

# Healthy You Self- Care/Self- Compassion

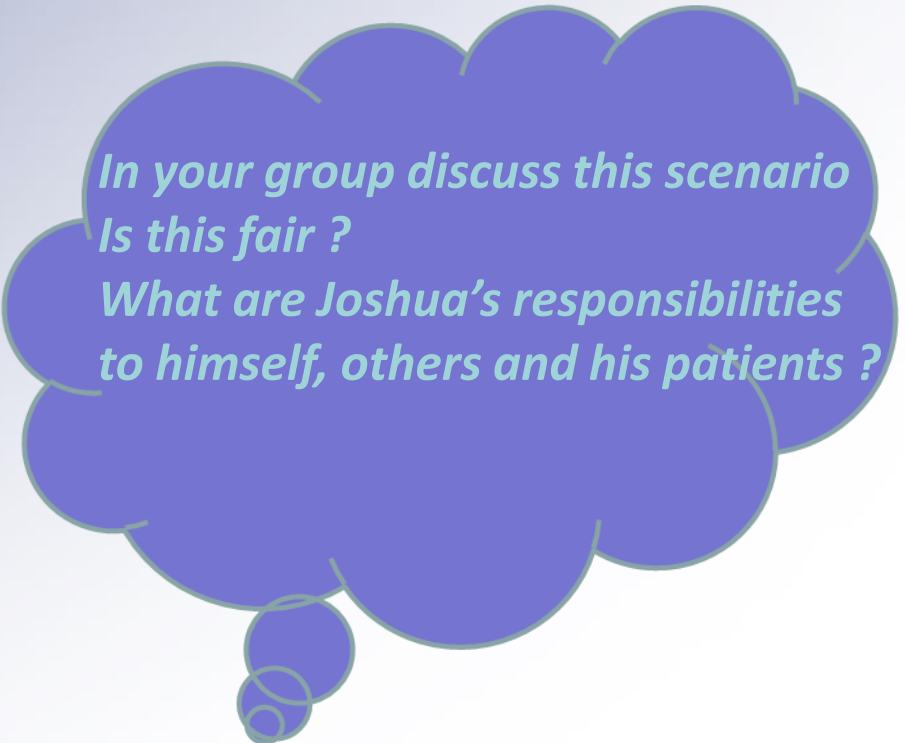
RCN Counselling Service

# Heathy You Case Study

Joshua is a hard working staff nurse and shows great compassion to his patients. He was driving home from a very busy night shift, when yet again had been unable to take any proper breaks, lost concentration and drove in to the back of a lorry.

Joshua suffered serious injuries and was very traumatised by the experience. During a long recovery, he was prosecuted for driving without due care and attention and lost his driving licence for a year.

In addition his manage informed him that she was now obliged to report him to the NMC



*In your group discuss this scenario  
Is this fair ?  
What are Joshua's responsibilities  
to himself, others and his patients ?*

# What is self- care/ Self compassion?

- Compassion can be defined as the sensitivity to suffering of the self and others (Dalai Lama, 2001), with this sensitivity leading to a commitment to want to alleviate it. Compassion can involve numerous feelings, thoughts and behaviours such as those that aim to protect, nurture, look after, rescue, guide, teach, mentor and soothe (Gilbert, 2010), incorporating a sense of acceptance and belonging.

# Self-compassion

- Self-Compassion is defined as the ability to be compassionate towards oneself (Heffernan et al, 2010), the ability to turn kindness towards ourselves (Lindstrom, 2014), whilst acknowledging our humanity and fragility. Neff (2003) expands on these attributes, exploring self-kindness, common humanity, mindfulness and wisdom as key concepts within self-compassion.

# Self-care

Self-care can be defined as the steps an individual may take to achieve and maintain good health (WHO, 1983; DoH, 2005), the prevention of disease or illness (Webber et al, 2013) and activities used with the purpose of managing physical and emotional health (Lee & Miller, 2013).

