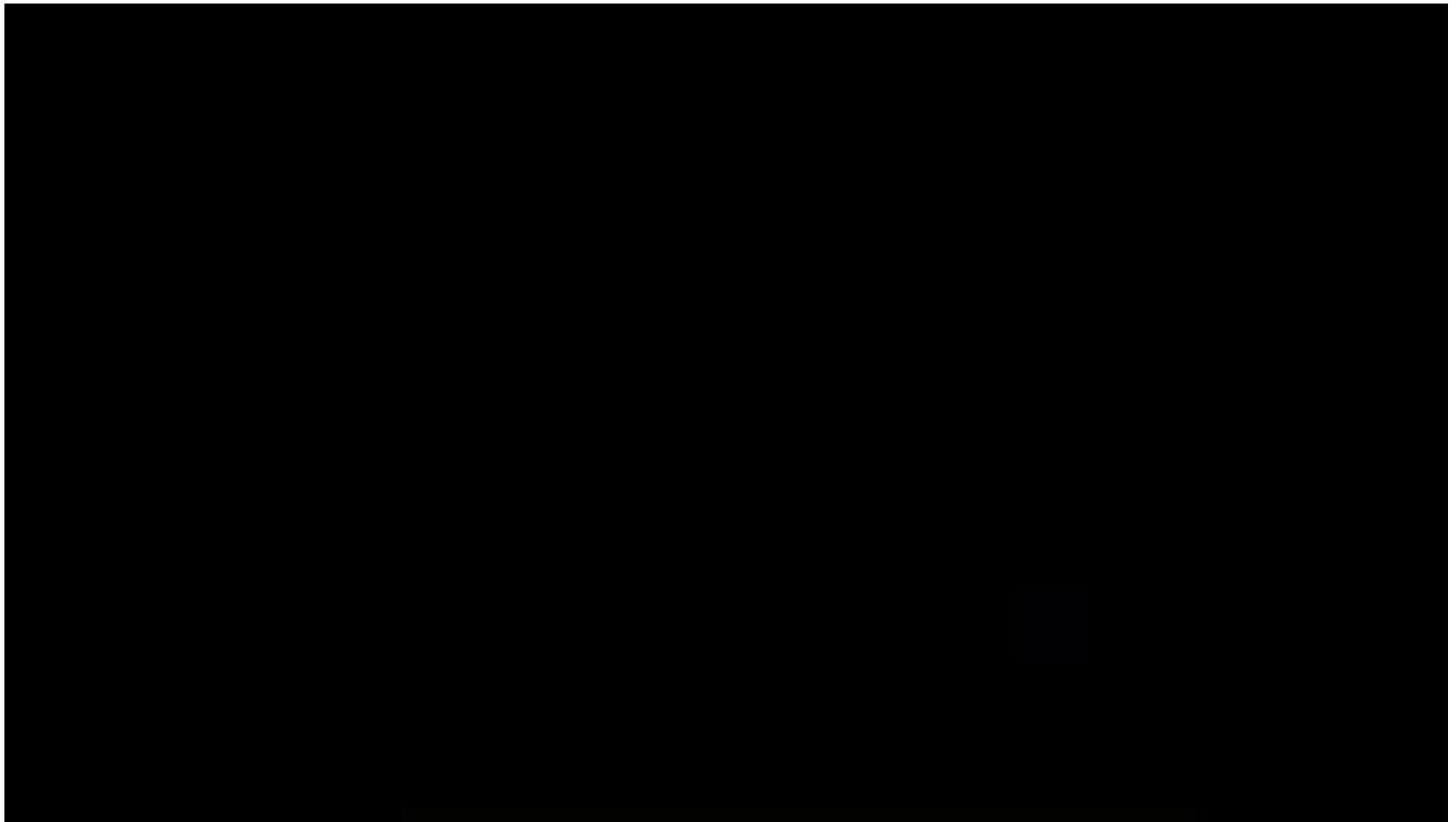


Bringing it all Back Home

Social Care Ireland Conference
March 2019

**Tricia McDonnell
Caitriona Clarke**

Experiments with altruism in children and chimps



Caretaking/Caregiving Roles

Work/Life Balance

- **Work/life balance-not just about time off but about nourishing a different part of ourselves when we are not at work.**

**It is essential that we have knowledge of and access to
things that strengthen us, calm us and bring joy into
our lives**



Benefits of Self Care

- Healthy relationship with ourselves
- Positivity
- Productivity and motivation
- Higher engagement levels
- Ability to fight fatigue and illness

Mindfulness

Research showed that not only did the participants feel happier, more energised and less stressed, they also felt they had far more control over their lives.

