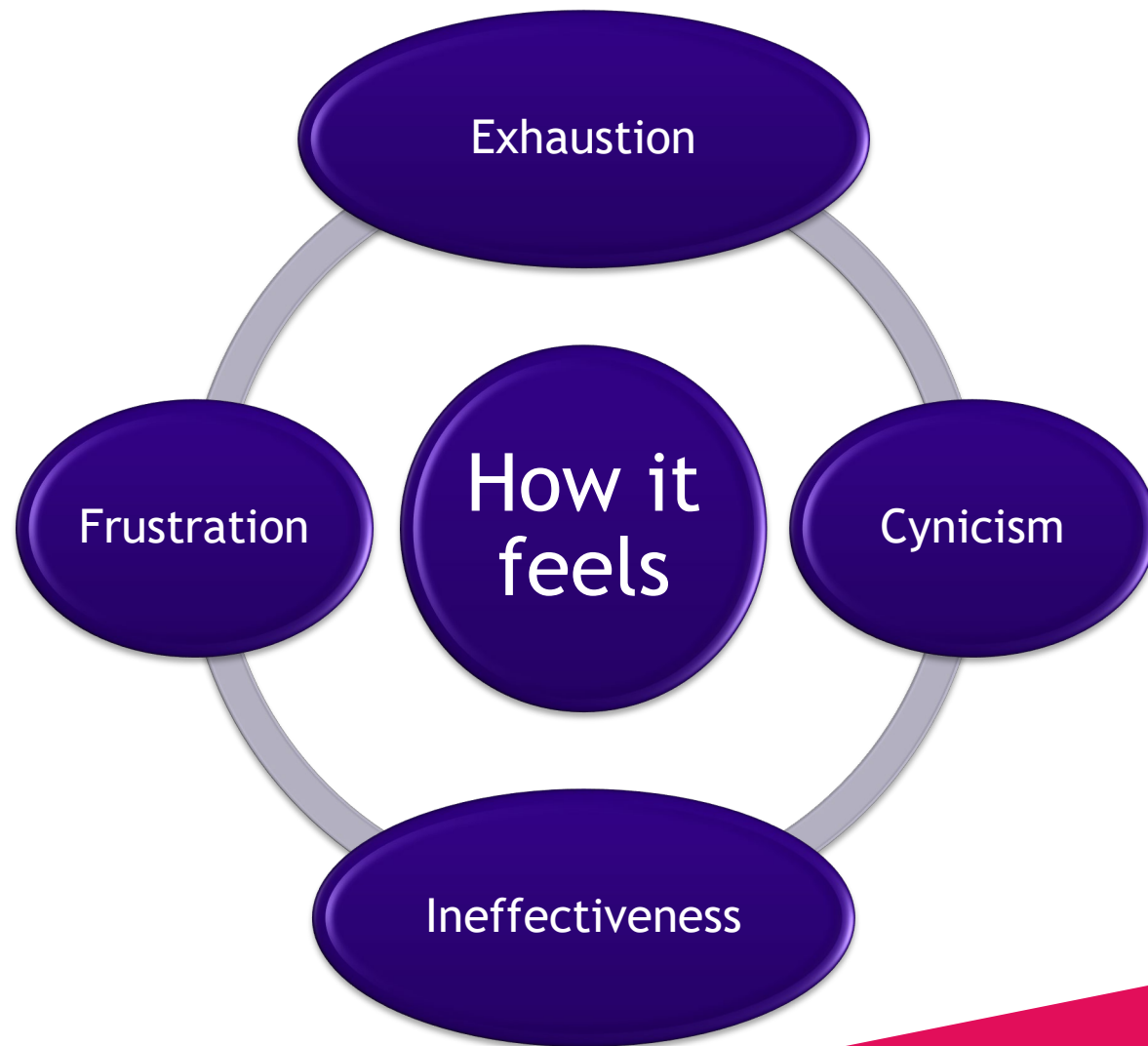
**What does it
look like when
you've 'had
enough'?**

