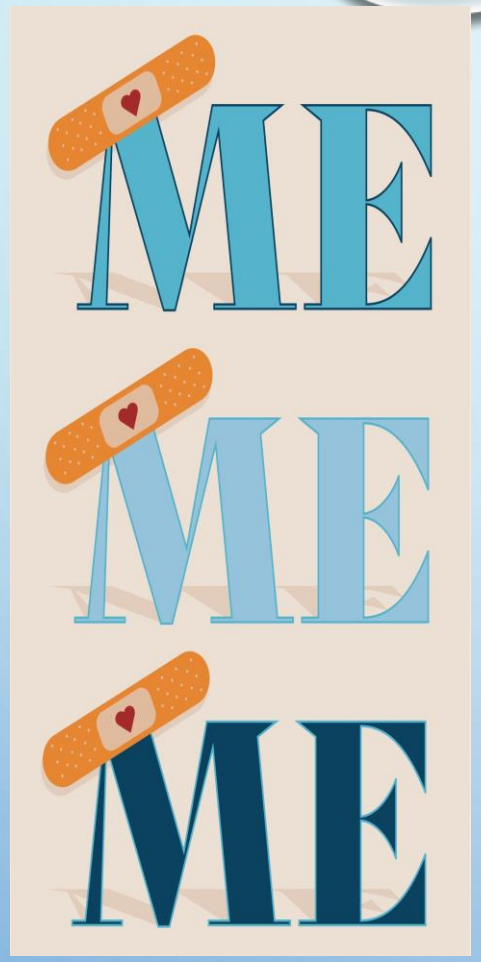

“ME TIME”

SELF CARE FOR PARENTS

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WHY??

- WHEN YOU BECOME A PARENT YOUR FOCUS CHANGES FROM YOURSELF TO YOUR CHILD, AS YOUR CHILD GROWS THEY NEED MORE ATTENTION, REMOVING MOST "ME TIME"

- TAKING CARE OF YOUR NEEDS (SPIRITUAL, PSYCHOLOGICAL, SOCIAL AND PHYSICALLY) WILL HELP YOU FEEL YOUR BEST SO YOU CAN BE THE BEST PARENT YOU CAN BE.

- A LACK OF SELF CARE CAN CREATE A DOWNWARD SPIRAL LEAVING YOU STRESSED OR OVERWHELMED.

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RESEARCH

The Health Foundation

TRAFFIR

Erasmus+

action mental health

www.ntw.nhs.uk/pic/selfhelp

www.NHS.uk

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"ME TIME" AND CHILDREN

PARENTAL MENTAL ILL-HEALTH

- POOR PARENTAL MENTAL HEALTH CAN HAVE A DETRIMENTAL EFFECT ON THE HEALTH AND DEVELOPMENT OF CHILDREN, LEADING TO AN INCREASED RISK OF MENTAL HEALTH PROBLEMS FOR THE CHILDREN THEMSELVES.

MENTAL HEALTH DEFINITION

A MENTAL ILLNESS DEFINITION CAN, PERHAPS SURPRISINGLY, BE DIFFICULT TO DEVELOP. THE QUESTION "WHAT IS MENTAL ILLNESS?" ISN'T ALWAYS AN EASY ONE TO ANSWER. BEING HUMAN CAN BE AN AWFUL TASK SOMETIMES. EVENTS CAN GET US DOWN; RELATIONSHIPS CAN TAKE A TOLL. SOMETIMES PEOPLE COLLAPSE UNDER THE WEIGHT OF THEIR THOUGHTS AND EMOTIONS, AND WHEN THEY DO, THEY SUFFER IMMENSELY. BUT DOES SUCH A BREAKDOWN MEAN MENTAL ILLNESS OR JUST EXTREME DISTRESS (*EARLY WARNING SIGNS OF MENTAL ILLNESS*)? WHAT IS THE LINE, FOR EXAMPLE, BETWEEN PROLONGED SADNESS AND DEPRESSION OR BETWEEN ANXIETY AND AN ANXIETY DISORDER?

