

Chaplaincy
Australia



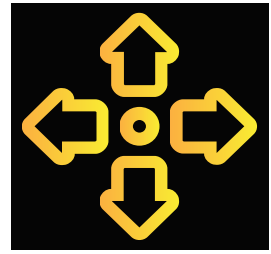
Catholic Healthcare Pastoral Care Conference

SELF CARE

Nourishing Self to Nurture Others

Susan Marcuccio - October 2021

Nourishing Self to Nurture Others



Nourish Self

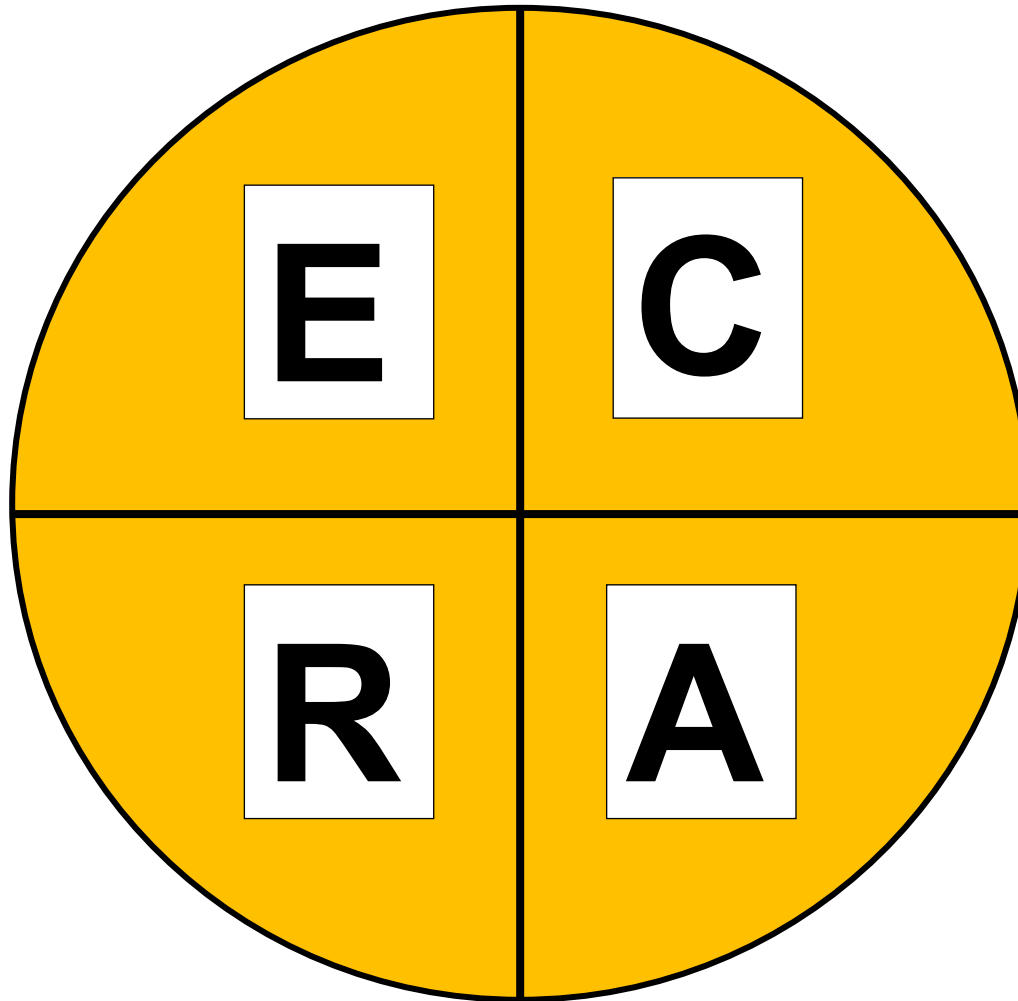
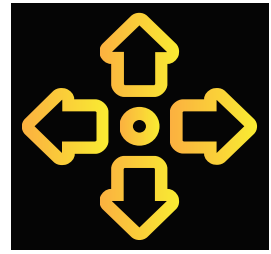
- To supply what is necessary for **life, health and growth**
- To cherish, **encourage**, champion, keep alive
- To **strengthen**, build up or promote
- To sustain, tend, foster, **comfort**, attend, support

Nurture Others

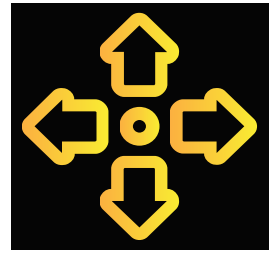
- To **nourish** - all of the above
- To **support** and encourage
- To **care for**
- To **serve** and provide for

