

The Thriving Giver

Accompanying Handout for the Audiobook

7 PRINCIPLES

for health professionals and caregivers
to enhance self-care and prevent burnout

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Illustration 1: The 7 Thriving Giver Principles

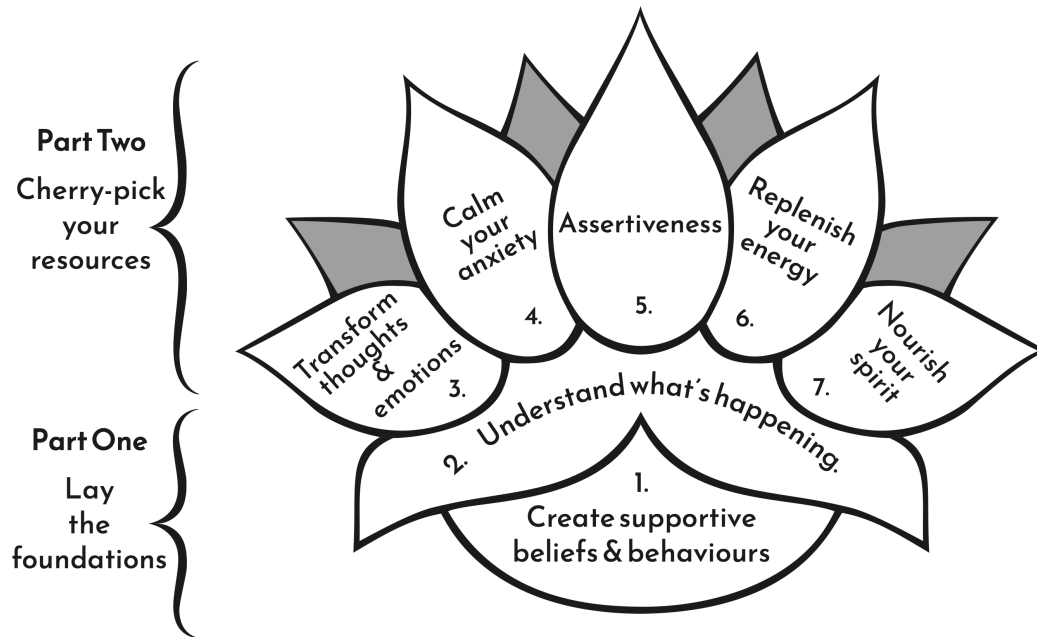


Table 1: Assess Your Wellbeing

Give yourself a score from 1-10 for each of the following:

Aspects of Wellbeing	Score
Relationship with your family	
Relationship with your partner	
Friends and social life	
Emotional wellbeing	
Spiritual wellbeing	
Health and fitness	
Time for exercise or being in nature	
Time for creativity and other interests	
Time to relax, and time for yourself	
Humour and playfulness	

