



Public Protection training covers situations involving children or adults who have experienced or died because of significant neglect, abuse, self-neglect or self-harm. This can be upsetting to think about and talk about and may affect us all in different ways, at different times depending on our experiences.

Some of this training will be in person, whereas some may be delivered online where you may be taking part from your own homes.

This self-care pack has been developed to provide some strategies and resources which you may find helpful for your wellbeing before, during and after the training session, whether in person or online.



## **Before the session**

- Speak to the trainer beforehand if you anticipate this training may be difficult for you or if you need any adjustments throughout the training that you would like the trainer to be aware of.
- For those of you who have lived experience of abuse or harm, think about your current coping strategies that you could employ after the session if you are affected by the content.
- Pre-arrange a post-session check in with a trusted colleague, friend or family member.
- Let supportive family members, colleagues or friends know if you feel you may be impacted by the material.
- If the session is online, let others in your home or work location know you will need privacy during the session and use headphones so that others are not exposed to difficult content.



## **During the session**

- If you need a break from the material, then you can leave the session at any point, whether in person or online.
- If you are finding the session difficult, you can speak to the trainer in one of the breaks.
- You could take a break and get yourself a drink or some food or get some fresh air.
- If you find any parts of the session particularly hard, you may want to try one of the following exercises at any point:

### **5 senses exercise**

Think of:

**5** things you can **see**

**4** things you can **feel**

**3** things you can **hear**

**2** things you can **smell**

**1** thing you can **taste**

### **Breathing exercise**

1. Let your breath flow as deep down into your belly as is comfortable, without forcing it.

2. Try breathing in through your nose and out through your mouth.
3. Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
4. Then, without pausing or holding your breath, let it flow out gently. Count from 1 to 5 again, if you find this helpful.
5. Keep doing this for 3 to 5 minutes.



## After the session

If you are affected by anything that is discussed during the session you can access support through a number of resources:

- Your employer may have an **Employee Assistance Programme (EAP)** through which you can access free and confidential support.

- Resources, advice, articles and videos are available at **Every Mind Matters** [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)
- **Samaritans** provide help and support if you are having a difficult time, including practical tips and techniques to look after your emotional health  
<https://selfhelp.samaritans.org>
- The **NHS National Wellbeing Hub** signposts you to free apps and online programmes for anyone working in health, social care and social work to support your wellbeing <https://wellbeinghub.scot/>
- Health in Mind have designed websites to support people living and working in Midlothian and East Lothian who are seeking information about mental health  
**East Lothian** <https://eastspace.org.uk>  
**Midlothian** <https://midspace.co.uk/>