1. Introduction

Many, if not most caregivers care for themselves badly. We tend to regard our clients as more important than we are and give them a great deal of our time and emotional and physical energy, frequently exceeding our limits. In the end, that kind of strategy backfires, as we reach a point, known as burnout, in which we cannot function for the client or for ourselves. We thus need to be aware of this and take measures to prevent it from happening.

In this section of this course, we will look at some of the ways that we can prevent or soften burnout such as

* setting limits;
* self-reflection;
* creating a balance between our professional life and our private life and
* supervision and intervision.

At the end of this section, we will ask you to make a new plan for self-care.

Activities

Describe how you care for yourself now.

What are your greatest issues with self-care?

What issues have you observed with colleagues?