MENTAL ILLNESS DEFINITION: WHAT IS MENTAL ILLNESS? | HEALTHYPLACE

MENTAL HEALTH IN NORTHERN IRELAND

- 1 IN 4 ADULTS WILL EXPERIENCE AT LEAST ONE DIAGNOSABLE MENTAL HEALTH PROBLEM IN ANY ONE YEAR
- NI HAS ONE OF THE HIGHEST INCIDENCE OF MENTAL ILLNESS IN THE DEVELOPED WORLD
- PREVALENCE OF MENTAL ILLNESS IS 25% HIGHER THAN IN ENGLAND
- DEPRESSION IS THE MOST COMMON REASON FOR PEOPLE IN NI VISITING THE GP

COVID – 19 AND MENTAL HEALTH

- MORE THAN TWO-THIRDS OF ADULTS IN THE UK (69%) REPORT FEELING SOMEWHAT OR VERY WORRIED ABOUT THE EFFECT COVID-19 IS HAVING ON THEIR LIFE.
- THE MOST COMMON ISSUES AFFECTING WELLBEING ARE WORRY ABOUT THE FUTURE (63%), FEELING STRESSED OR ANXIOUS (56%) AND FEELING BORED (49%).
- MENTAL HEALTH HAS WORSENED SUBSTANTIALLY (BY 8.1% ON AVERAGE) AS A RESULT OF THE PANDEMIC
- A REPORT BY MPS FOUND 16 PEOPLE – 14 WOMEN AND 2 CHILDREN – WERE KILLED IN THE FIRST 3 WEEKS OF LOCKDOWN, AND CALLS TO THE NATIONAL HELPLINE REFUGE WERE 49% HIGHER THAN USUAL
- POOR MENTAL HEALTH IS STRONGLY ASSOCIATED WITH WORSE PHYSICAL HEALTH.

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EMOTIONAL TOLLS

- STRESS

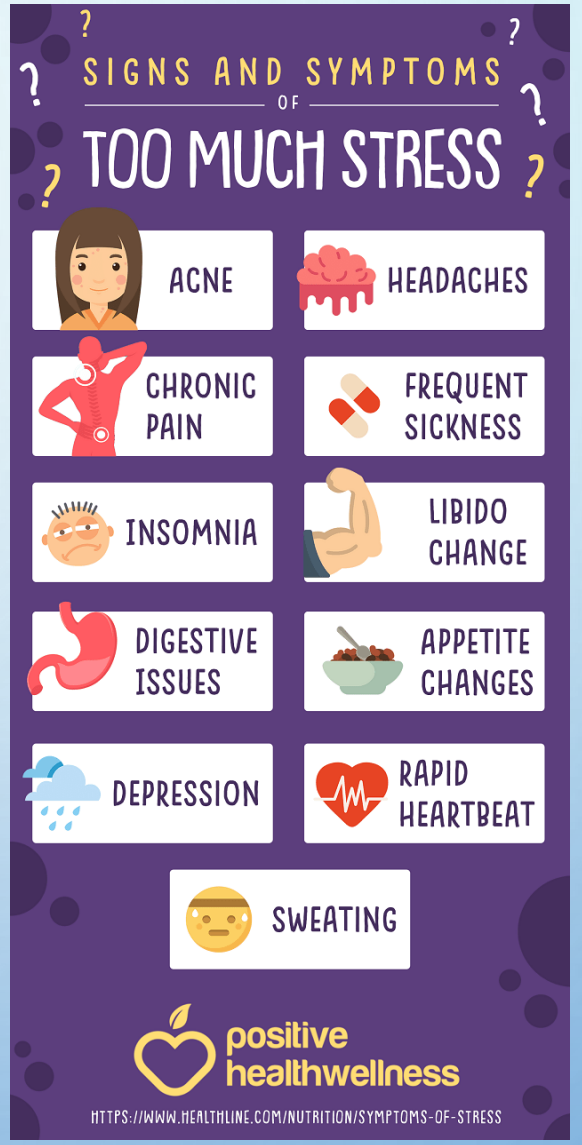
- TRAUMA

- COMPASSION FATIGUE

- BURNOUT

STRESS

"A STATE OF MENTAL OR EMOTIONAL STRAIN OR TENSION RESULTING FROM ADVERSE OR DEMANDING CIRCUMSTANCES."



Stress inducing ???

