



NEW FUTURE

BETTER MENTAL WELLBEING FOR THE REFUGEES IN THEIR NEW FUTURE  
2023-1-DE02-KA220-VET-000157237

# TRAINING KIT FOR VET PROFESSIONALS – MODULE 8



Co-funded by  
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# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Learning objectives:

- Develop strategies for self-care
- Promote self-care practices
- Prevent burnout and compassion fatigue
- Enhance mental wellbeing of professionals

# MODULE 8 – SELF CARE FOR PROFESSIONALS

Topics of the module:

- Importance of self-care in **preventing burn-out**
- Strategies for **maintaining for well-being** (for individuals and for working groups)
- Implement self-care practices in **daily work routines**
- Self-supporting strategies and interventions of professionals **within the work-community**
- Art therapy techniques for **supporting self-care** of professionals

# MODULE 8 – SELF CARE FOR PROFESSIONALS

Key contents:

- **Understanding burnout:** the signs and symptoms of burnout among professionals working with refugees, how to recognize them
- **Daily self-care rituals:** establishing daily routines that incorporate mindfulness, exercise, and healthy eating to support overall well-being
- **Emotional resilience:** reflective practices and stress management techniques to widen the tolerance window
- **Work-Life balance:** techniques for setting boundaries between work and personal life to prevent overextension

# MODULE 8 – SELF CARE FOR PROFESSIONALS

Key contents:

- **Art therapy fundamentals:** introducing basic art therapy activities that can be self-administered to relieve stress and express emotions non-verbally
- **Cultural competence:** how cultural competence impact self-care practices and professional interactions
- **Peer support systems:** how to create and utilize peer support systems within the workplace for shared experiences and coping strategies
- **Professional help:** importance of using of professional counselling services when needed and how to access them

# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Characteristics of trainers profession

- **Challenges of the trainer profession and its relationship to the self-care** (professional identity, empathy, self-care is not selfish, support)
- **Importance of self-care in preventing burn-out:** (risk, compassion of fatigue, self-care as prevention)

# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Burn-out

- **Role of empathy** (mirror neurons)
- **Factors influencing burn-out:** workplace stress and demands, lack of resources and support, compassion fatigue and emotional exhaustion, cultural competence challenges, role of ambiguity and role conflict, personal factors and coping styles
- **Signs and symptoms of burn-out:**
  - Physical and emotional exhaustion
  - Cognitive and behavioural changes
  - Lost of interests and detachment

# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Stages of burn-out



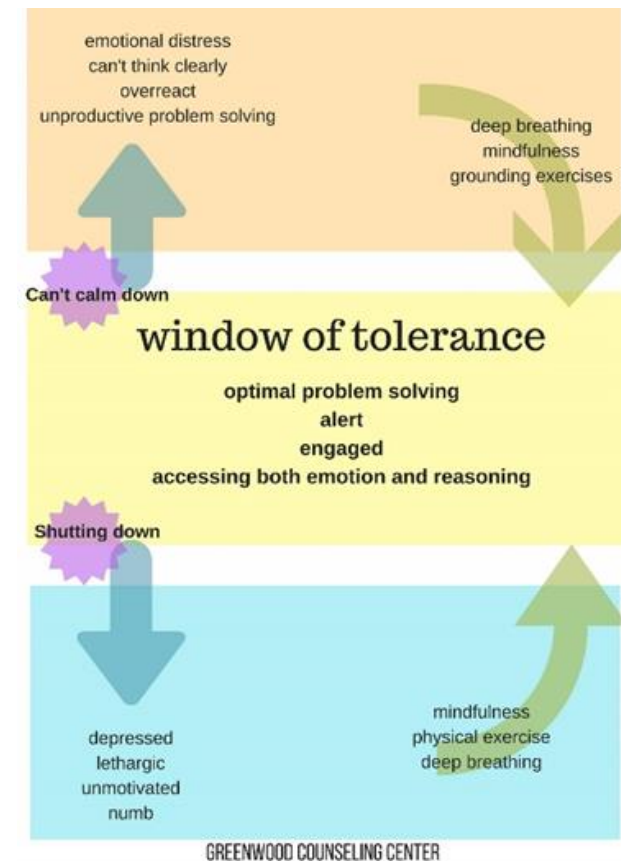


# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Self-care as a preventive measure

## Strategies for maintaining well-being

- **Window of tolerance**
- **Aspects of individual well-being strategies**
  - Monitor stress-level
  - Go back to basics (self-care practices)
  - Set boundaries
  - Seek supervision and support
  - Consider culturally sensitive self-care practices



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## Aspects of group well-being strategies

- **Creating a supportive work-environment**
- **Encouraging peer support and collaboration**
- **Addressing overextension and the need for balance**

# MODULE 8 – SELF CARE FOR PROFESSIONALS

## **Interventions for supporting self-care of professionals within the work-community**

- **Create a culture of well-being within the team**
- **Create and use supportive environment for well-being**
- **Dialogue between employers and employees**

# MODULE 8 – SELF CARE FOR PROFESSIONALS

## Activities

- Personal-professional motivation - with vision board
- Identifying Personal Stressors: Collage Activity
- Personal self-care and wellness planning
- Creating a well-being blueprint



THANK YOU!