They found that their lives had more meaning and that challenges could be seen as opportunities rather than as threats

Jon Kabat-Zinn

Mindfulness

- Transport For London reported a 71% drop in days off related to stress, anxiety and depression after introducing mindfulness at work

**"Mindfulness isn't difficult, we just
need to remember to do it." - Sharon
Salzberg**



A Positive Attitude

- When we can change the way we think and keep things in perspective, we are able to stay calm, become more solution-oriented, be more resourceful and more resilient.
- Understand the impact of mental energy on your daily life
- Stop the “storm of thought” in your head so that you can think more clearly
- Understand the crucial importance of strong relationships and how to significantly improve them
- Redirect energy away from the adrenalin rollercoaster and learn how to avoid stress and burnout
- Recognise the importance of using relaxation and breathing techniques to maximise your energy

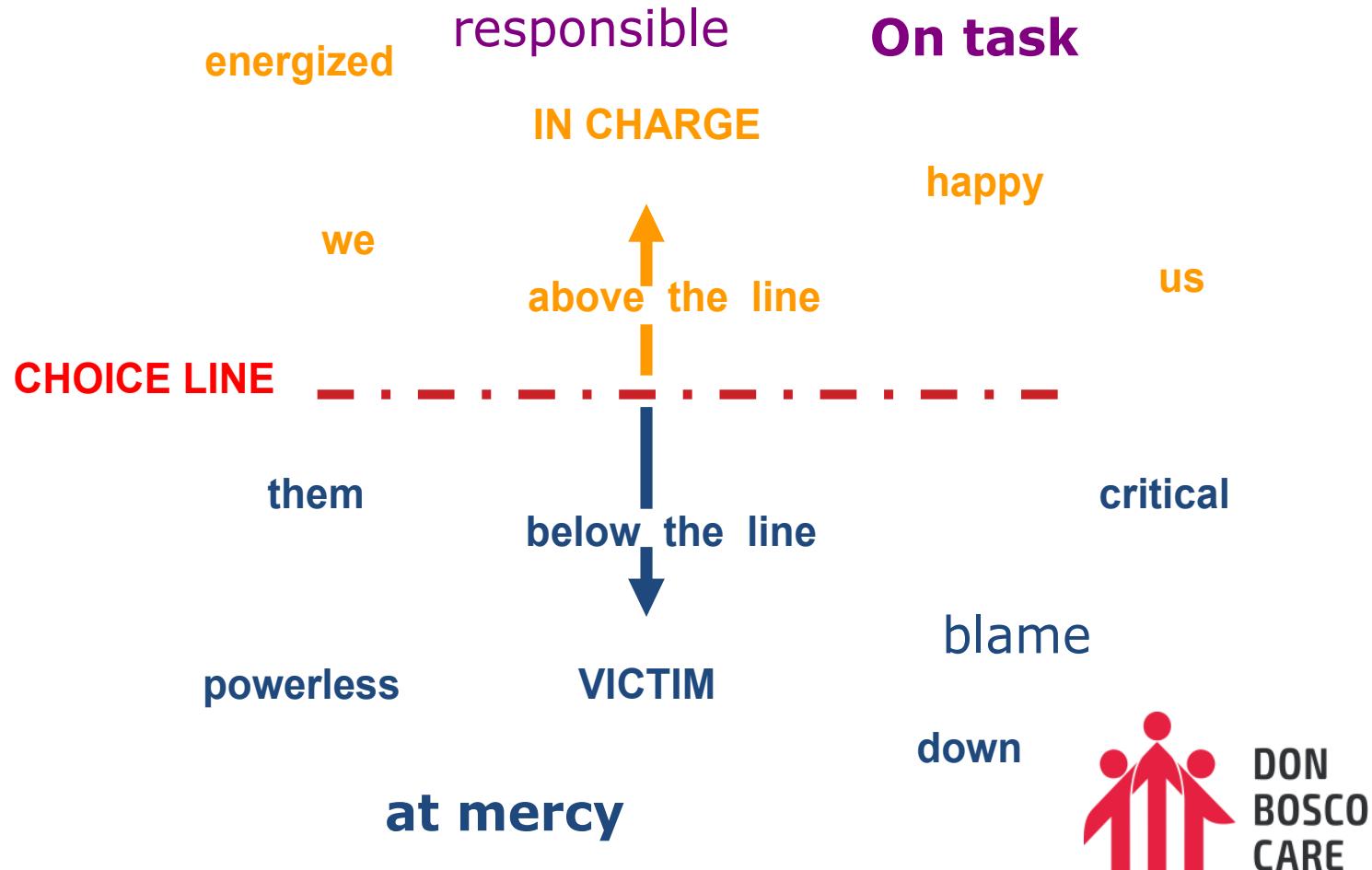
A Positive Attitude

When we change the way we think, and keep things in perspective, we are able to stay calm, become more solution oriented, be more resourceful and more resilient

Watch out for:

- The Wrecking Ball Thought/s

Self-empowerment: The Choice Line



Compassion

- “*Not all pain can be fixed or solved, but all suffering is made more approachable in a landscape of compassion*

*One must be compassionate to oneself,
before we can extend it to others”*

Dalai Lama

Benefits of Gratitude

- Positive mood
- Stronger immune system
- Better sleep
- Alertness
- Optimism
- Compassion for others
- Feeling less lonely

Gratitude

- Is a feeling of happiness which comes from appreciation