Nourishing Self to Nurture Others

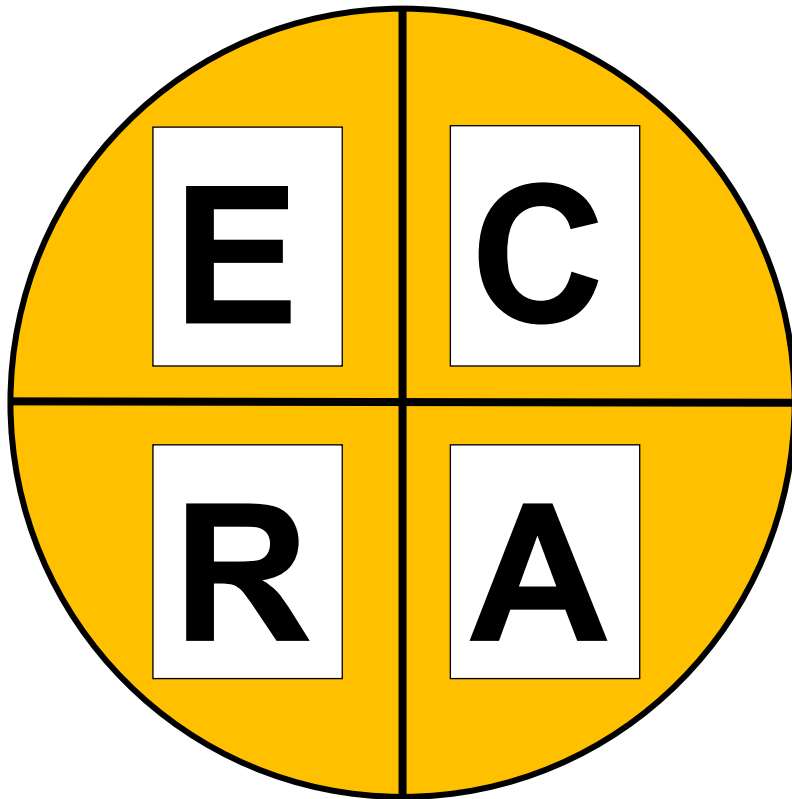
SELF CARE MODEL



SELF CARE MODEL - Nourishing Self

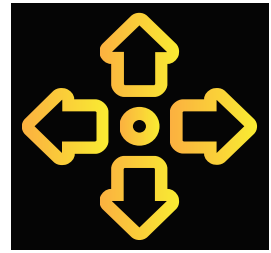


CONNECTION.



- With your support systems
- To your calling
- With your strengths
- With your uniqueness
- Your worldview
- Your values
- Your beliefs
- Your faith
- What is important to you
- What gives your life meaning

Who is walking alongside you on your journey through life?



- God
- Family
- Friends
- Church
- Ministers
- Counsellor
- Mentor
- Spiritual Director
- Supervisor
- Others??



Connecting with your calling

ACTIVITY:

Answer the following questions:

- I feel passionate about....
- I feel energised when....
- I love it when I get to.....
- I would love to be a voice for....
- What's most important to me is....
- The thing that drives me is.....
- Anything else you would like to add?

Above the surface - What you do and say

Reactions, responses, comments

What others see and hear

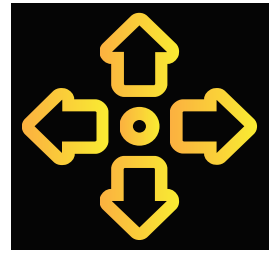


Susan Marcuccio

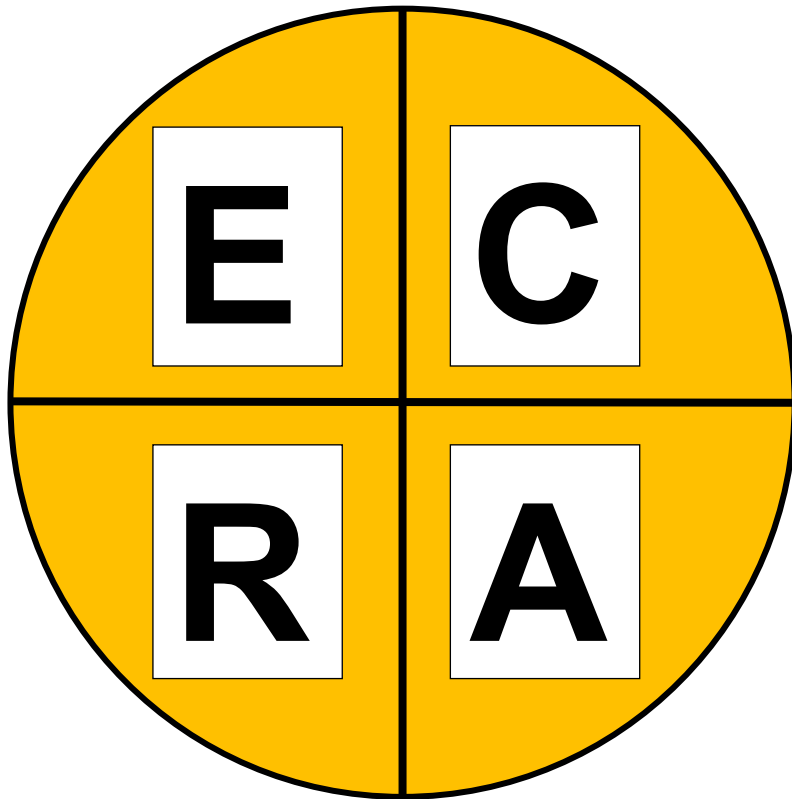
Under the surface - who you are
Worldview, values, beliefs, faith, meaning
What others don't see or hear



