

My name is Sharon Williams and I work as the End of Life Care Training Facilitator with the Irish Hospice Foundation. The Irish Hospice Foundation is a national charity dedicated to all matters relating to Deaths Dying and Bereavement in Ireland.

The aim of the Irish Hospice Foundation is to ensure everyone in Ireland dies and grieves well. My role was in the training and education unit is really to design and develop training programmes to help healthcare professionals deliver the best end of life and bereavement care.

So essentially equipping them with the best skills to deliver real centre person care at the end of life and be able to communicate compassionately with patients and their families at the end of life, to support families following the death of a loved one.

Why is self-care important? In recognition of the work that people do at the end of life care and bereavement space that it is hugely rewarding, and everyone says it is such a privilege to be working in that space, but we recognise that it is hugely challenging as well. For people to remain working in bereavement care they really must mind themselves. So we have developed a stay well at work workshop which has been hugely successful and people really welcome the introduction of that topic and part of the work I have done with the Irish Hospice Foundation is integrating a piece on self-care into every workshop that we now develop.

What topic are you covering? At the conference today I am delivering a topic on staying well at work. It really about people pressing the pause button and reflect on the type of work that they do. I am focussing on three key aspects. The first is to acknowledge. Acknowledge that the work they do although it is rewarding it does take its toll. The second piece is about creating an awareness. An awareness about how this work can make them feel both the physical and mental impact it can have on them, and the implications of not looking after yourself. So, it really is all about the key message in order to care for others you need to care for yourself first. Although we acknowledge that developing self-care strategies is both an organisational and individual responsibility. In the workshop today I am focusing on the individuals can help themselves. So, the final part of the workshop is about teasing out some creative ways that people can develop strategies to mind themselves so fun creative ways to put into action self-care strategies. It is putting the self into self-care.

How can people practise self-care? Often people think it has to be some huge intervention, sometimes just pausing in a busy day. Having a cup of tea with a colleague, going out into the fresh air. Just looking out of the window reminding yourself why you're doing the work you are doing and acknowledging that it is taking its toll. So, it doesn't have to be anything huge or expensive and usually it is the simple things that make a huge difference.

The film was produced in March 2020 and can be found at www.sad.scot.nhs.uk or <https://vimeo.com/392431778>

For more information visit www.sad.scot.nhs.uk or contact supportarounddeath@nes.scot.nhs.uk

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