



Self-Care for Humanitarian Workers

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Online-Training from 19.09.-28.09.2023, 12.00-2.00 pm UTC

www.transverse.at

Overview

Session 1: Introduction to Self-Care for Humanitarian Workers

Session 2: Exploring Care

Session 3: The Zone of Connection or how to engage with “stress”

Session 4: Hope and hopelessness

All sessions include a mix of:

- Brief inputs
- Individual and group work
- Diverse reflective exercises for self-care (e.g. working with metaphors, writing, drawing)
- Grounding/somatic exercises for self-care

Agenda for Session 1

1. Introduction
2. Training-Overview
3. Community Agreement
4. Acknowledgements
5. Reflective Exercise
6. Grounding Exercise
7. Feedback and Reflection



Introduction

What is at the heart of your work?

Why is this work important to you?

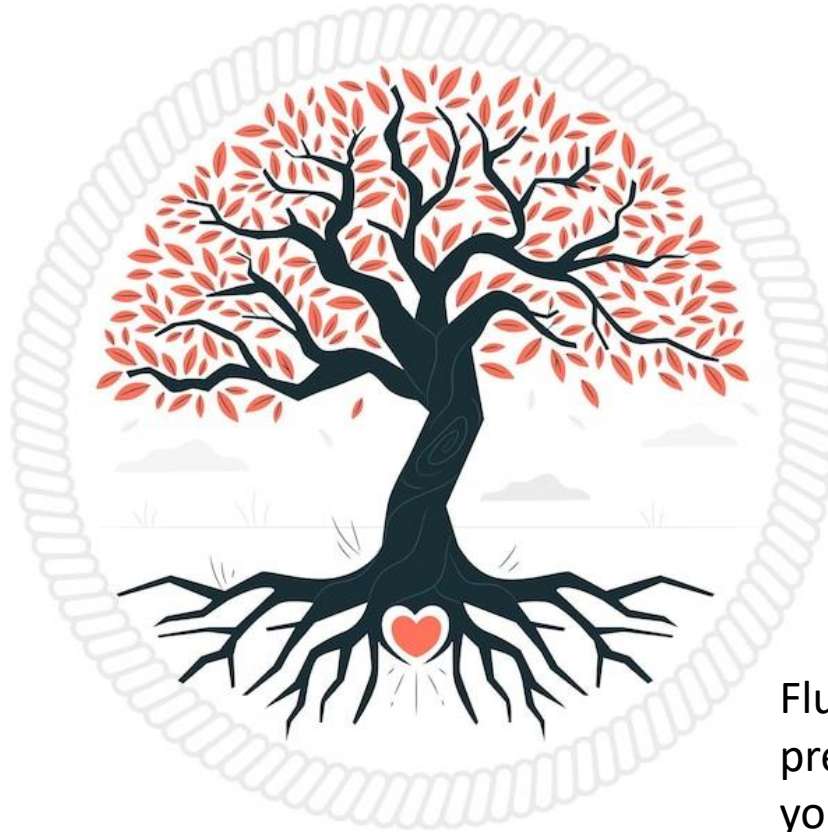


Caring for ourselves and each other through the work we do allows us to continue this work in the long-term. How can we pause and recharge as we do the work?

Community Agreement

Confidentiality:
speak about the
topic, not the
person

Time management
as much as we can



Openness

Friendliness

Fluid presence: be
present as much as
you can



“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality.”

-Martin Luther King Jr.

Acknowledgements

“The problem of burnout is not in our heads or our hearts but in the real world where there is a lack of justice.” – Vikki Reynolds, Therapist & Activist



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde

Reflective Exercise:

What is your (current) understanding of self-care?

- Is there a moment when you felt you were close to self-care?
- How would you describe that moment?
(e.g. What did you do? Where were you?
Who or what was around you?)
- What values do you see reflected in that moment?
- What does that say about what is important to you?