SELF CARE MODEL - Nourishing Self

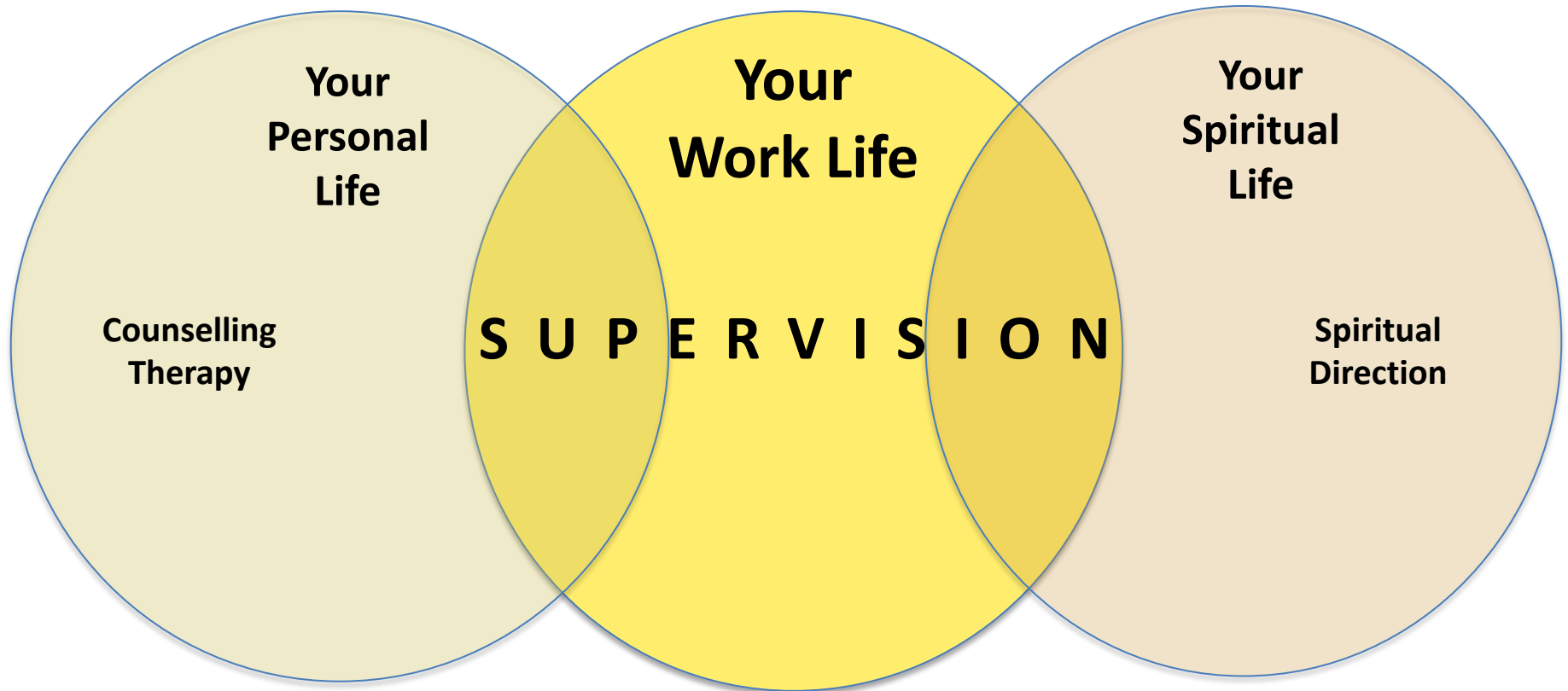


Awareness.



- **Triage**
 - Personally (Personal Life)
 - Professionally (Work Life)
 - Spiritually (Spiritual Life)
- **Four Areas**
 - Bodily
 - Emotional
 - Cognitive
 - Spiritual

