

MANAGING VOLUNTEERS



LISTENING EAR TRAINING – SELF–CARE TECHNIQUES AND STRATEGIES TO PREVENT EMOTIONAL EXHAUSTION

In this session, volunteers will learn about the importance of self-care and strategies to prevent emotional exhaustion. The facilitator may provide guidance on how to recognize signs of burnout, and how to practice self-care techniques such as mindfulness, meditation, and physical exercise.

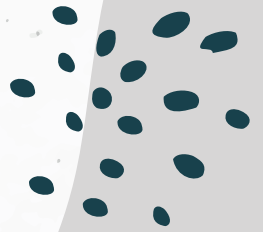
Use multimedia resources such as videos and infographics to provide information on self-care techniques and strategies. Use group discussion and role-playing exercises to help volunteers practice self-care techniques.

Here are some self-care techniques and strategies that volunteers can use to prevent emotional exhaustion when offering psychological support:

1. **Practice Self–Compassion:** Self-compassion involves treating oneself with kindness and understanding, rather than harshly criticizing oneself for perceived shortcomings. This can help volunteers reduce feelings of guilt, shame, and burnout.
2. **Set Boundaries:** Volunteers should set clear boundaries to prevent emotional exhaustion. This could include limiting the number of clients they see in a day, taking breaks between sessions, and scheduling self-care activities outside of work.
3. **Practice Mindfulness:** Mindfulness practices, such as deep breathing, meditation, and yoga, can help volunteers stay grounded and focused, even when they are feeling overwhelmed.
4. **Connect with Colleagues:** Sharing experiences and emotions with colleagues can help volunteers feel less isolated and reduce feelings of emotional exhaustion. Encourage volunteers to connect with colleagues and supervisors for support and feedback.
5. **Take Care of Physical Health:** Eating well, getting enough sleep, and engaging in regular physical activity can help volunteers manage stress and prevent burnout.
6. **Engage in Self–Care Activities:** Volunteers should make time for self-care activities that promote relaxation and enjoyment, such as reading, listening to music, or spending time outdoors.
7. **Seek Professional Support:** If volunteers are struggling with emotional exhaustion, it is important to seek professional support. This could include therapy, counselling, or coaching to help them manage stress and develop coping strategies.

Remember, self-care is essential for volunteers offering psychological support. Encourage volunteers to incorporate these techniques and strategies into their daily routine to help prevent emotional exhaustion and maintain well-being.

NOTES





SCOUTS[®]
Creating a Better World



SCOUTS®
Creating a Better World

© World Scout Bureau Inc.
APRIL 2024

World Scout Bureau
European Support Centre

Rue Henri-Christiné 5 CH-1205 Geneva 4
Switzerland
Tel: +41 22 705 1100
Fax: +41 22 705 1109

europa@scout.org
scout.org