

**Assistant Chaplain’s Online Orientation**

**Module 6:**

**Self-Care.**

**Introduction to Module 6: Self-Care.**

In this module, you will complete 2 tasks:

1. Complete the Scenario.
2. Research Burn Out and Carer’s Fatigue

‘You need to look after yourself’.

How many times have you heard that? How many times have you said that?

This is especially true when we are involved in pastoral care and caring for others in general. It can be hard work and more draining than we realise. Regardless of how long you’ve been caring for others, or how long each session is, you may feel worn out. So, we need to care for ourselves in small, regular bursts along the way. And from time to time, we need to take a longer break.

You will know what works for you – you will have developed patterns of behaviour over time that ‘recharge your batteries’. Maybe you go shopping, out for a coffee, or simply go home for some peace and quiet.

You’ve also likely heard of ‘Burn Out’ and/or ‘Carer’s Fatigue’. More than just needing a break, burn out can be our body’s way of telling us we really need to stop and look after ourselves before we can look after others again. Some possible signs of burn out include lack of motivation, increased irritability, lack of concentration or changes to sleeping and eating patterns.

**Task 1 - Complete the Scenario:**

*You have a regular pastoral visitation ‘shift’ at the local hospital. It is usually each Thursday morning and you are there from approx. 9:30am until just before the patients’ lunch at Midday. You really enjoy the interaction with the patients and the staff members, and although it’s not physically demanding, you often leave the hospital feeling exhausted.*

*What do you do to exercise some self-care during the rest of the day?*

**Task: Write 2-3 paragraphs on what you would normally do to take care of yourself and ‘recharge’.**

Save the document and email upon completion to [onlinetraining@ballaratchaplaincy.com.au](mailto:onlinetraining@ballaratchaplaincy.com.au)

**Task 2 – Research Burn Out and Carer’s Fatigue:**

There are plenty of great articles and information on the ‘net regarding Burn Out, Carer’s Fatigue (sometimes called Caregiver Stress).

**Search & find one article on each experience and write 2-3 paragraphs on each.**

You can use this link to get started:

<https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

Save your document and email on completion to [onlinetraining@ballaratchaplaincy.com.au](mailto:onlinetraining@ballaratchaplaincy.com.au)