THREE RINGED MODEL

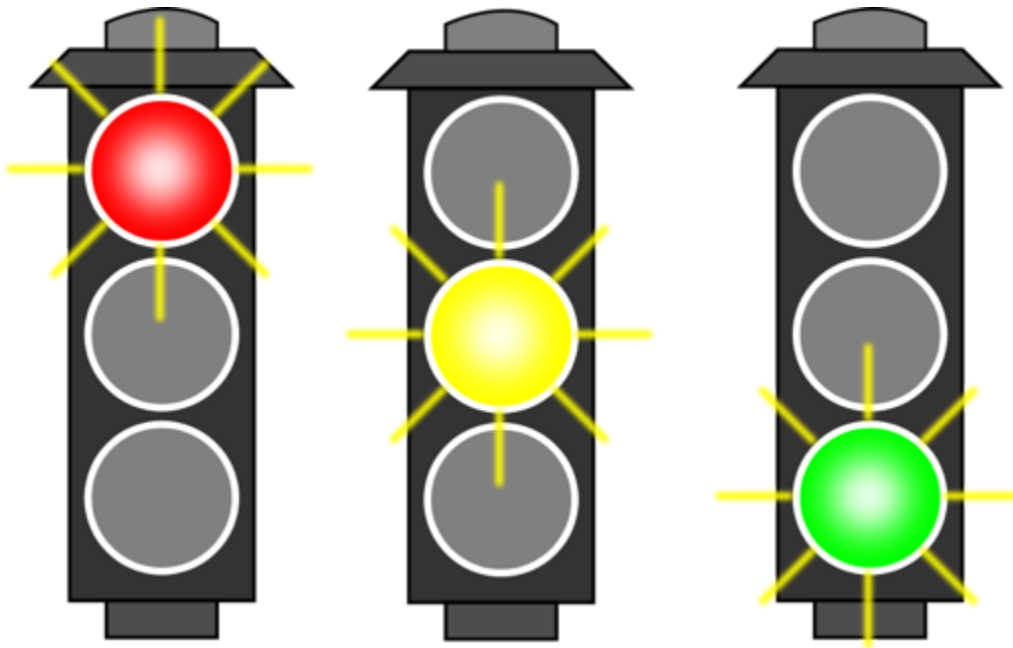


Triaging – Personally..Professionally..Spiritually

Personal Life – now and overall

Work Life – now and overall

Spiritual Life – now and overall

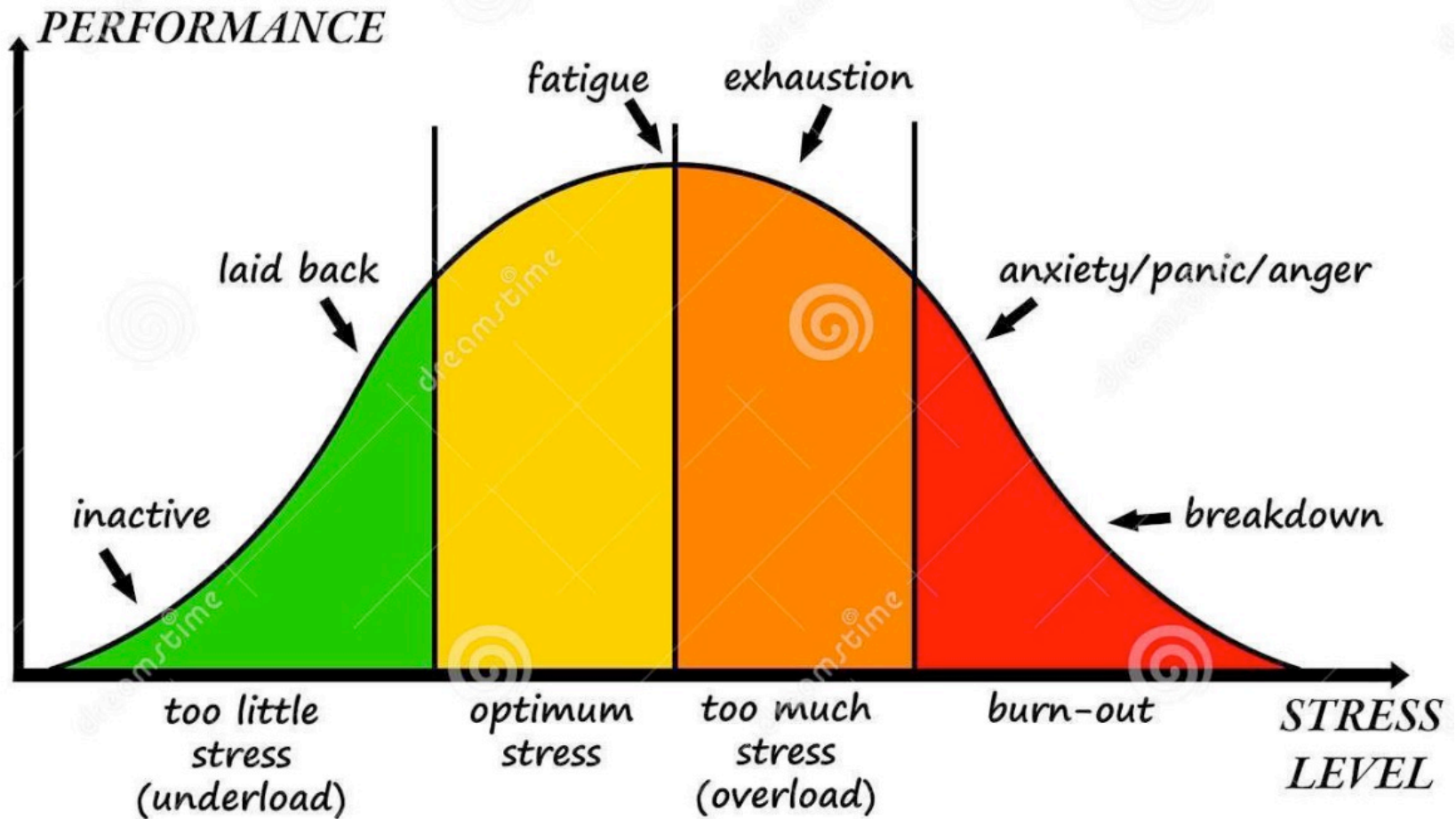
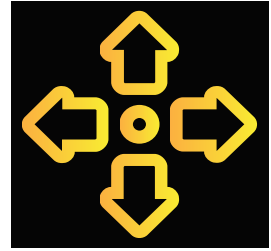


Red = Emergency

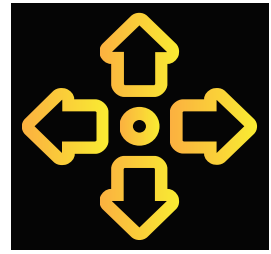
Yellow = Average

Green = Flourishing

STRESS CURVE



Four Storey Mansion of Awareness



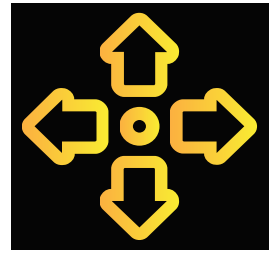
Roof Garden - Spiritual Awareness

Third Floor - Cognitive Awareness

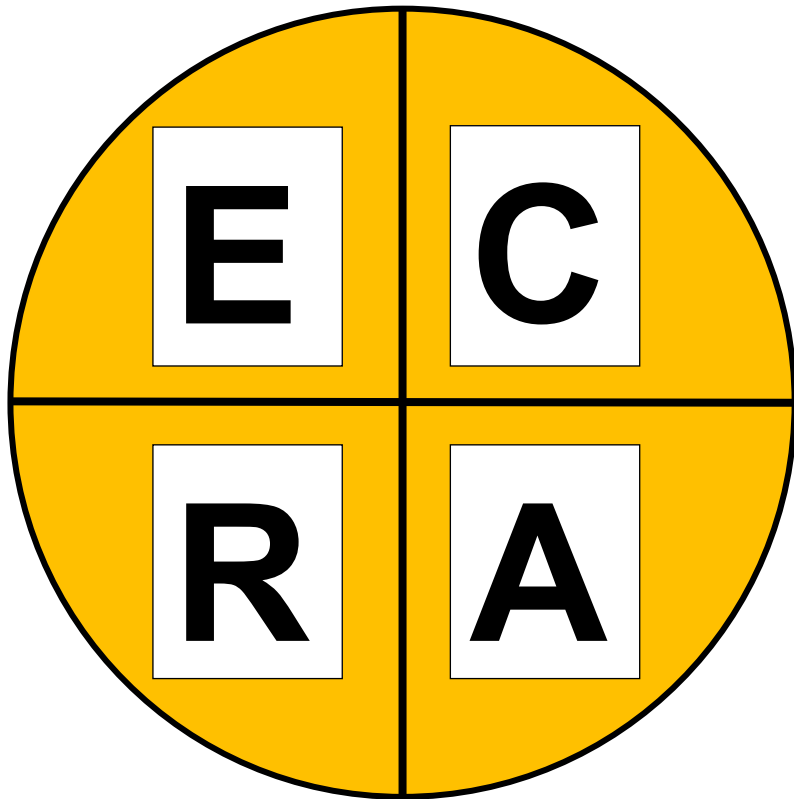
Second Floor - Emotional Awareness

First Floor - Bodily Awareness

SELF CARE MODEL - Nourishing Self



RESPONSE.