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TRAUMA

- A DEEPLY DISTRESSING OR DISTURBING EXPERIENCE.
- EMOTIONAL SHOCK FOLLOWING A STRESSFUL EVENT OR A PHYSICAL INJURY, WHICH MAY LEAD TO LONG-TERM NEUROSIS.

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TRAUMA EXAMPLES

- ACCIDENTS (INVOLVED AND WITNESSING)
- INCIDENTS (BURGLARY, DOMESTIC VIOLENCE)
- MAJOR SURGERIES, ILLNESSES

COMPASSION FATIGUE

- COMPASSION FATIGUE HAS BEEN DESCRIBED AS THE “COST OF CARING" FOR OTHERS IN EMOTIONAL AND PHYSICAL PAIN.
- IT IS CHARACTERISED BY DEEP PHYSICAL AND EMOTIONAL EXHAUSTION AND A PRONOUNCED CHANGE IN ONE’S ABILITY TO FEEL EMPATHY FOR CUSTOMERS, LOVED ONES AND COLLEAGUES / CO-WORKERS.
- IT IS MARKED BY INCREASED CYNICISM AT WORK, A LOSS OF ENJOYMENT OF OUR CAREER, AND EVENTUALLY CAN TRANSFORM INTO DEPRESSION, SECONDARY TRAUMATIC STRESS AND STRESS-RELATED ILLNESSES.
- THE MOST INSIDIOUS ASPECT OF COMPASSION FATIGUE IS THAT IT ATTACKS THE VERY CORE OF WHAT BROUGHT KEY WORKERS OR THOSE IN TRAUMA LINKED ROLES INTO THIS WORK: THEIR EMPATHY AND COMPASSION FOR OTHERS.

SIGNS AND SYMPTOMS OF COMPASSION FATIGUE

- HEIGHTENED ANXIETY OR IRRATIONAL FEARS
- INTRUSIVE IMAGERY OR DISSOCIATION
- HYPERSENSITIVITY OR INSENSITIVITY TO EMOTIONAL MATERIAL
- DIFFICULTY SEPARATING WORK LIFE FROM PERSONAL LIFE
- ABSENTEEISM – MISSING WORK, TAKING MANY SICK DAYS
- IMPAIRED ABILITY TO MAKE DECISIONS AND CARE FOR CLIENT/PATIENT NEEDS
- PROBLEMS WITH INTIMACY AND IN PERSONAL RELATIONSHIPS
- EXHAUSTION
- REDUCED ABILITY TO FEEL SYMPATHY AND EMPATHY
- ANGER AND IRRITABILITY
- INCREASED USE OF ALCOHOL AND DRUGS

- DREAD OF WORKING WITH CERTAIN CLIENTS / PATIENTS
- DIMINISHED SENSE OF ENJOYMENT OF CAREER
- WITH BURNOUT AND COMPASSION FATIGUE MANY CAN NOTICE SOME COGNITIVE SHIFTS THAT BECOME PROBLEMATIC
- DEPENDENCY / TRUST (SUSPICION OF OTHERS)
- SAFETY (FEELING MORE VULNERABLE TO DANGER)
- POWER (FEELING HELPLESS)
- INDEPENDENCE (LOSS OF CONTROL / FREEDOM)
- ESTEEM (BEING BITTER OR CYNICAL ABOUT OTHERS)
- FRAME OF REFERENCE (BLAMING THE VICTIM / CLIENT)

