

Self Care

Regional SGBV CM/IM Workshop

9-11 October 2017

San José, Costa Rica

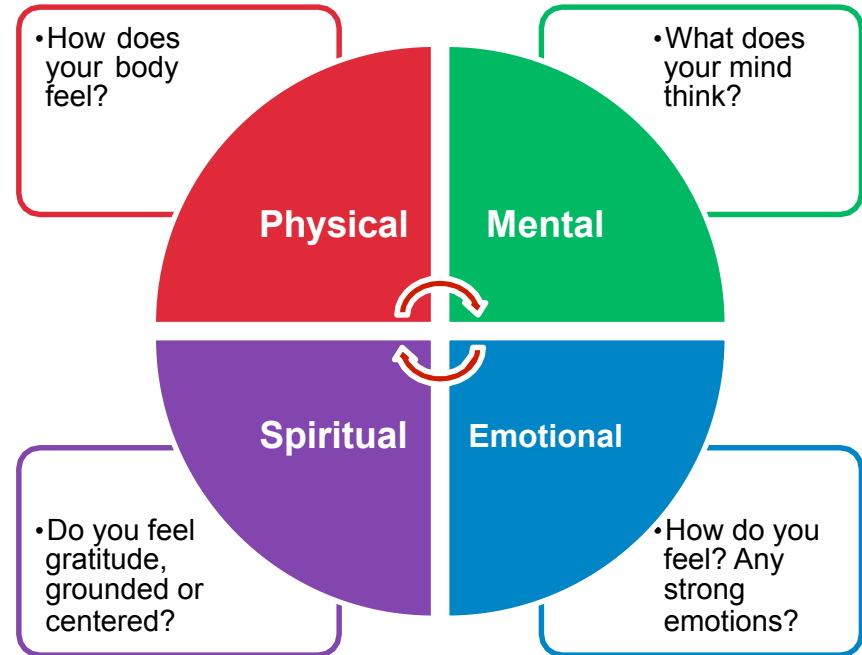
Learning objectives

- Discuss some of the personal challenges experienced by staff working with SGBV survivors.
- Learn a few simple techniques on how to check in with yourself on a regular basis.

ACTIVITY: Four-point check-in

Instructions:

- Stand up.
- Close your eyes.
- Think about each of the four points in turn.
- Make a note to yourself on areas that might need attention.



Other variations on the Four-point check-in

- Draw a circle divided into 4 parts. Sketch a picture in each section that represents your current state.
- Ask a loved one to describe what they are observing about you at the moment for each of the 4 areas.
- Create a large circle on the ground. Ask a partner to step into each area and watch what arises in her/him as they step into the representation of each aspect of you.
- Take 4 photographs, one representing each aspect of you.

<http://readyforchange.ca/2011/10/20/self-awareness-exercise-point-check-in/>

Challenges experienced by staff working with SGBV survivors



Vicarious trauma

Types of responses:

- Emotional/feeling
- Thought/cognitive
- Physical
- Behavioral
- Inter-personal

Self-check Action Plan

Physical

Mental

Emotional

Spiritual

Key messages

- Persons who work with SGBV survivors, children at risk and other people of concern may also experience additional stress or even vicarious trauma.
- Know the symptoms and some techniques on how to manage the stress.
- Practice regular self-care and reach out for assistance if you need it.

Homework

- Complete a different style self care Four- point check-in.
- If you would like to speak with someone, get in touch!