- What do I need?
- Acknowledge my losses
- Process my emotions/grief
- Egoism V Altruism
- Deal with offences
- Guard my heart
- Active steps for holistic health
- Personal & professional growth
- Goals for my future
- My action plan

Box of Emotions



Every time you experience an emotion that you can't or don't process straight away, you put it in your box of emotions.

Over time this builds up and then eventually you try and put one more emotion in the box and the whole box explodes and all the emotions come out - it can be messy.....

Do you have a safe, brave place to take off the lid and take out and process the emotions in the box? Who may assist you with this?

If the emotion is stuck, you may need to see a counsellor or psychologist.

Dual Process Model of Coping with Bereavement

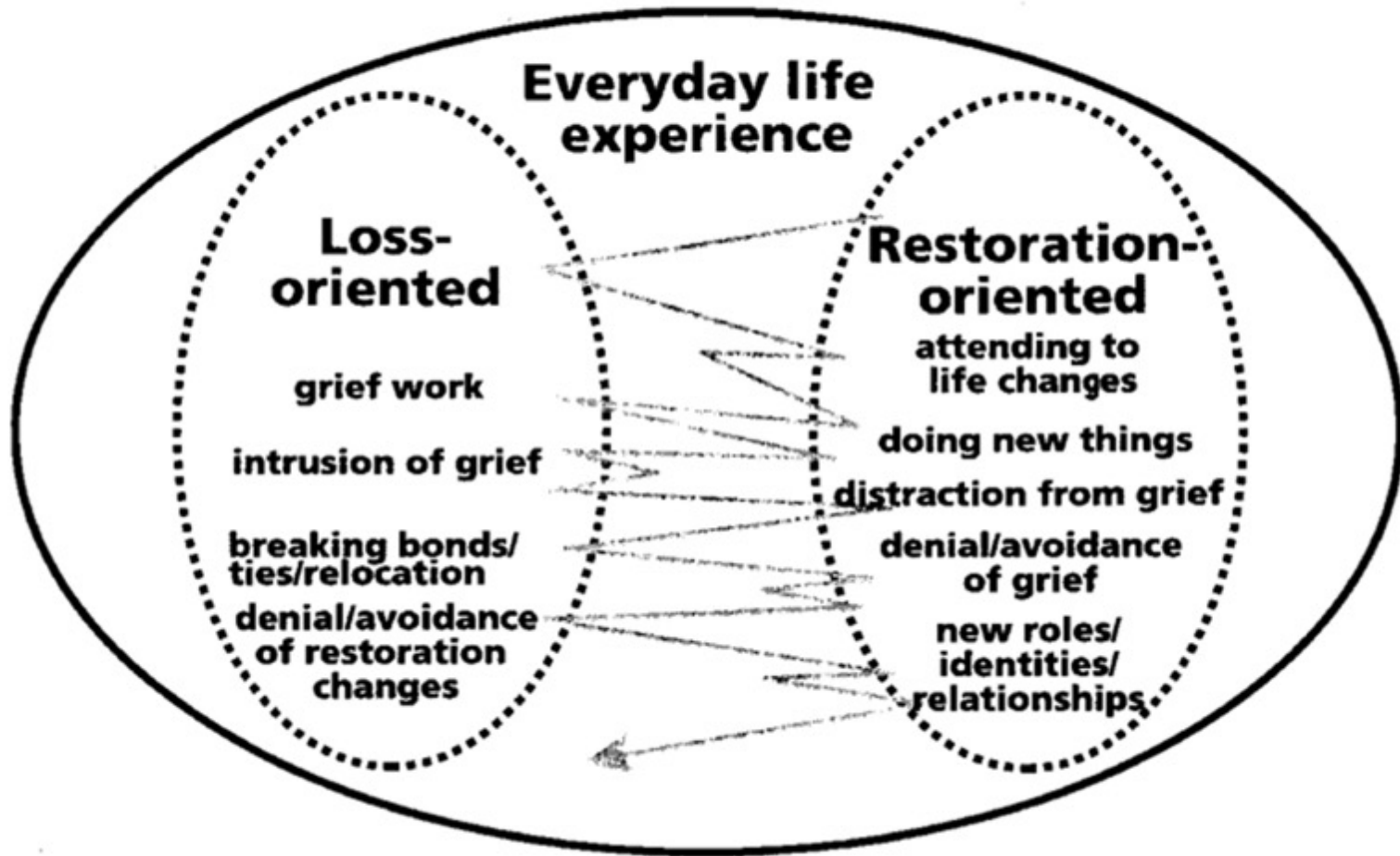
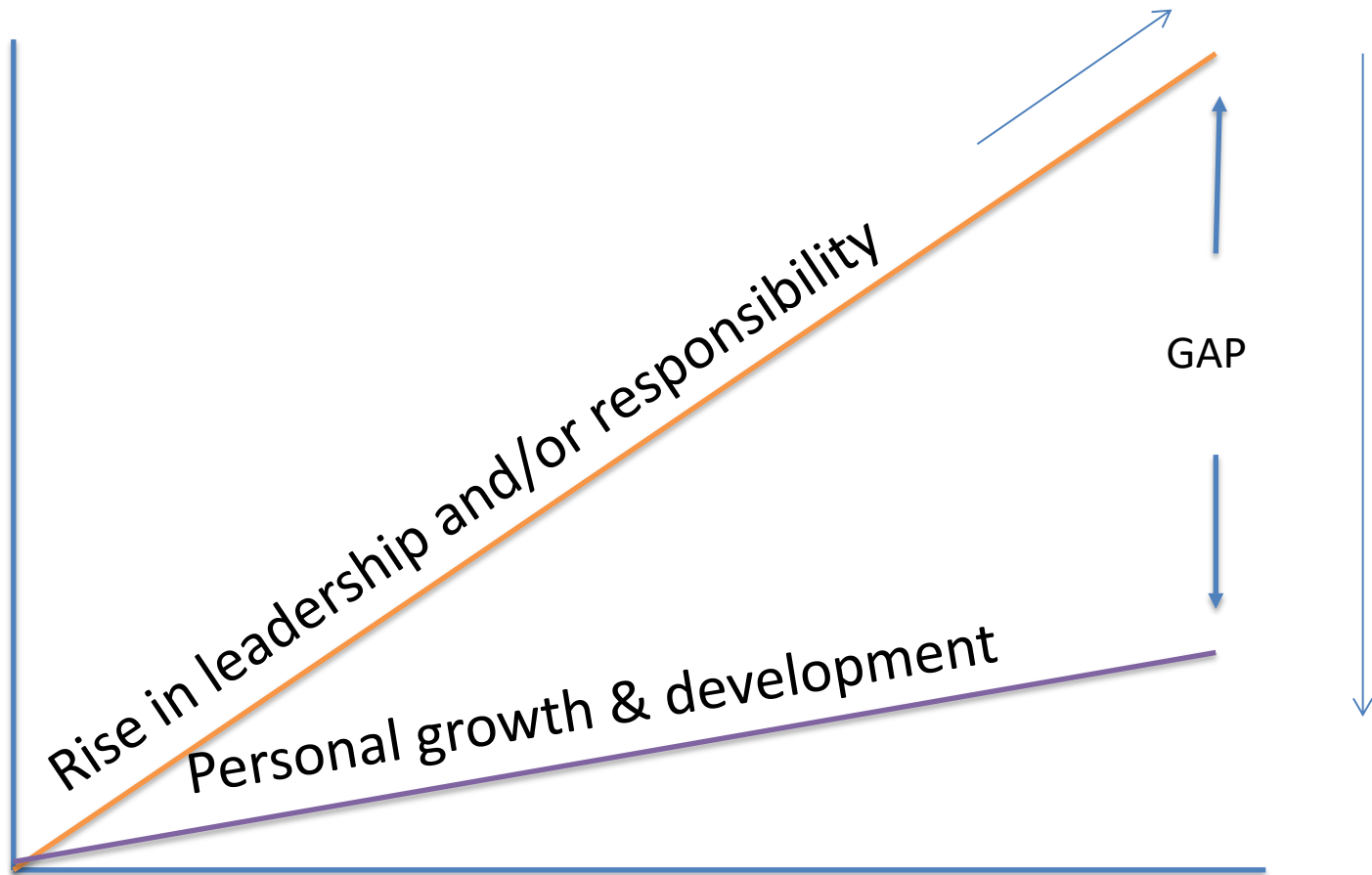