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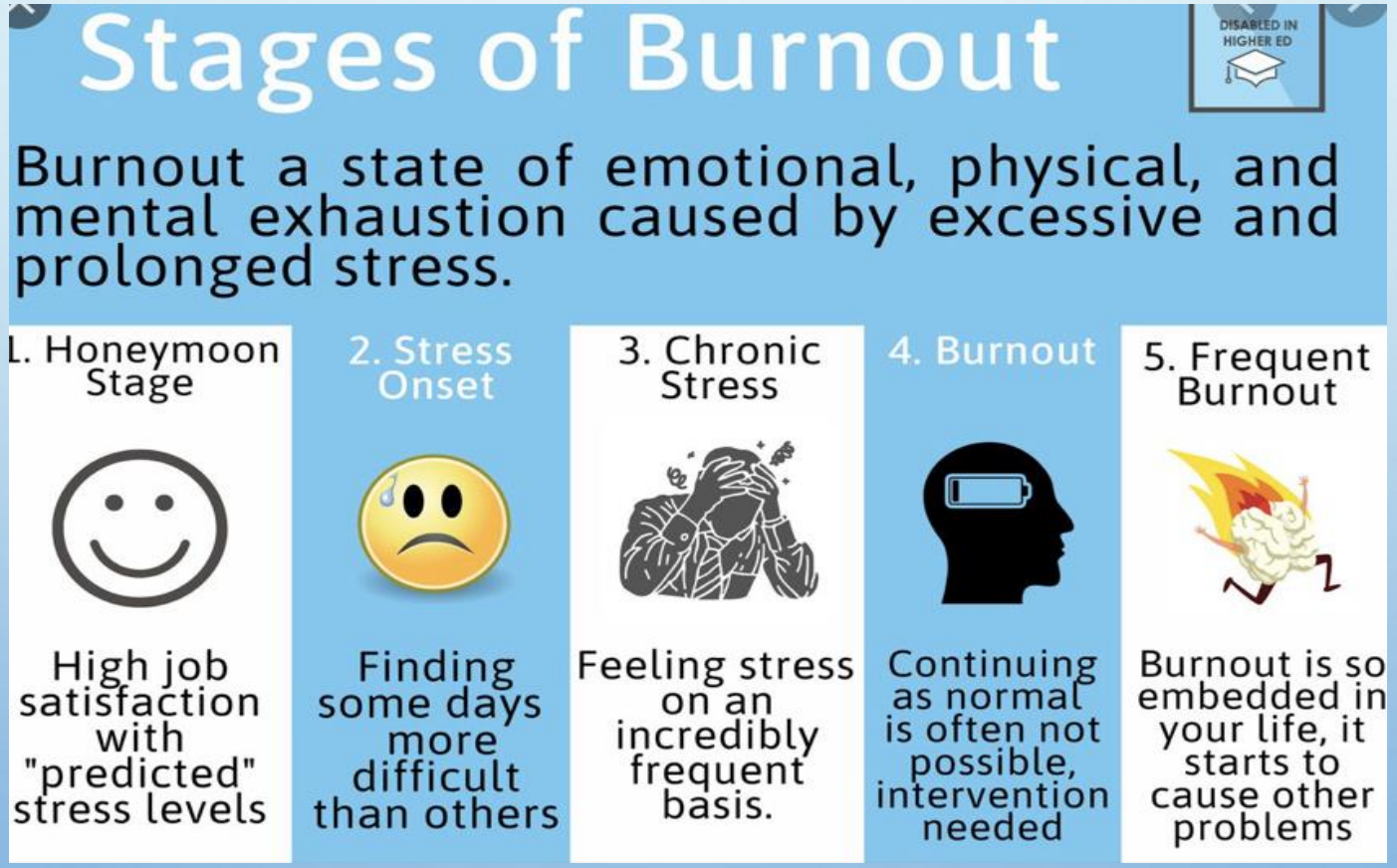
BURNOUT



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FACTORS TO A BURNOUT

- HIGH WORKLOAD AND FEW REWARDS
- FEELINGS OF BEING UNSUPPORTED
- INADEQUATE TRAINING AND SUPERVISION
- VALUES AND ETHICAL CONFLICTS
- BURDENSOME POLICIES / EXCESSIVE BUREAUCRACY
- HIGH EXPECTATIONS FROM MANAGERS
- TIGHT DEADLINES
- LITTLE AUTONOMY AND INDEPENDENCE
- MORE WORK THAN TIME TO DO IT
- EXTERNAL LOCUS OF CONTROL

SYMPTOMS OF BURNOUT

- ANXIETY
- AVOIDANCE OF DECISION MAKING
- CHANGE IN APPETITE OR DIET
- FATIGUE
- FORGETFULNESS
- GENERAL NEGLECT OF PERSONAL NEEDS
- ISOLATION
- ANGER
- DEPRESSION
- INABILITY TO FOCUS
- IRRITABILITY
- JOB DISSATISFACTION
- LACK OF SLEEP OR REDUCED QUALITY
- LACK OF SOCIAL INTERACTION
- LOWER PRODUCTIVITY

SELF CARE

https://youtu.be/Mqqxi8mt4t0

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THE TRUE DEFINITION OF SELF-CARE IS ACTUALLY VERY BROAD. SELF-CARE IS ANY ACTION THAT YOU DO TO IMPROVE YOUR HEALTH.

