**Self care scenarios**

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| **Scenario 1: Dealing with exhaustion and physical limitations**  You are a volunteer at a refugee camp. The last week you have been registering newly arrived refugees. Up to 3000 refugees are registered daily. It is extremely hot and the refugees are exhausted and in need of food, water and a place to rest. The language barrier makes it difficult to process the registrations quickly, and some of the refugees are impatient and yell at you and your colleagues. You haven’t had a chance to take a break today. You are tired and hot and your blood sugar is low. You start to feel faint and you are losing your patience, answering the refugees in an irritable way.  *What do you do?* |
| **Scenario 2: Dealing with events that are emotionally demanding**  You are working as a volunteer after a violent attack in a public place. There is noise and chaos all around and people are afraid and panicked. You can see dead bodies. You can see there are some children who have died, and you are shocked at seeing all this. Some people are wounded and there is a lot of blood. Being a volunteer for the Red Cross Red Crescent, people approach you for help. You are moved by the loss and devastation and feel a sense of injustice. You are emotionally affected and feel unable to deal with people’s needs.  *What do you do?* |
| **Scenario 3: Dealing with personal issues**  You are a volunteer helping people after a violent conflict. You receive word that your brother has lost his life in the conflict OR you receive word that your mother has fallen ill, and your family is urging you to come home to be with them. You feel the need to be with your family, but you are also hesitant to return home since there are so many people here in need of help.  *What do you do?* |
| **Scenario 4: Dealing with unrealistic expectations about your role as a helper**  You are a volunteer helping people after a natural disaster. You have spent several hours sitting with a distressed couple who have become separated from their son. The mother has been crying constantly, showing you pictures of her son and begging you relentlessly to bring him back. You have followed all the proper procedures, including registering the case, but you begin to feel responsible for finding the missing boy. Feeling emotionally involved, you feel certain there is something more you could do to help, and you begin to have feelings of guilt and anxiety.  *What do you do?* |

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| **Scenario 5: Dealing with fear and stigma**  You are a volunteer helping people who are HIV positive. You observe the necessary precautions, but once in a while you still feel nervous about contracting the disease. Some of your friends and others in your community have questioned you about having contact with people who are HIV positive. They wonder if it is safe to volunteer in this setting and are afraid that you will get HIV/Aids. You feel a few of your friends have begun to distance themselves from you because of your volunteer work and that it has begun to affect your social life.  *What do you do?* |