

Tool 16: Self-help audit plan

NAME

DATE

Working with Adults and Carers can have both positive and negative impacts on practitioners. Developing appropriate self-care strategies is one way of limiting the negative impacts.

Aims

- > To support people to reflect on the importance of self-care
- > To support people to develop appropriate self-care strategies to promote their emotional wellbeing
- > To help the supervisor to meaningfully engage with issues around supervisee resilience.

Applications

Not everyone will feel comfortable discussing the details of the audit with their supervisor. If this is the case, the supervisee may still be able to identify some useful points of discussion for supervision when reflecting on what the audit tells them they need to do in terms of self-care (and the possible impact on their work).

The tool may also be suitable for:

- > Supporting supervisees to write and regularly review self-care plans
- > Using annually, perhaps at review time
- > Using with a whole team following a critical incident
- > Elements of the tool might be used to guide a supervision session.

Instructions

Take time to go through the following list and answer each question as honestly as possible before completing the self-care plan. Revisit and review the plan in three and six months' time.

Reflect on your current work context

- > How long have you been working with adults and carers?
- > What opportunities for variety do you have in your work?
- > What feelings do you have about the adults and carers you work with?
- > What are the kinds of traumatic and distressing stories or experiences you are exposed to?
- > What kind of support and supervision do you receive?

Reflect on your own life experiences

- > Have you had difficult experiences in your own life?
- > Are these similar to or different from those of the adults and carers you work with?
- > How often does your work remind you of your own life experiences?
- > In what ways has your life been different from their lives?
- > What effects, both positive and negative, do you think your own experiences currently have on your life?
- > What are the positive and negative ways this may impact on your work?

Reflect on your current life circumstances

- > What stressors do you currently experience in your life?
- > How do these impact on you?
- > Which of these are likely to diminish, and which may be more enduring?
- > Do any of these connect to aspects of your work and, if so, in what way?
- > In your current circumstances, what brings you pleasure and comfort?
- > Who are the people in your life who are good for your spirit and wellbeing?
- > Who are the people in your life who add stress and distress?
- > Who and what are your major supports?

Reflect on your coping style

- > What coping strategies do you currently use in managing stress and distress?
- > Which of these are potentially problematic for you?
- > Does your approach to problem-solving assist you in managing stress?

Considered together, what are the sources of stress and comfort that arise in each of these areas? Based on these reflections, begin to consider what would need to go into a self-care plan that covers the immediate, short term and long term:

- > On a daily and weekly basis, what are the things you need to do, or not do, to keep balance in your life?
- > On a monthly and regular basis, what are the things you need to do or not do?
- > Who do you need to spend more or less time with?
- > In the next six months, what long-term changes or strategies do you need to develop to limit the impact of your work on your life?

Self-care plan

In the next ___ months I will make self-care a priority in my life because:

Not taking care of myself has the following impact on my life and on my work with adults and carers:

When I take good care of myself I notice:

The following people, places or activities bring me pleasure and comfort:

My strategies and plans for self-care (in both the personal and professional realm) are:

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On a daily, weekly or fortnightly basis I will:

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On a regular basis I will:

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In the next three to six months I will:

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Source: Based on Gibbs et al (2014) adapted from Dwyer (2002)