1. SELF-CARE HELPS YOU PERFORM AT YOUR BEST

2. IT SUPPORTS OVERALL WELL-BEING

3. SELF-CARE CAN HELP MAINTAIN SELF-CONFIDENCE AND SELF-ESTEEM

4. IT MAKES US MORE AWARE OF OUR PERSONAL NEEDS

5. SELF-CARE ALLOWS US TO BE RESILIENT

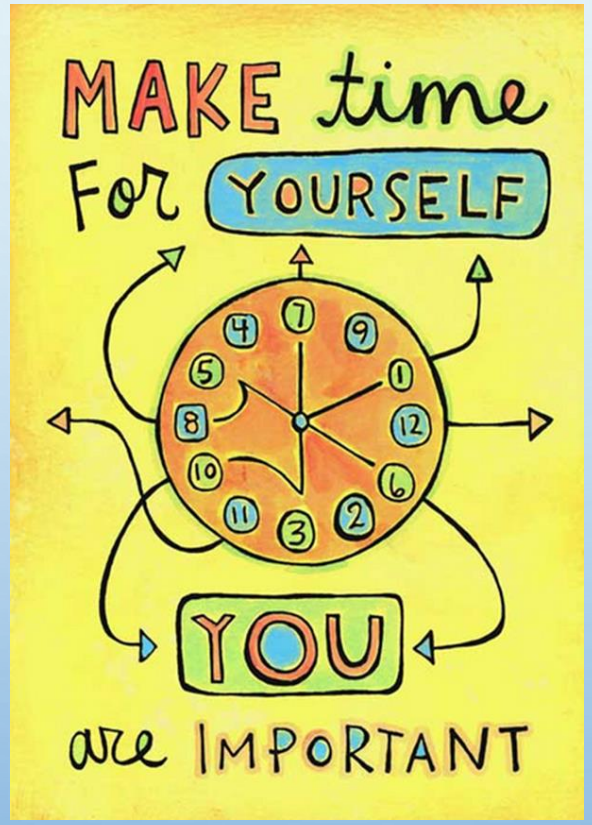
6. IT CAN HELP YOU FEEL WELL-RESTED AND ENERGIZED

7. SELF-CARE DOESN'T TAKE A TON OF TIME

8. IT CAN BE A SOCIAL ACTIVITY

[8 Reasons Why Self Care Is Important and How to Get Started (beachbodyondemand.com)]

SELF CARE ????



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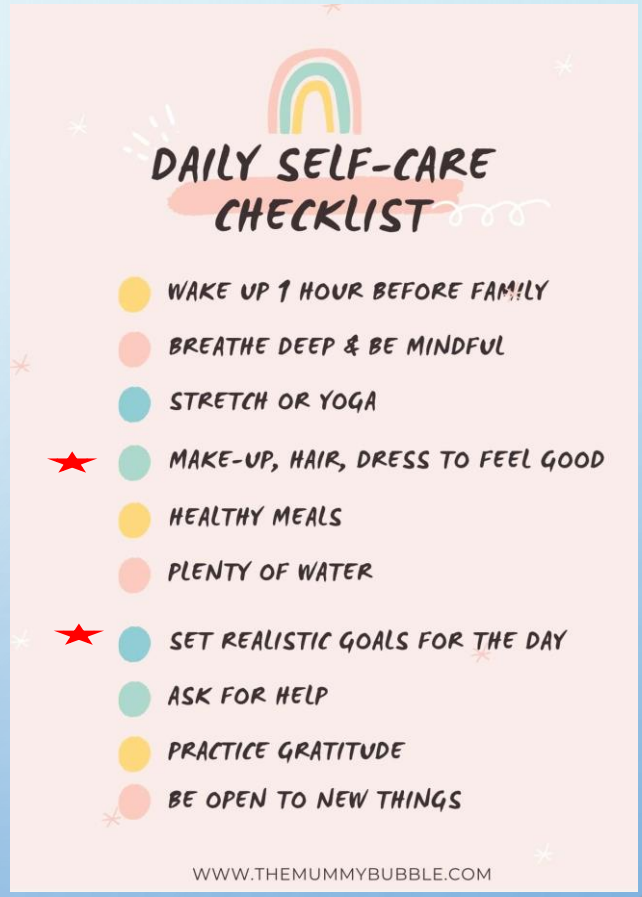
SELF CARE IDEAS



