



Practicality is the word....

The benefits of mindfulness for managing stress are well known. For healthcare staff, finding practical ways to apply relaxation techniques to the ward, care setting or theatre are critical skills to learn. **Self Care for Carers** practices are immediately applicable to the real world. They can be used before meetings, when paperwork needs your full attention, when you feel scattered or emotionally drained, to help you wind down and to aid restful sleep.

Many caregivers find it difficult to give the time needed to care for themselves fully. At the heart of our training are methods for fostering a more *self-compassionate* approach to your own well-being. When we feel better, we provide better care to our patients.

Handle your stress your way

Individual self care planning is a core element of our workshops, so you leave with your own individualised plan for success. Our **new Self Care e-Companion(TM)** provides an opportunity to make new positive changes in a supported way and in your own time.

Feedback from staff:

"I want to practice this on the ward and speak the good news" Staff Nurse

"I realised how stressed I am at work and how to use techniques to overcome this" CNM2

"I suggest this should be part of mandatory training for all staff" CNM1

"I've loved the Tai Chi and energy exercises and how to set boundaries for myself" Ass. Director of Nursing

"I've learned to have more time for myself and that I am important" Care Assistant

"5 Stars! This workshop is highly recommended for healthcare workers in oncology wards" Staff Nurse

"Well facilitated, it felt very safe" Complimentary Therapy Manager

"I'm already benefitting from some of the techniques and they really helped me to sleep which I am very thankful for." Community Psychiatric Nurse

Browse our online **Self Care Sanctuary** full of helpful tips, techniques, videos, articles and advice on looking after you.

www.selfcareforcarers.ie
karen@selfcareforcarers.ie
087 2248181

Find us on Facebook.

(c) Self Care for Carers 2015



Self Care for Carers is Ireland's leading organisation providing healthy caregiving strategies to staff in healthcare settings.

Caregiving can be tough at times, **Self Care for Carers** provide specialist training to help staff deal with the stresses which can result from caring for others. We offer best practice in person-centred training for staff in a range of areas such as oncology, palliative care, elder and dementia care, social work, occupational therapy etc. **Self Care for Carers** training gives caregivers the tools and competencies to manage their own self care with greater effectiveness.

Approved for 5.5 CEUs with **An Bord Altranais Cat 1**.

"We have had **no sick leave** from any member of staff to date who attended this course". CNM 2 & Assistant Director of Nursing, HSE Addiction Services.

According to the Eurobarometre (2015) *exposure to stress is considered the main health and safety risk in the workplace*. Implications for healthcare organisations include reduced work performance, staff conflicts, absenteeism, high turnover, accidents, etc. The costs for caregivers can include anxiety, depression, stress related illness, burnout, sleep problems, cynicism, addictive behaviours etc.

Self Care for Carers provide a practical, solution-based approach to identify stressors and develop more effective coping strategies. **In feedback, over 90% of participants would "recommend" or "highly recommend" our training to colleagues.**

Our programmes

- **Workshops in Compassion Fatigue, Resiliency, Stress Management & Self Care**
- **Mindful Moments Sessions**
- **Online training including our Self Care Sanctuary**
- **Consultancy, analysis and reporting**

The popularity of body wellness practices amongst staff in hospital and hospice settings is growing. Using proven techniques for stress reduction, **Self Care for Carers** programmes work on cognitive and physiological levels. Techniques are quick, effective and easily applied. Simply put, staff "feel better" after learning these wellness practices and can put them to work straight away in the ward, theatre, care setting and at home.

"I can't deny that the tapping (EFT) did help me to relax" Palliative Care Consultant

Take a little time for stress relief. Using these simple techniques, you can bring relaxation to your mind and body, on the ward, at home or wherever you are...

HAND HYGIENE can be your cue to RELAX



Work gets very busy sometimes and we can easily forget to check in to what we need and how we are feeling in the moment. Using cues in the environment can be really helpful to remind us to take a breath and momentarily relax.

1. When you practice hand hygiene, become aware that you are taking this moment to relax yourself as you are going about your day.
2. Breathe deeply as you feel the temperature of the gel or water on your skin. Close your eyes and savour this sensation on your hands.
3. Allow your shoulders to drop as you feel your breath filling your stomach and then gently releasing, letting tension go.
4. Take a few more abdominal breaths and allow this feeling of relaxation to move down through you, like a gentle wave down into the floor.
5. Feeling more grounded, set an intention to bring more mindful moments to yourself today. This is a wonderful way to increase self-awareness.



Sea of Tranquility Accu-point

Gently press the point 3 finger widths above your breast bone base. Breathe deeply and gently for 3 minutes. Great for relieving anxiety and stress.

Alternate Nostril Breathing

This breathing practice is deeply relaxing and can quickly replace stress with calmness.



1. Sit with straight back, shoulders dropped, left hand on lap. Position the top of your ring and small fingers of your right hand at your left nostril. You will use your thumb on your right nostril.
2. Place your thumb on your right nostril and gently breathe in through the left nostril for a count of 8. Hold for a count of 4. Now breathe out from the left (same) nostril for a count of 8. Hold for a count of 4. Then release your thumb.
3. Gently press your left nostril with your ring and small fingers. Breathe in from the right nostril for a count of 8. Hold for 4. Breathe out from the right (same) nostril for a count of 8 and hold for a count of 4.
4. Continue breathing from alternate nostrils. Take a break if you feel dizzy or light headed.
5. Aim to do 9 rounds to bring deep relaxation.