Illustration 2: The Pressure Performance Curve

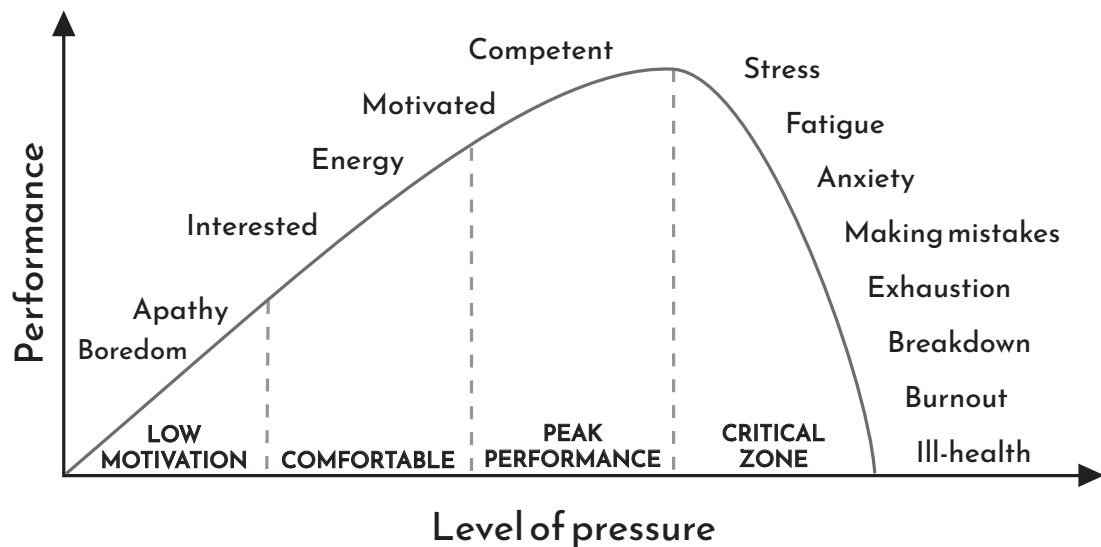


Table 2: What are Your Risk Factors?

Risk Factors	Helpful principles and individual sections	Chapter	Time
High levels of anxiety.	3a. Expressive Writing 4a. Conscious breathing 4b. Remember the magical moments	17 22 23	17.18 25.00 19.12
Wanting to please, or putting everyone else first, ignoring your own needs.	Principle 1. Create supportive beliefs and behaviours 3a. Expressive writing 3d. Reach out for help 5a. Learn to say 'no'	6 17 20 27	4.36 17.18 17.32 28.10
Finding it difficult to say 'no' or to stand up for yourself.	Principle 1. Create supportive beliefs and behaviours 3a. Expressive writing 5a. Learn to say 'no'	6 17 26	4.36 17.18 18.47
A tendency to take on unnecessary responsibility for others.	Principle 1. Create supportive beliefs and behaviours 3d. Reach out for help 5a. Learn to say 'no'	6 20 27	4.36 17.32 28.10
Being easily affected by other people's pain, distress or trauma.	3a. Expressive writing 3d. Reach out for help 4a. Conscious breathing 4b. Remember the magical moments	17 20 22 23	17.18 17.32 25.00 19.12
Can't stop thinking about clients or disturbing events.	Principle 3. Transform your thoughts and emotions 3a. Expressive writing 3d. Reach out for help 4a. Conscious breathing 4b. Remember the magical moments 5d. Create transition rituals	16 17 20 22 23 29	4.19 17.18 17.32 25.00 19.12 15.33
Not enough time for yourself, or a lack of enjoyable activities. Struggling with poor work-life balance, or low levels of self-care.	Principle 1. Create supportive beliefs and behaviours 5a. Learn to say 'no' 5e. Enrol support at home Principle 6. Replenish your energy Principle 7. Nourish your spirit	6 26 30 31 35	4.36 18.47 12.55 4.43 4.00

Table 3: Empowering Questions

Disempowering questions	Empowering questions
Why do I never have time to relax?	How could I create more time to relax? When could I create more space in my schedule? What could I say 'no' to, so I could find time to relax? What types of relaxation would I enjoy?
Why can't I slow down?	What is one small action I could take to help me slow down? What else? What could I say to myself to help me slow down?
Why do I get so stressed?	What helps calm me down? What practical steps can I take now to manage stress better? What else?
Why is my life so out of balance?	What simple things can I do to get more balance in my life? What else? What can I start doing, right now?
Why don't I take better care of myself?	What could be the first step in taking better care of myself? What else? What can I say to myself so that I feel more comfortable prioritising my own self-care?
Why can't I put myself first sometimes?	What would help me put myself first sometimes? What else? How might I benefit from putting myself first? What can I say to remind myself of the importance of putting myself first? How might other people benefit if I took better care of myself?
How could I do something so stupid?	What could I have done to manage that more skillfully? What can I learn from this? What did I do well?
Why can't I stand up for myself?	How can I remind myself that it's OK to stand up for myself, and that I can do it? When would I like to be more assertive? What would be an easy situation to start with? What could I say or do that would be helpful?
Why am I not more confident?	What helps me feel more confident? What could I do to build my confidence? When have I been confident in the past?
Why isn't anyone there for me?	Who could I reach out to? What could I share with people so they better understand the challenges of what I am going through?