

Bump, Birth & Beyond: supporting yourself

Film transcript

Scott

Trying to prevent burnout, the best way to do it is you reduce your input. I believe that if I'm running a group, and say there's ten fathers on that Zoom call, for example, the less I talk, the better. Because it means they're talking to each other.

And I think its understanding what burnout is, and what it means. And it's obviously not particularly a positive thing but it's not something to be terrified of.

Your whole life, you'll become burnt out, and it's putting little stops in place, the little things you can do. And just being a little bit honest with yourself that sometimes you might have to cancel the group. And I think that, in the beginning, I struggled with that.

What people that do peer support have to understand is that there are burn out problems, there are things that are going to impact on you. Because sometimes what will happen with peer support is that you'll be triggered by something that you didn't realise was an issue until you hear somebody else talk about it and you think "oof!". But you know having someone to talk to and process...

And it might be exercise and it might be walking. I've worked with people in peer support that learned to play an instrument, or they learned to draw or paint. There's lots of ways to express your emotions and it's maybe finding that something.

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