
The importance of Self-care by professionals in helping professions

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Abstract

In the paper, we focused on Self-care, which plays an important role in the context of helping professions, as the part of self-control, self-confidence, self-regulation, self-help, and self-awareness. At the same time, it can be the source of the information that is needed for professionals to improve their ability to deal with the high workload they face everyday. Because it influences mental and physical processes that create the state of balance and imbalance, we see the necessity of Self-care for helping professionals, who are working to help others, because they are the ones who should be not only in great physical but especially in mental wellbeing, in order to work effectively.

Keywords: Self-care. Helping professions. Helping professionals.

Introduction

The main purpose of helping professions work is the caring for others. According to Brnula et al. (2011, in: Čavojská and Vaska 2012), we can define even the social work in context of praxis as a helping activity, whose purpose in a humanely way is to stabilize or to increase the quality of the life for people, who have limited or threatened quality of life. It has to be done in such approach, that the process of help would be in harmony with the expectations and needs and it would eventually lead to self-help.

Social workers, as well as workers in other assisting professions, encounter many problems in their day-to-day work that pose high demands on their psyche, so it is very important that they find time for themselves. However, it is interesting to note that these workers, who teach their clients how important it is to take care of space and time, usually don't care about themselves (Williams et al. 2010).

But the Self-care presents the key ability for professionals helping other people to face their problems. It helps them to get the satisfaction from work, to preserve the strength to provide help, to eliminate the negative effects of their profession and to sustain emotional, physical and mental wellbeing, which is necessary for their ability to provide help to people they are working with. In this connection Atkinson (2005) states, that the Self-care means the right care about self as well as for the others, because only if we are able to help ourselves, we are able to help other people.

1. Self-care

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