# “Please put on your own oxygen mask first”

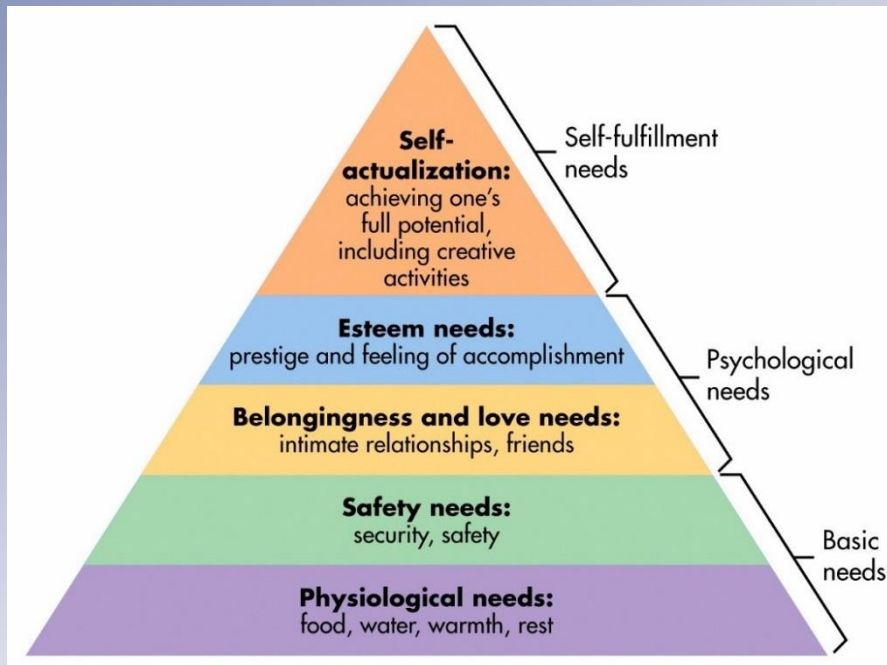
- As organisations need to create safe and healthy work places, there is also a need for you to consider factors that impact on your own health
- What are your tell-tale signs when you become increasingly stressed and anxious - when you need to come up for air?



# Our experience at the RCN counselling service

- Individuals continue working even though they experience physical and psychological manifestations of anxiety and stress
- This can lead to work errors, injury, accidents, exhaustion, compassion fatigue, sickness/absence, burnout and it can have a negative effect on all your relationships

# Maslow's Hierarchy of Needs & Healthy Workplace Domains



Learning and development

Job design

Dignity at work

Work-life balance

Health and safety at work



# Healthy You Domains

- Mind
- Body
- Heart
- Spirit
- Career
- Work
- Balance

# Why bother?

Working towards a healthy you will:

- Help you proactively manage your health and wellbeing
- Support you to recognise when you need help
- Prevent you from reaching crisis point
- If applicable, help you to fulfil aspects of your professional code of conduct i.e. 20.9 under the NMC Code

# Top Tips to getting started

- You only need yourself
- A little time is needed to move towards a Healthy You - how about while taking a shower, brushing your teeth or commuting?
- Some tools and external resources can be useful
- Look at it as a work in progress – check in with yourself
- Putting a plan in place (self care planning worksheet, see website)
- If you resist caring for yourself – discuss it with someone you trust

# Support for you

- Healthy workplace, healthy you website  
<http://www.rcn.org.uk/newsevents/campaigns/healthy-workplace/healthy-you>
- Members of the Royal College of Nursing (RCN) can book a counselling appointment by calling RCN Direct: 0345 772 6100
- Enquiries about the counselling service can also be e-mailed to [counselling@rcn.org.uk](mailto:counselling@rcn.org.uk) or you can self refer via the RCN website
- Working towards a healthy you leaflet

# Evaluation

- **Where you surprised or shocked by your level of self –care?**
- **Are you inspired to change anything?**
- **Was this workshop worthwhile?**