FIGURE 1 A dual process model of coping with bereavement. (Stroebe and Schut)

Personal Growth & Development

Where are you now?



Your Action Plan

Imagine yourself in six/twelve months time...

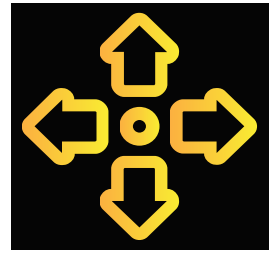
Who would you like to be?

What would you like to have achieved?

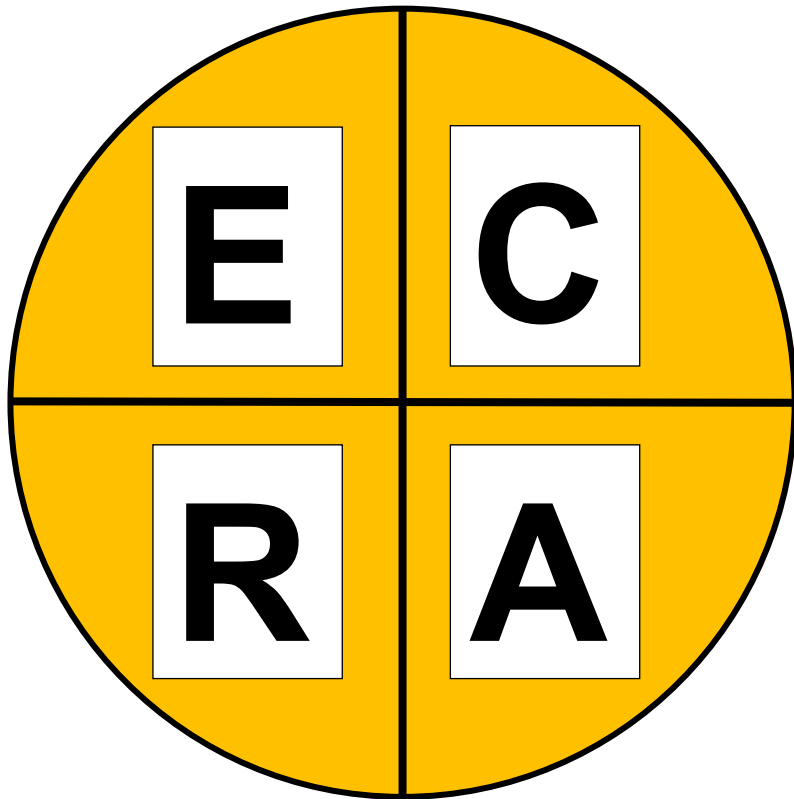
Who can assist you with this?

What is your plan now?"

SELF CARE MODEL - Nourishing Self



EMPOWERMENT.