- Willingness to recognize the good things we have in life and be thankful
- Mindful of the little things
- Let go of the unimportant
- Return kindness where the opportunity arises

Supervision + Self-Care

- Support
- Professional and personal
- Process some of the difficult feelings that come up in the work with young people
- Provide containment for those feelings
- Reflect on challenging behaviour and explore interventions that help staff member feel more resourced
- Build confidence

Approach

- Non-judgemental
- Safe space
- Trust
- Role clarity
- Commitment from organization

Personal Issues

- Attunement
- Naming what you notice
- Explaining how you see it showing up in the work
- Providing an opportunity to explore it initially
- Encourage extra support if needed
- Role model honesty and vulnerability at times
- Links to extra resources

Reflective Practice

‘Reflective Practice is a dialogue of thinking and doing through which I become more skillful’

Donald Schon

- Reflect on your experience (feelings, thoughts, reason for chosen actions)
- Analyze clients responses to your intervention
- Apply learning to your practice

Other Practices

- Team mornings
- Support sessions
- Alternative activities as a team (nature, fun team building activities)
- Sports morning
- Brief mediations at start of the meetings
- Sharing food
- Celebrate birthdays and other important events

Reflective Practice + Self Care

- Increases confidence
- Creates a support space to reflect on practice
- Develops skills- culture of learning
- Increases self awareness
- Improves outcomes for young people = job satisfaction for staff
- Strengths based approach
- Improves relationships/communication/support between colleagues

