

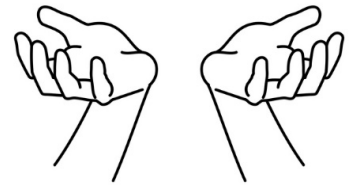


Sustaining Self Care

What helps to 'hold' you?

This activity can be used to generate a discussion in supervision about the importance of self-care of the professional.

You can use the '10' (fingers) to consider 10 activities that are sustaining or simply think how 'holding' (using the 'hand/s' as a metaphor) provides safety, containment and grounding.



In self-supervision, the practitioner can reflect and apply in action, the self-sustaining practices that fill their cup throughout the working day and week.



Self-care is defined as an activity that is undertaken deliberately to nurture practitioner mental, cognitive, emotional, spiritual and physical health.

Here are some self-care strategies – what are your self-sustaining top 10?

1. Pause moments journal

- Use your journal/notes/Siri to note down your thoughts – letting it 'leave your brain' will allow you to focus on what needs to be done in the moment.

2. A grounding exercise prior to the session/activity starting

- Invite a short reflection (either for self/or with colleagues or clients) to check in
Get comfortable, notice the sounds in the room.

3. Gratitude list

- Notice something good that happened... even something small can have a big positive effect



4. Breathe

- Breathe, breathe and breathe some more... slow it down and feel the air through your nostrils and the rise and fall of your belly...



5. Take a break between sessions/activities

- Try not to be back-to-back with appointments...
- Give yourself even 15 minutes to recalibrate...



6. Step outside (SUNSHINE if you can) or even away from your desk

- Create breaks in your working day



7. Stretch

- Do some stretches at your desk

www.healthline.com/health/deskercise

8. De-clutter your desk while you are working

- A clearer desk can help ease the sense of pressure

9. Do one activity with purpose rather than multitasking

- You may think multitasking leads you to doing more but often this can cause you to make mistakes and feel pressured.

10. Slow your pace down during the day

11. Engage in a conversation with colleagues

- Look up and notice the people around you.

12. Find something positive in each activity



13. Daily mindfulness meditation to start your day

14. Play music that makes you happy

https://www.health.harvard.edu/newsletter_article/music-and-health

15. 'Create a great day' I borrowed this from a colleague's email signature (it really does work). It can remind you that **you can make the difference** in your personal and professional self-care.