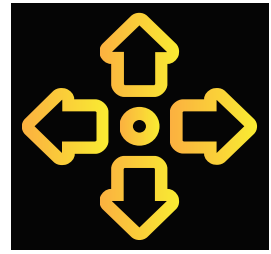
- Living authentically
- Having a voice
- Integrated self care
- Flourishing in life
- Living life to the full
- Doing that which sparks life
- Nourishing your soul

Being empowered and having a voice

ACTIVITY:

- Draw yourself – add anything else that helps this to be uniquely you
- Right now:
 - *Mouth - What do you want to say?*
 - *Ears - What do you want to hear?*
 - *Eyes - What do you want to see?*
 - *Nose - What do you want to smell?*
 - *Brain - What do you want to think or think about?*
 - *Hands - What do you want to do?*
 - *Feet - Where do you want to go?*
 - *Heart - What is in your heart?*
 - *Arms - Where do you get your strength?*
 - *Additions - What is significant about these?*
- What has emerged from this activity – themes etc?

SELF CARE MODEL - Nourishing Self



Empowerment

Connection

E

C

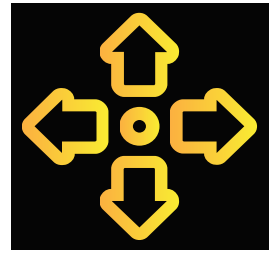
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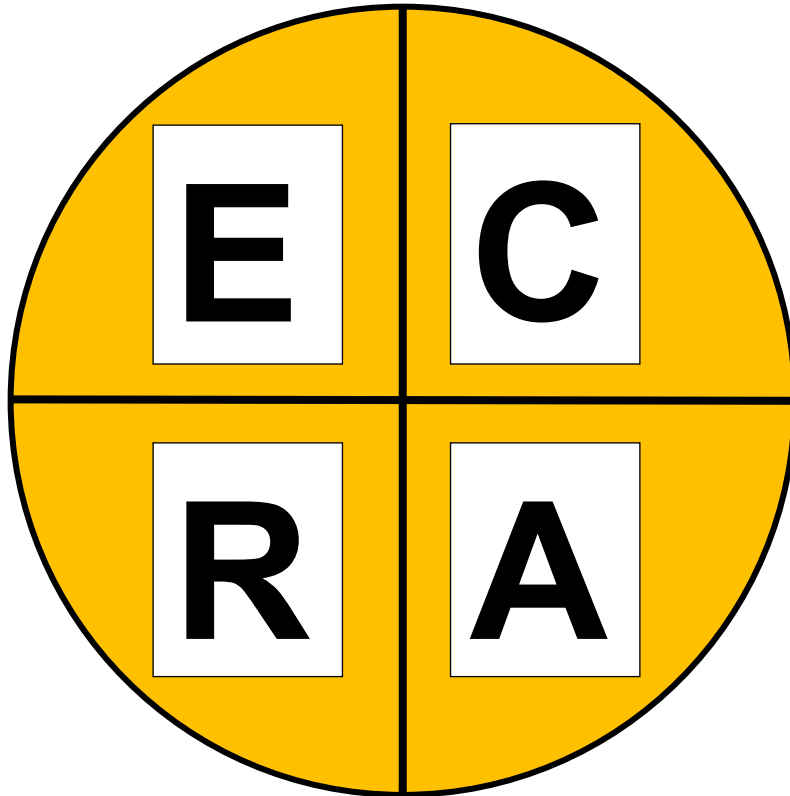
Response

Awareness

CARE MODEL – Nurturing Others

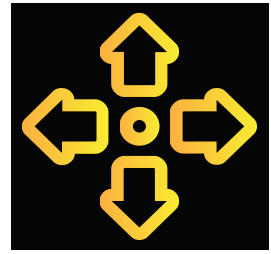


CONNECTION.

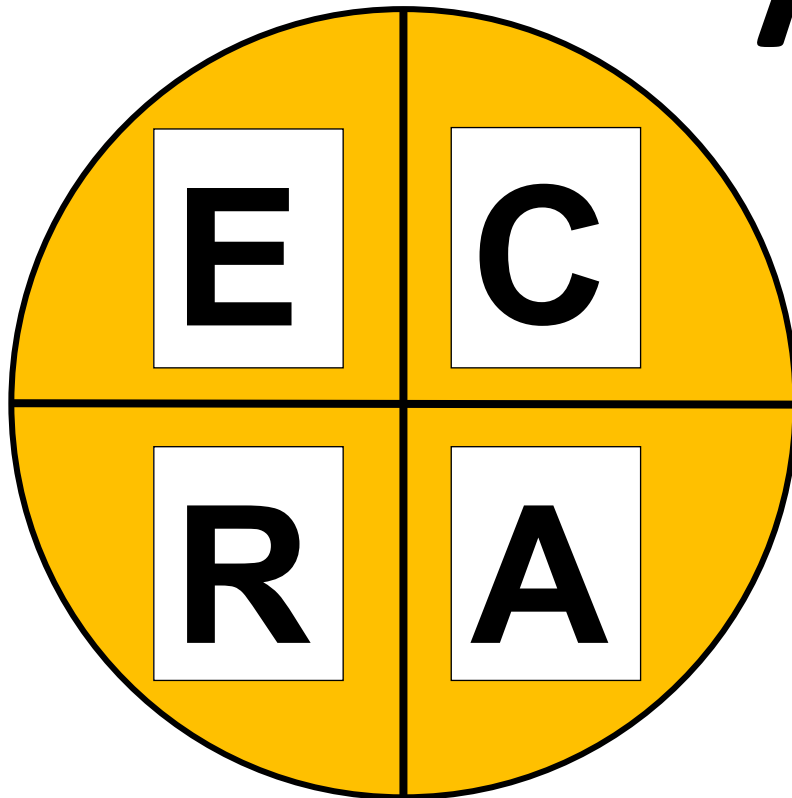


- Safe brave space
- Fully present
- Clear role/s
- Listening
- Empathy
- Compassion
- Communication
- Non-judgemental
- Validate feelings
- Boundaries

CARE MODEL – Nurturing Others

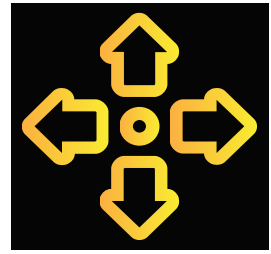


AWARENESS.