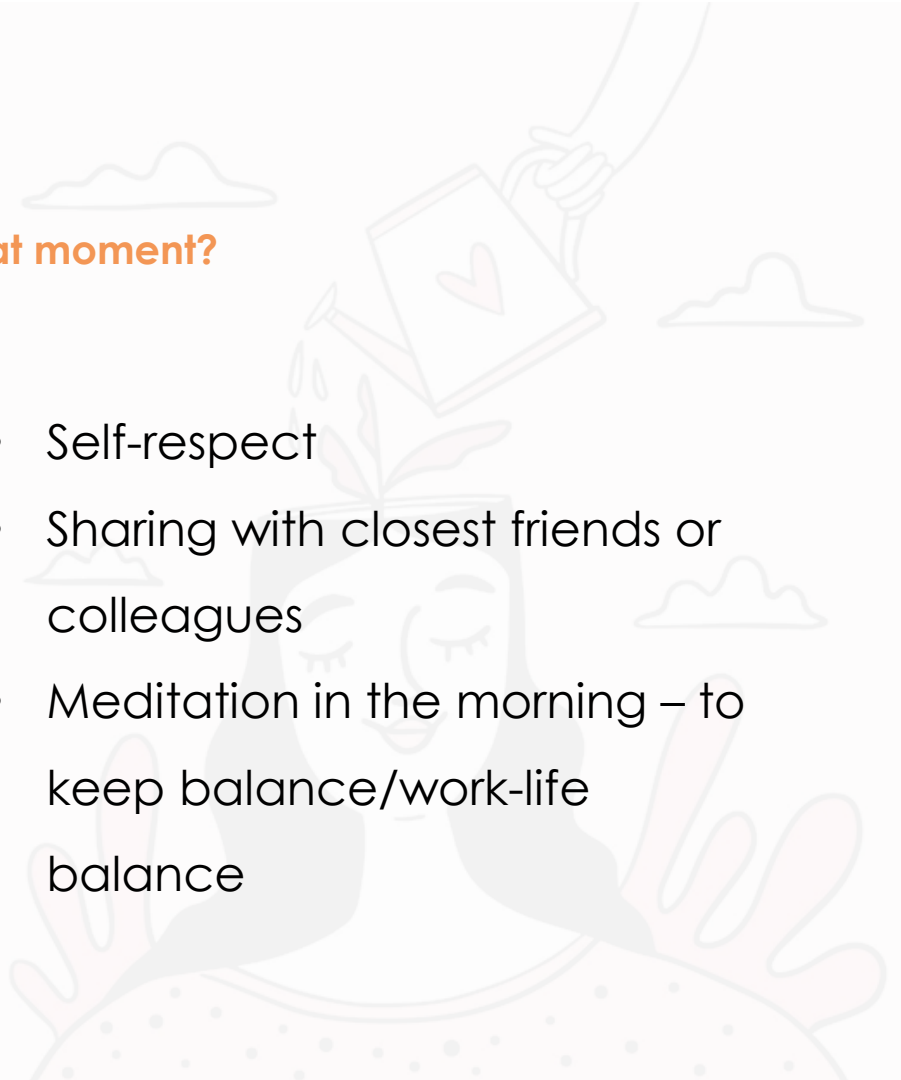


Reflective Exercise:

What values do you see reflected in that moment?

- Quietness and stillness
- Patience
- inner peace
- Work-life balance
- Calmness

- Self-respect
- Sharing with closest friends or colleagues
- Meditation in the morning – to keep balance/work-life balance

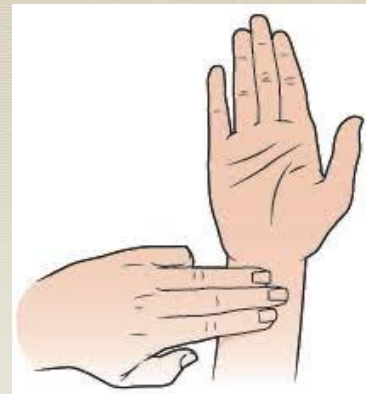
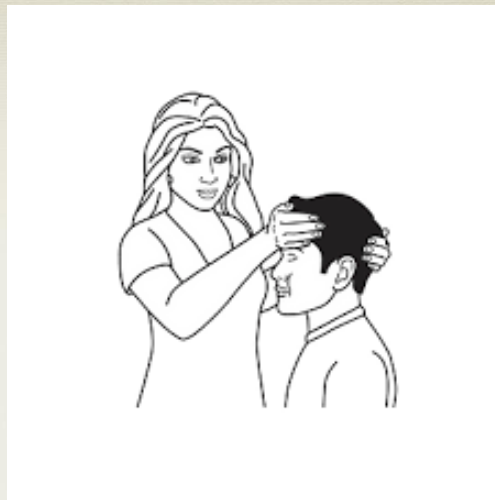




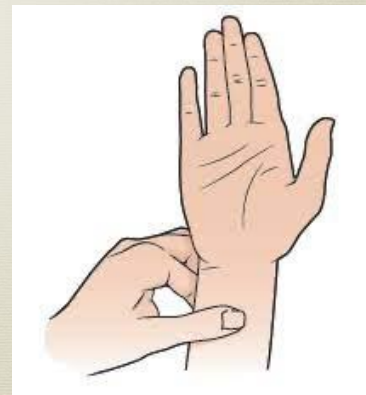
Step 1



Step 2



Step 1



Step 2

What word or phrase comes to mind after attending the first session?

20 responses



Further resources

Audre Lorde, A Burst of Light and Other Essays

[OceanofPDF.com A Burst of Light - Audre Lorde.pdf](#)

Self-care manual for humanitarian aid and development workers

[self_care-arabic_manual-web.pdf \(plan-international.org\)](#)

[self_care-english_manual-web.pdf \(plan-international.org\)](#)



Thank you

Julia Scharinger & Prathama Rhagavan