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MINDFULNESS

- THERE ARE A NUMBER OF BENEFITS TO MINDFULNESS THAT HAVE SCIENCE BACKING THEM. IN SHORT, A MEDITATION OR MINDFULNESS PRACTICE MAY HELP WITH ANYTHING FROM ANXIETY AND CHRONIC PAIN TO INSOMNIA AND DEPRESSION.

- RESEARCH SHOWS THAT MINDFULNESS IMPROVES THE PHYSICAL AND PSYCHOLOGICAL HEALTH AND WELLBEING OF ADULTS

- HAS BEEN SHOWN TO ADDRESS PHYSICAL HEALTH PROBLEMS DIRECTLY- REDUCING PAIN, HIGH BLOOD PRESSURE, IMPROVING THE SYMPTOMS OF PHYSICAL CONDITIONS SUCH AS PSORIASIS OR FIBROMYALGIA.

5 Ways to Wellbeing Diary

amh menssana	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Connect							
Be active							
Take notice							
Keep learning							
Give							

How are you taking 5? Record your activity or strategy for each of the 5 ways each day. Remember 1 activity could cover several categories.

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amh
menssana

mindset

Take5
steps to wellbeing

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your 'five a day' for wellbeing.

Connect
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

Be active
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Take notice
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

Keep learning
Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

Give
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The five ways to wellbeing were developed by the New Economics Foundation. Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0800 555 0114 (local rate)