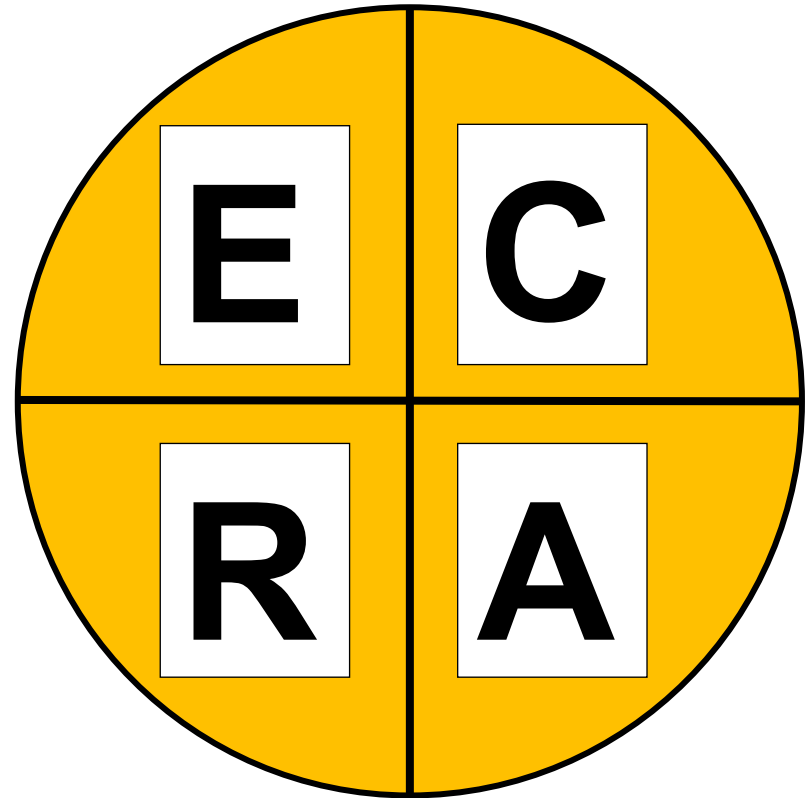
- What's happening for them?
- What's really going on?
- How are they feeling?
- What they not saying?
- Is there loss & grief?
- Are there duty of care issues?
- Physical & emotional
- Cognitive & spiritual
- Worldview, meaning, values

CARE MODEL – Nurturing Others

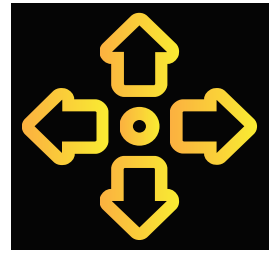


RESPONSE.

- What do they need?
- How can you help?
- What can you do?
- What must you do?
- Ethical/legal?
- Resources or referrals?
- Provide comfort
- Provide support
- Provide care

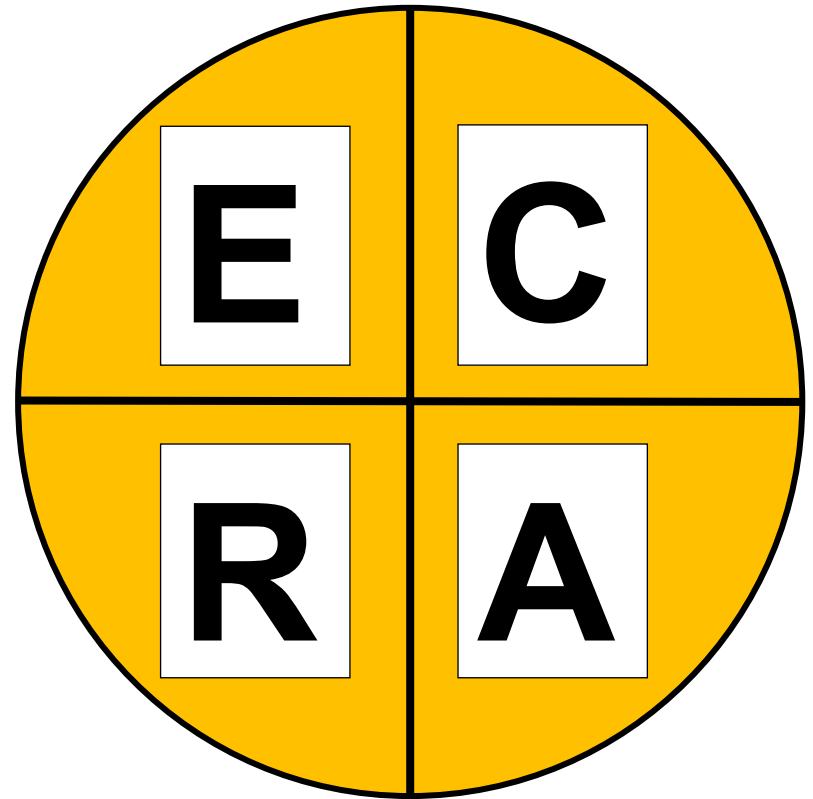


CARE MODEL – Nurturing Others



EMPOWER.

- Healthy boundaries
- Avoiding enmeshment
- Avoiding co-dependency
- Self esteem
- Not trying to fix
- Their options
- Their solutions
- Their decisions
- Their support options
- Follow up





PROFESSIONAL PASTORAL SUPERVISION

Support

Self Care

Best Practice

Skills Development

Theological Reflection

Transformational Learning

Individual Supervision

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