“a counselor having significant difficulty performing the necessary functions of his or her job at an objectively competent level”

(Lee et al., 2007, p. 143)







Skovholt and
Trotter-Mathison
(2011)



**Compassion fatigue (Dorji, 2017, in
Counselling Australia)**

**Secondary trauma (Cieslak et al, 2013
and 2014)**

**Vicarious trauma (Meyon and Ponton,
2006)**

**Secondary victimisation (Campbell and
Raja, 1999)**

Compassion Fatigue

“an emotional state that a counsellor experiences due to the process of engaging with clients who are in pain”

Secondary Trauma

“service providers...exhibiting symptoms similar to Post Traumatic Stress Disorder (PTSD) without having necessarily been exposed to direct trauma themselves.”

Vicarious Trauma

“the accumulative effects of
extending empathy while working
with clients who have experienced
traumatic life events”

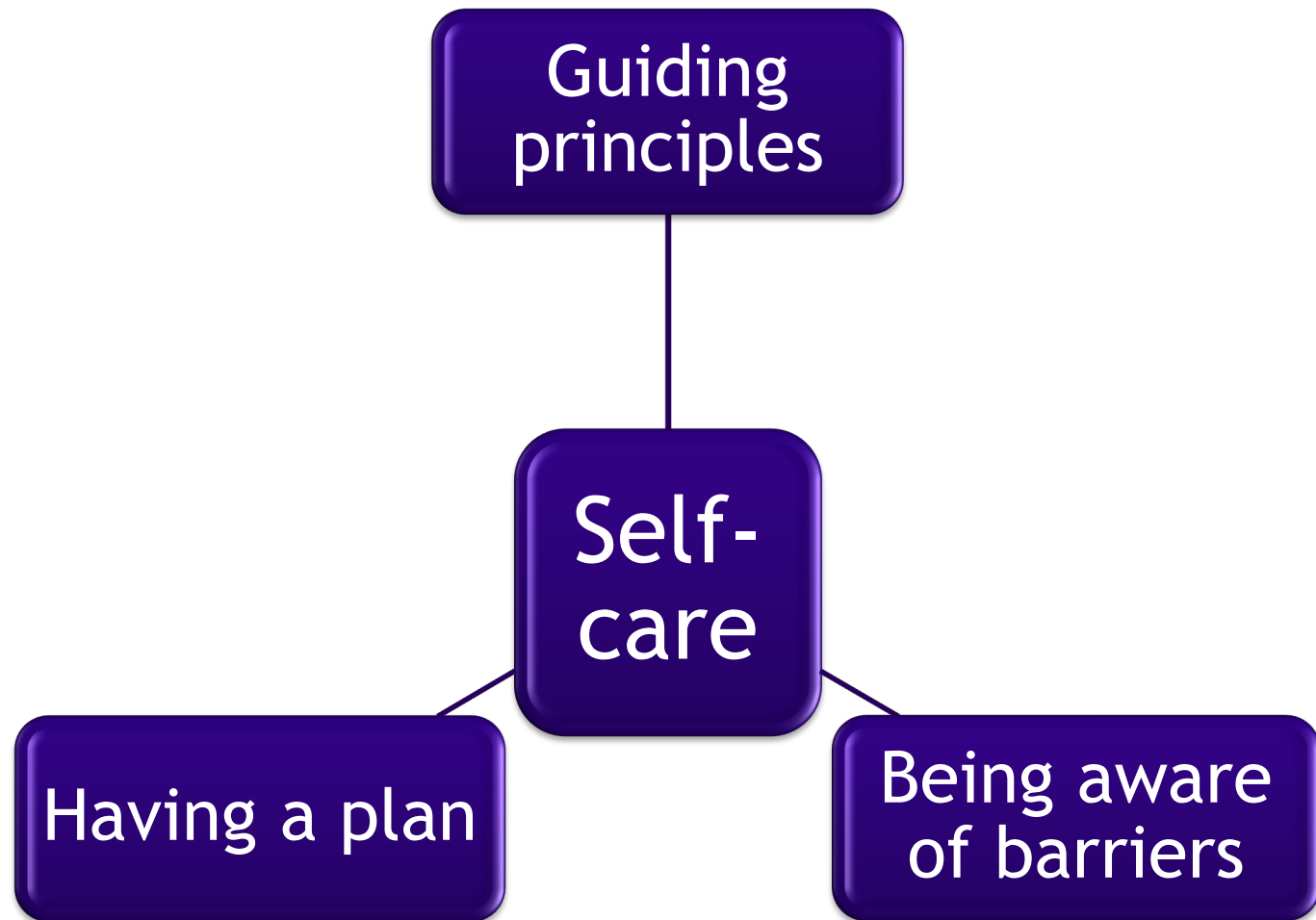
Secondary Victimisation

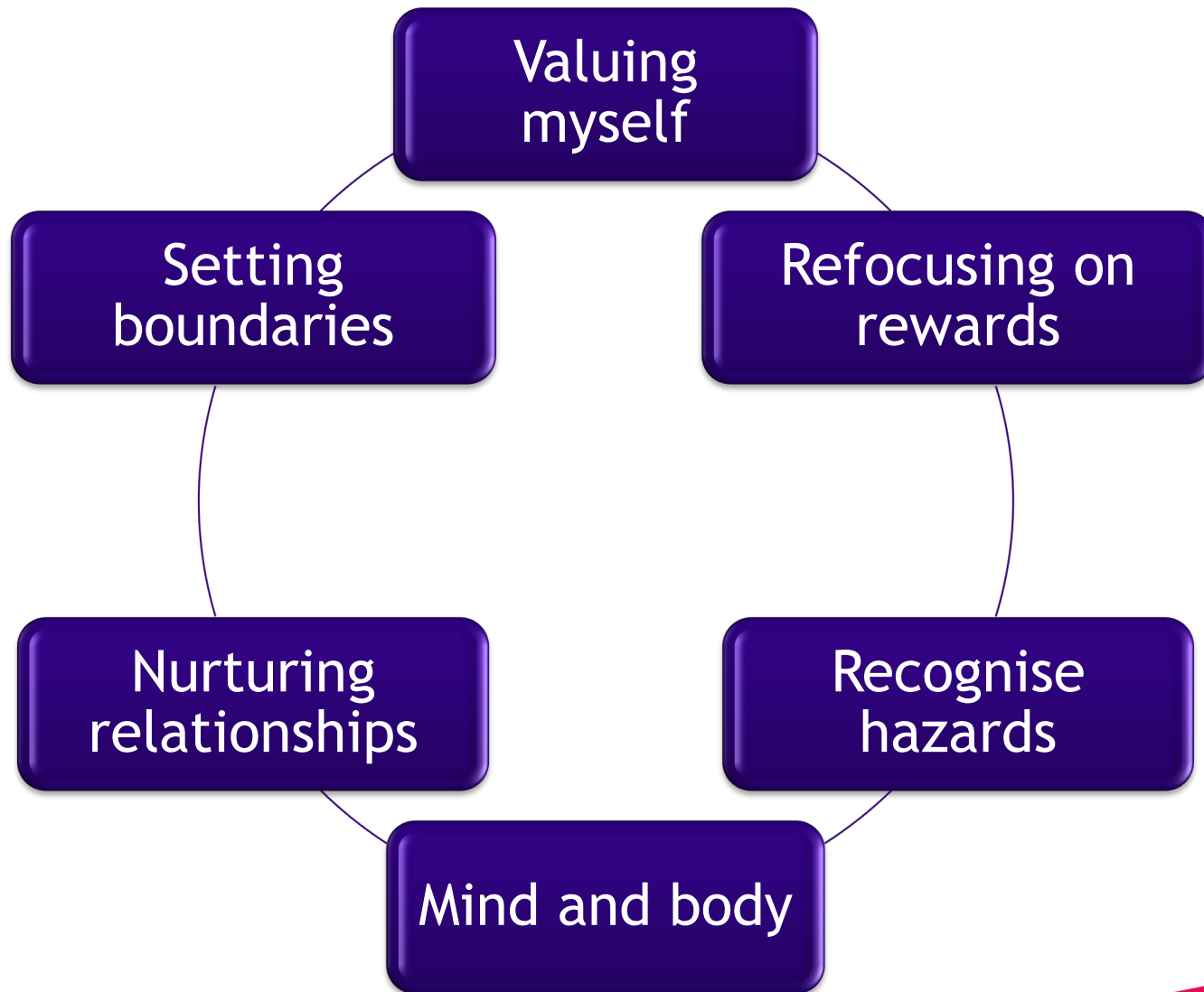
“behaviors and attitudes...that are "victim-blaming" and insensitive, and which traumatize victims of violence who are being served by these agencies.”

