



TAKING CARE OF YOURSELF AND YOUR COLLEAGUES

The following advice was provided by staff working in various roles across Glasgow who come into contact with people bereaved by suicide in their work. They have recognised that sometimes their role can be emotionally challenging and commented on what helps them and what could help others to look after their well-being at work and at home.

At home

- “Do something stimulating when you get home that can distract you from your day”
- **“Whatever self-care works for you, downtime should be downtime.”**
- “Use your time off to actually relax and decompress”
- “Spend time with friends and loved ones and take responsibility to do actual self-care. Sometimes it can be helpful to have a buddy to prompt you”
- “Be grateful, ground yourself. Eat, bake, cook, sleep and listen to your body”
- “When you get home, have a shower and change your clothes from your working day. I find the change from work mode into home mode helpful”
- “Use home as a space where you don’t talk about work”

During the working day

- “If they know they are having a meeting with someone who has been bereaved by suicide, give themselves time after the meeting to decompress.”
- “Prepare for the session by doing some grounding exercises or mindfulness and do the same when you come out of the session”
- **“Remind yourself that although the person you are working with is still distressed, you have given someone the space to be listened to and you may be the first and only person that they have been able to do that with”**
- “Mentoring or buddying up can be really important”
- “Don’t bottle everything up, speak to your team or someone in another team. Get it all out before you leave the building”
- “Use appropriate humour with your colleagues”
- “Work with your team to help each other to understand what self-care means to them and support them to implement it”
- **“Sharing with colleagues in supervision and informally can help you to rationalise how you are feeling. It can help you to understand why someone is responding the way they are and share experiences of how to manage that. Doing this allowed me to deal with a challenging situation by understanding the bereaved persons anger and feel empathy towards them rather than put my defences up”**
- “Know your boundaries and your limitations. Use reflection and supervision if you feel that something is outside of your limitations”