

Name of Project: Ascent: Support Services to Organisations
Lead partner: Women Resource Centre
Delivery partner: Women and Girls Network
Borough: Islington

“I am an advocate for IMECE/WiSER project. IMECE is a woman’s support network (centre) established 40 years ago in the borough of Islington.

I took part in the Professional Resilience & Self-Care training and learned a great deal about self-care and being mindful of our various emotions in various scenarios and their varying symptoms. Taking time out when necessary and needed.

I have talked to my colleagues about the training and will share the resources with them so they can apply it to themselves. To be effective is to be conscious of emotional shifts and changes and to feel safe and comfortable ourselves.

As advocates for IMECE/WiSER, we experience and hear of difficulties, e.g. abusive encounters with our services users. Recently, a colleague decided she could not do this job any longer, so she gave in her notice of leave. I have felt the same way. I have contemplated quitting as well. But because of this self-care training that I received, I decided to stay on and apply the training to myself and to my service users, e.g. not bringing work with me to my home and the ability to survive in high-stress environments.

I have learnt that if we do not self-care, we cannot cope nor survive the stressors and consequences which come with varying symptoms, some or all, e.g. I have learnt to look out for the below signs, which has helped me in my job and help me be more attentive to clients I work with. These include:

- Emotional - feeling anxious, sad, irritable and more
- Physical - headaches, exhaustion and more
- Behavioural - isolating and disconnecting from others, and more
- Thoughts - negativity and increased suspiciousness, and more.”