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“Psychosocial questions in inhibitor care”

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# SELF CARE FOR CAREGIVERS

## How to reduce burnout in care givers?

There has to be self-care. Care givers have a very important role, but they can’t actually do that role, if they have burnt themselves out completely. So, it is care to self and care to others.

**Whatever that may be – sometimes it is small things, but there has to be enough of those small things.** So that the caregivers actually attend to their own needs and they don’t always think that they can come at the end of the list. But that is quite hard to achieve.

In the UK where I work people use the term that does not sit quite well with me – I need to be a little bit selfish. Actually, there is nothing selfish about it!

**Self-care is ESSENTIAL, not selfish!!!**

Looking after yourself is a gift to the person that you are caring about. **It is essential, not selfish - it is a change in mindset that has to be achieved.** In the beginning it might be hard, but those are the little simple things that make the difference. Ensuring that your needs are not at the bottom of the pile.