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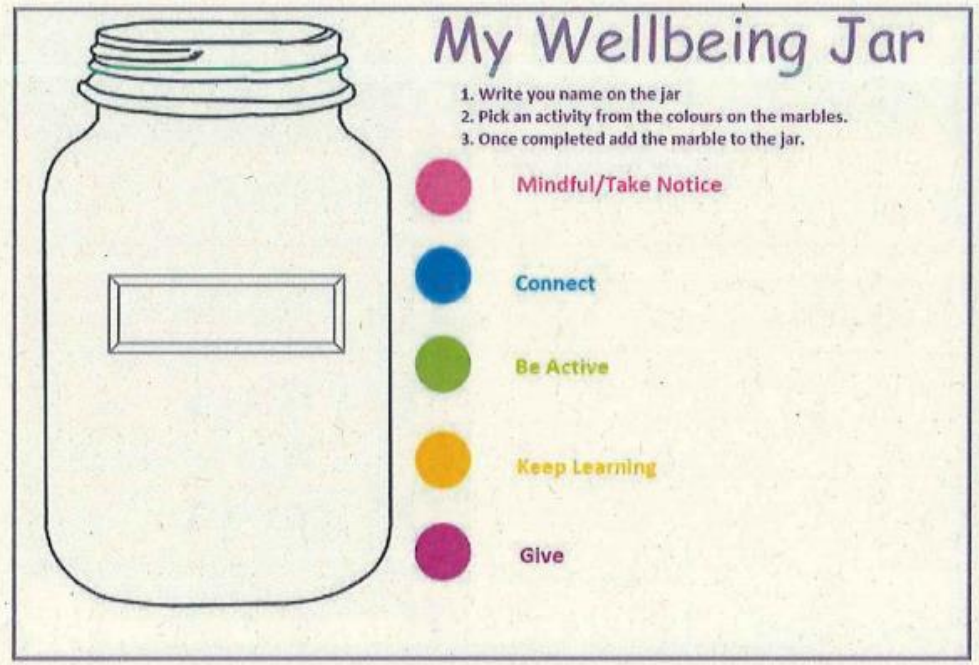
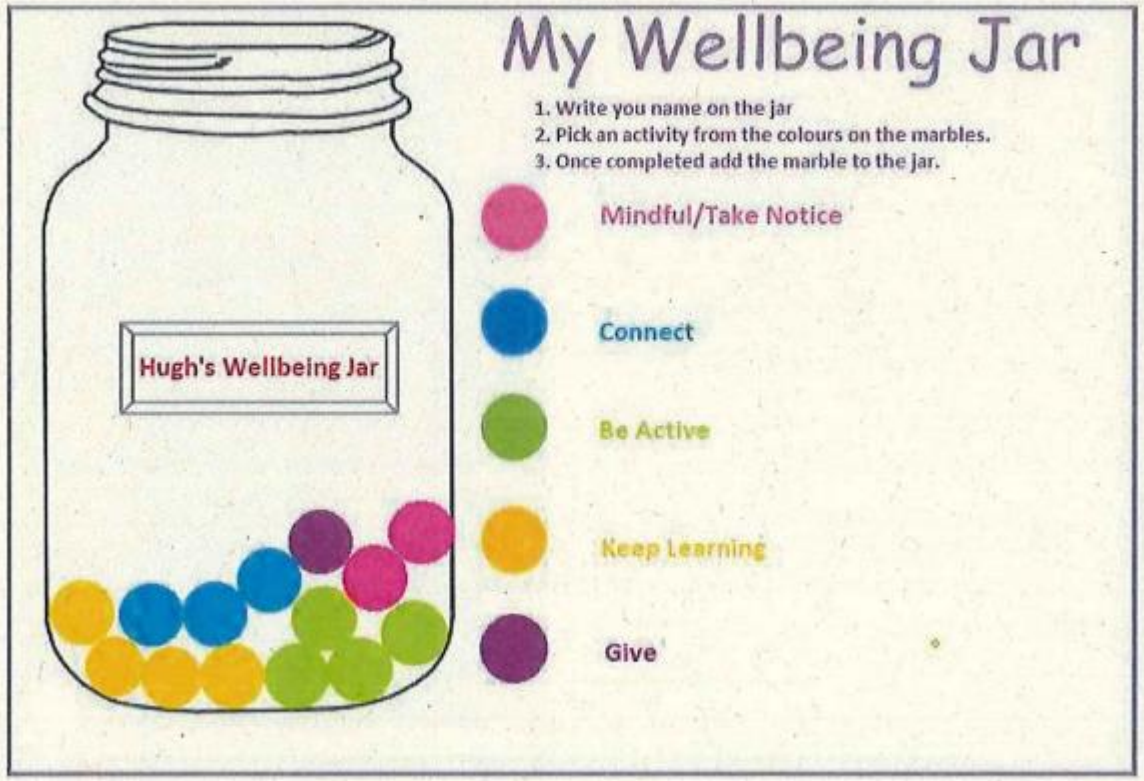
mindset

Session 2 – Home Activity



Example Jar



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HTTPS://YOUTU.BE/BH2PKXEFV8W

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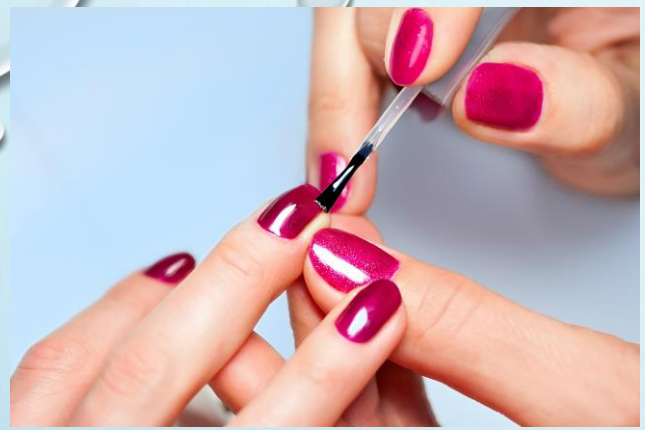
Self care ideas



Journal, My Positives

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SUPPORT

Lifeline

0808 808 8000

www.lifelinehelpline.info

TALK TO US

If things are getting to you

116 123 FREE

This number is FREE to call round the clock

SAMARITANS

A registered charity

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