Benefits of Self Care

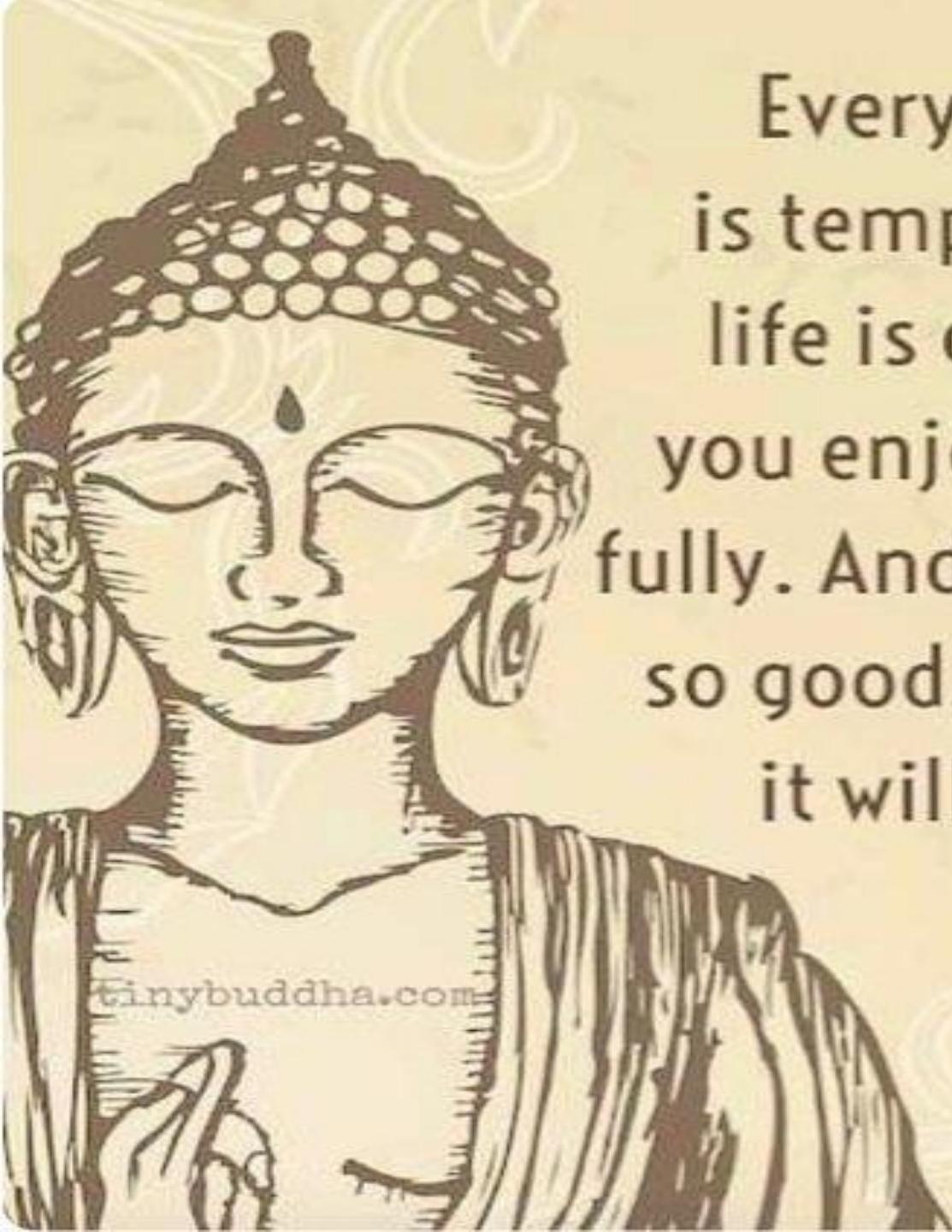
- Healthy relationship with ourselves
- Positivity
- Productivity and motivation
- Higher engagement levels
- Ability to fight fatigue and illness

3 Steps to making yourself a priority

- Learn to say no
- Decide what s important to you and set boundaries
- Clear the decks to make time for some self care activities

Optimism

- “I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.”
- Nelson Mandela, Long Walk to Freedom: Autobiography of Nelson Mandela



Every situation in life
is temporary. So, when
life is good, make sure
you enjoy and receive it
fully. And when life is not
so good, remember that
it will not last forever
and better days
are on the way.

tinybuddha.com

Jenni Y-u



**When you connect
with positive, genuine,
enthusiastic people,
their vibrant energy
makes you feel as
if you can take
on the world.**