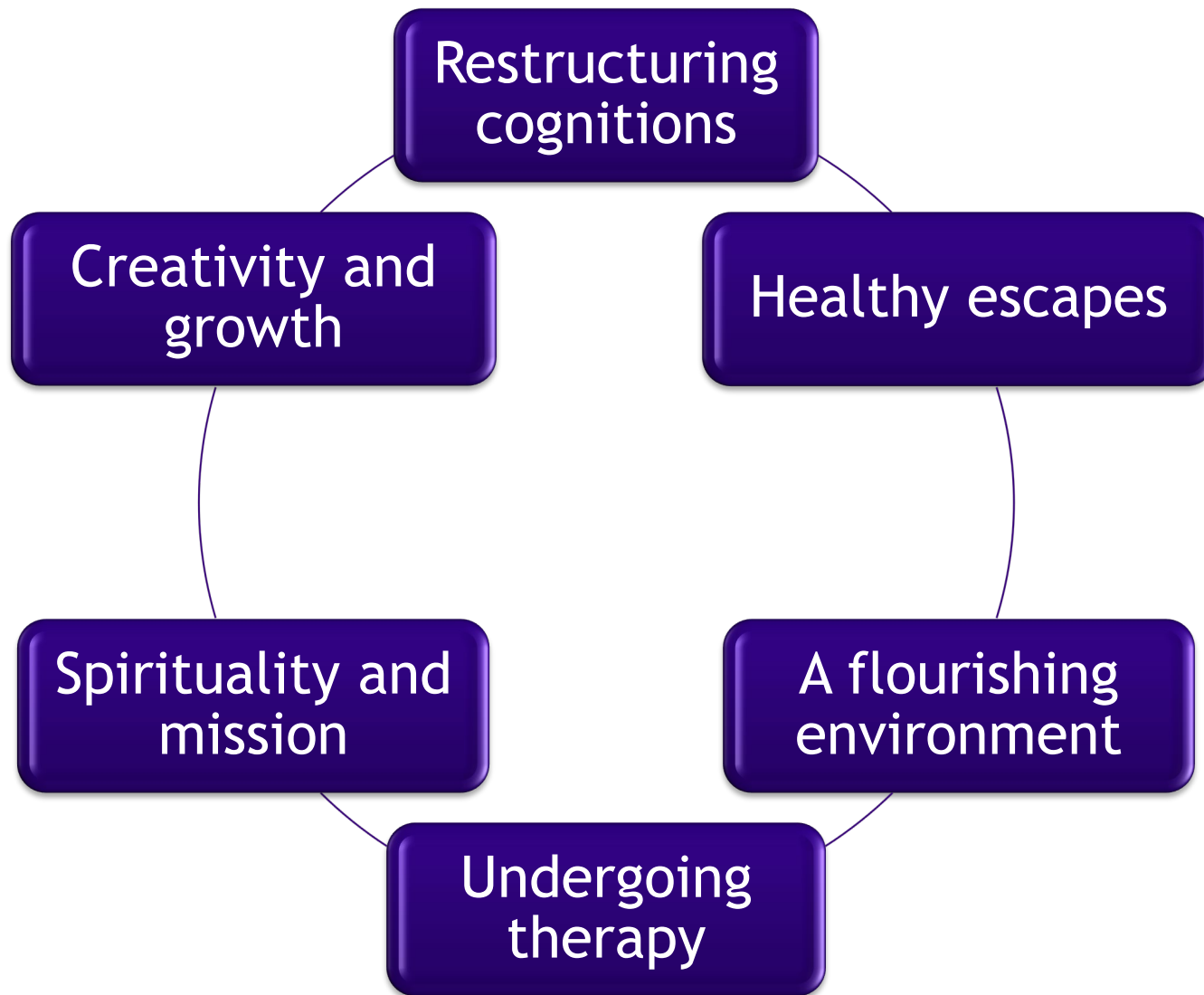
**Why do your
barriers get in
the way of your
self-care?**

