

#### *How to support yourself and other staff after a patient has died*

#### Group Discussions

- What form can self-care take? Why is it so important to practice this? What supports do you currently have? Are these adequate?
- Do you prioritise your own self-care needs? If no, why not? Would you consider developing a self-care care plan? Self-care can be different things to different people. Consider what works for you and share this with the group / a colleague if you are comfortable
- What do you think is the relationship between burnout / stress and self-care?
- How do you consider giving effective care for or supporting your colleagues? Give examples.
- Are you an isolated practitioner or do you know an isolated practitioner? How do you /they access support?
- Does the organisation have a shared responsibility in supporting staff? Does the organisation support staff to deliver end-of-life care?
- What is the role of rituals in supporting those who are bereaved (including staff)? Do you practice any after-death rituals (personally or as a team /organisation?) Would you consider this strategy for family and /or staff support?
- What is the one thing you can change tomorrow to enhance your and your team's self-care?