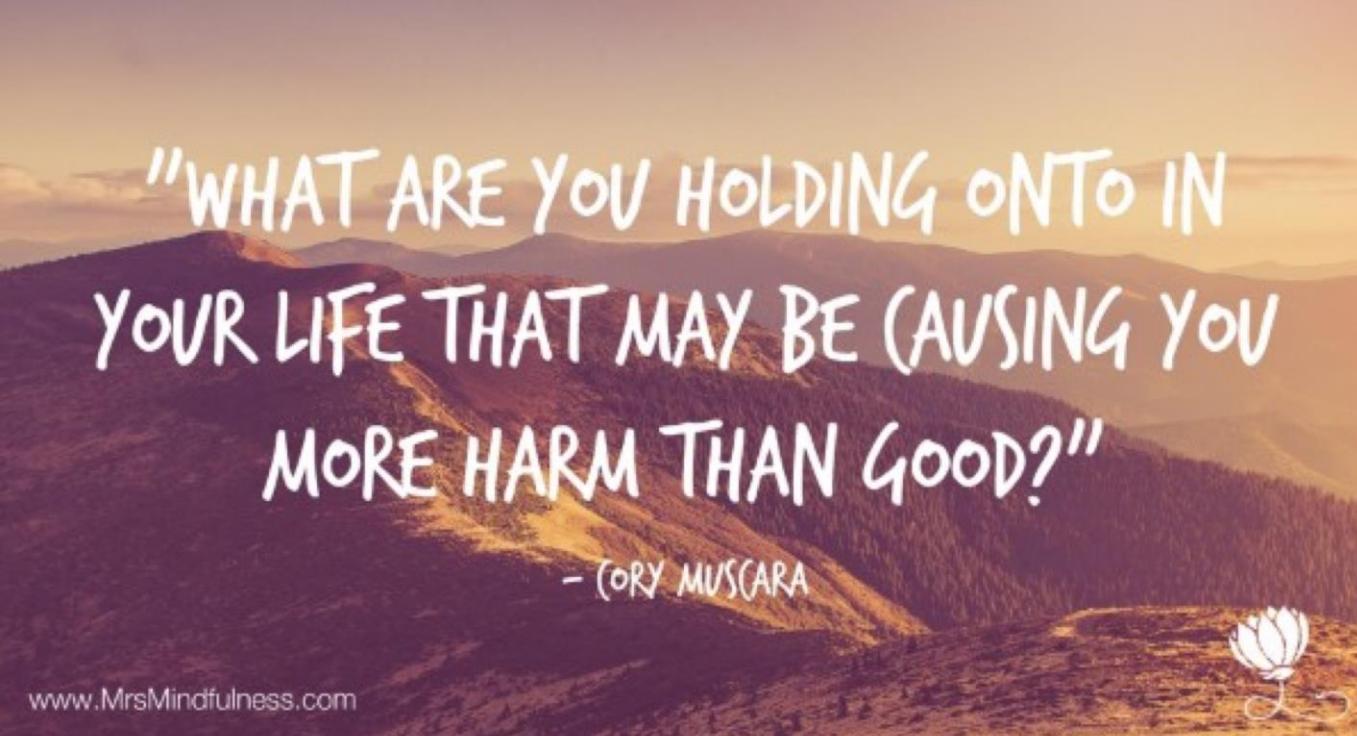
The story is about how hunters used to catch monkeys in India. They would cut a coconut in half, hollow out one side, and drill a hole in the center that was just big enough for a monkey to put its hand through. After this, they drill two smaller holes on each side of the coconut, pass a wire through, and secure the coconut to the base of a tree. Then they place a banana inside the coconut and hide.

The monkey comes down, puts their hand in and reaches for the banana. But the hole is crafted in such a way that the open hand can go in, but the fist with a banana cannot get out. The hunters see this and start to walk toward the monkey. The monkey pulls to get away, but can't. Eventually they just pick up the monkey, and that's how it's captured.

The interesting thing is that at any point, all the monkey needs to do is release their hand from the banana. But they're so attached to what they want that they refuse to let go, blinded by the fact that holding on is actually leading to inevitable harm.

As humans, we too can be so blinded by our ideas of what we want and need, oblivious to how these desires and pursuits are causing us great suffering.