My biggest barrier?

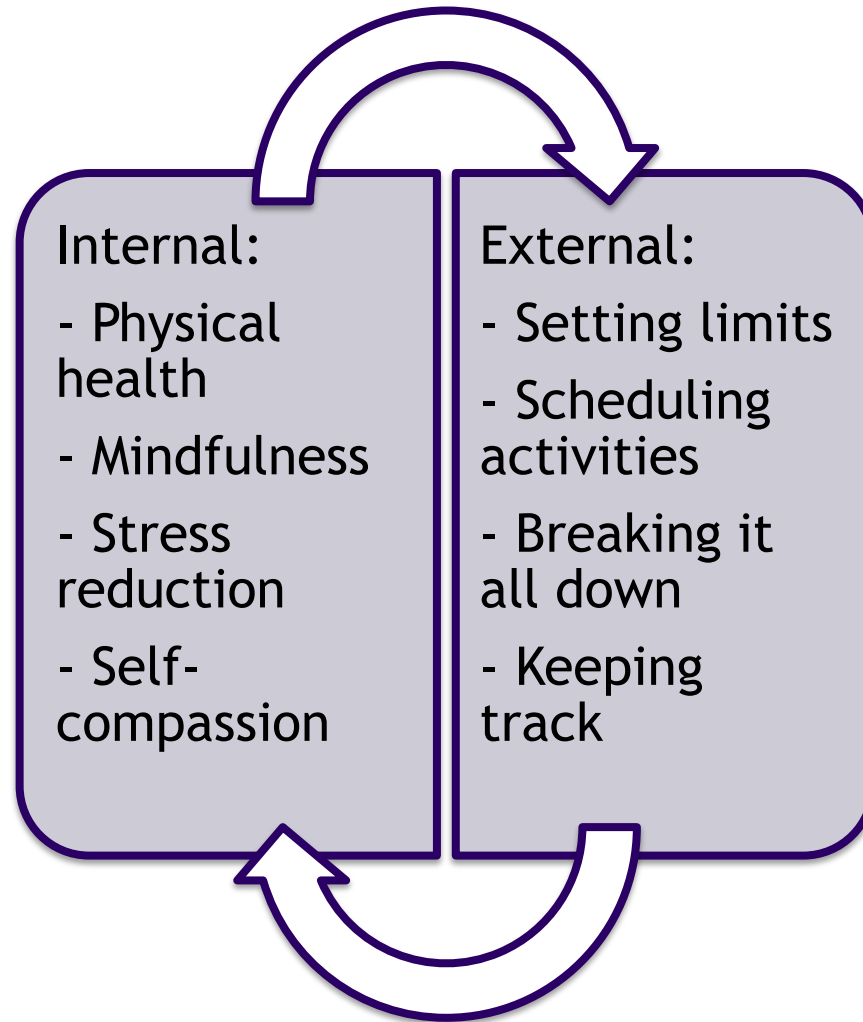
LIFE!







Creating a
Plan
(Weiss,
2004)



Clear

Simple

Measurable

Flexible

Emotional self-care

Physical self-care

Play and self-care

Spiritual self-care

Cognitive self-care



Family



Pray



Exercise