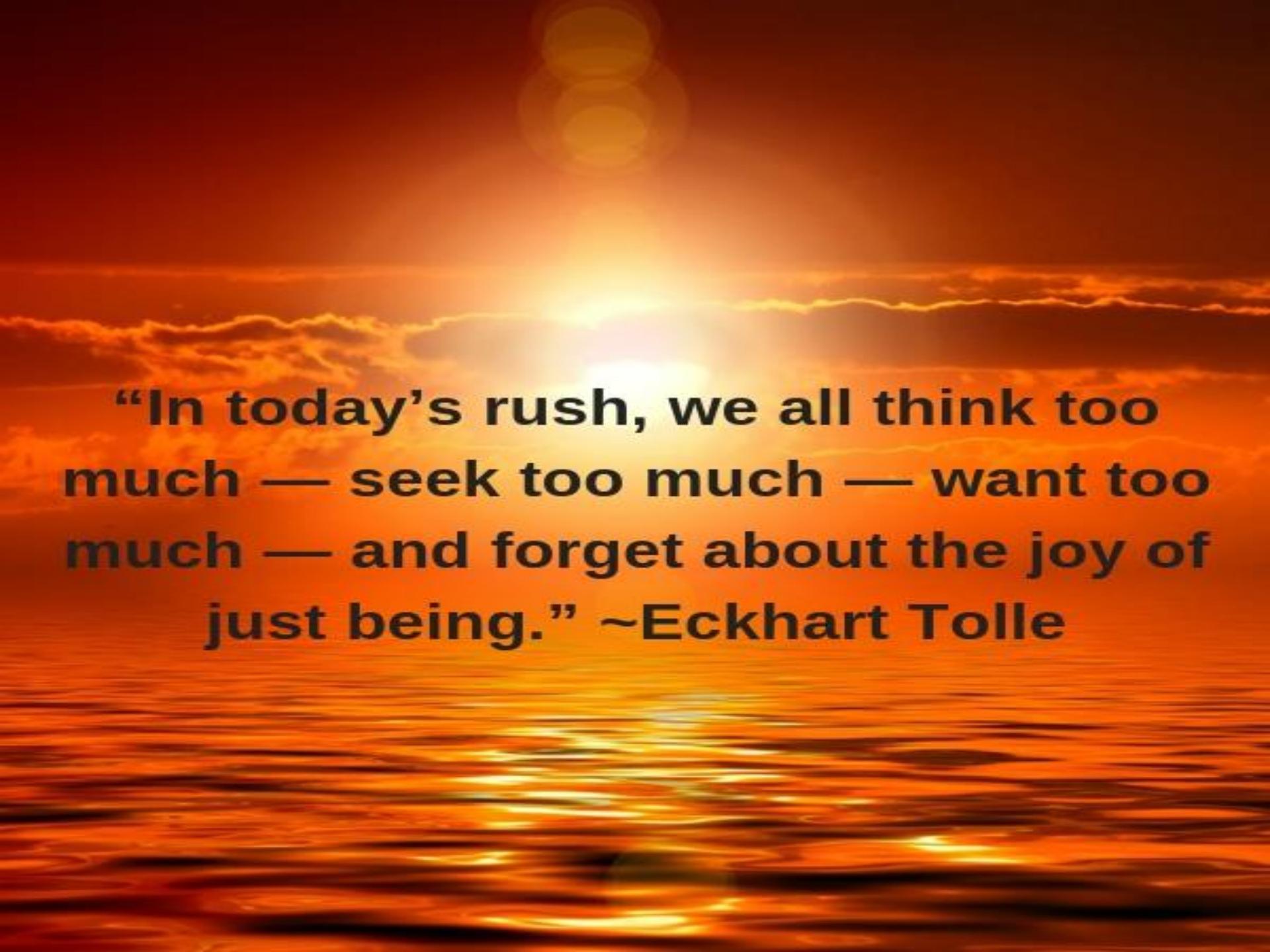
It's worth taking a moment to ponder - what are you holding onto in your life that may be causing you more harm than good?



"WHAT ARE YOU HOLDING ONTO IN
YOUR LIFE THAT MAY BE CAUSING YOU
MORE HARM THAN GOOD?"

- CORY MUSCARA



The background of the image is a photograph of a sunset or sunrise over a body of water. The sky is filled with warm, glowing orange and yellow clouds, with some darker areas suggesting the horizon or a setting sun. The water in the foreground has a similar warm glow and some ripples, creating a peaceful and contemplative atmosphere.

**“In today’s rush, we all think too
much — seek too much — want too
much — and forget about the joy of
just being.” ~Eckhart Tolle**

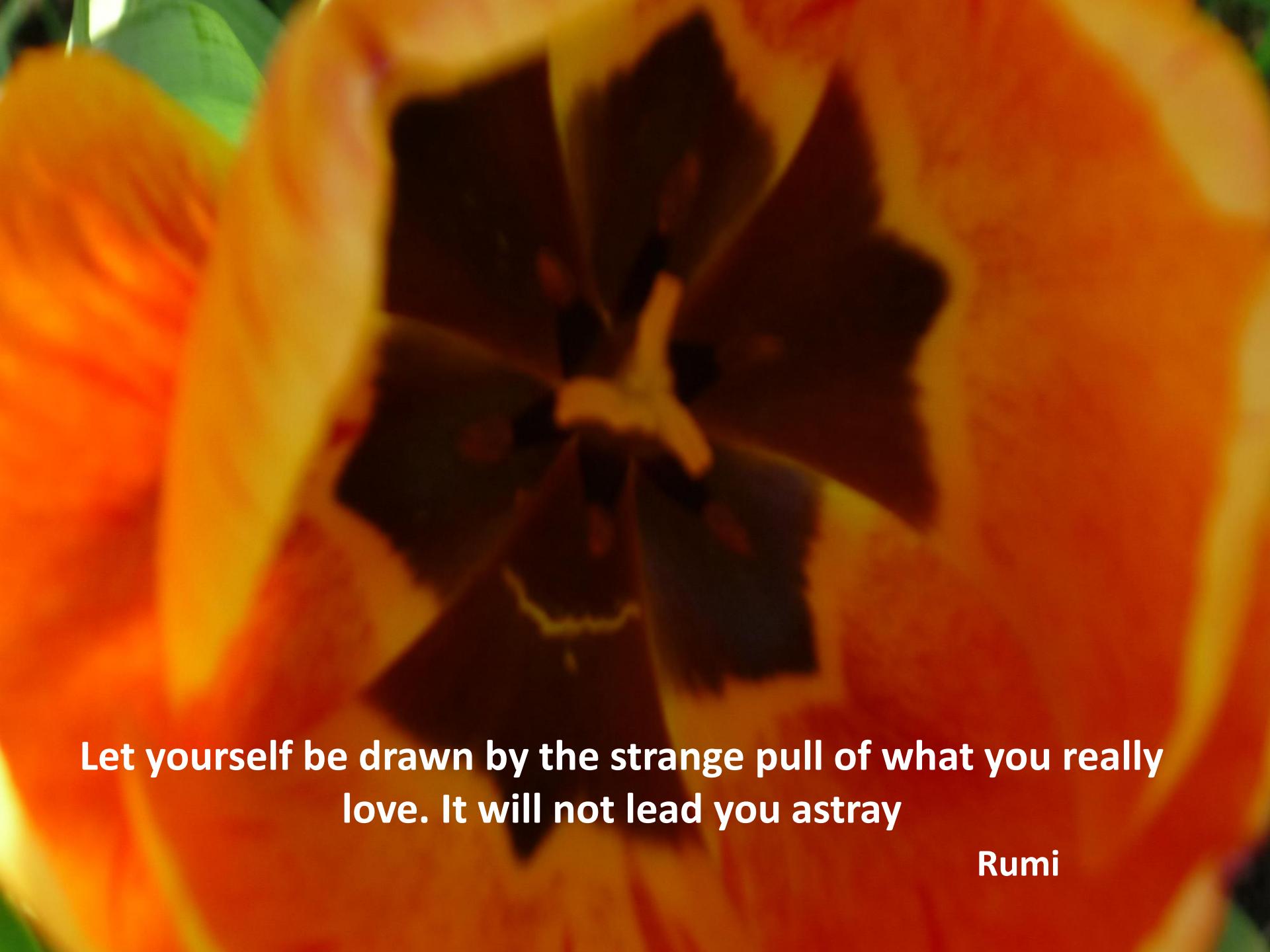
YOU, YOURSELF, AS MUCH
AS ANYBODY IN THE ENTIRE
UNIVERSE, DESERVE YOUR
LOVE AND AFFECTION

Buddha

A photograph of a beach at sunset. In the foreground, a dark, irregular rock sits on the wet sand. The water is shallow and reflects the warm colors of the sky. In the background, a small, dark forested island is visible across the water. The sky is filled with wispy clouds colored in shades of orange, yellow, and blue.

The world is full of magic things, patiently
waiting for our senses to grow sharper

W.B. Yeats



**Let yourself be drawn by the strange pull of what you really
love. It will not lead you astray**

Rumi

- The essential or critical importance of self care
- Routine
- Small steps
- Inventory
- Checking in with self
- Being open to the support that is available