



# Looking After No.1: Self-Care for People Working with Troubled Children

*Jonny Matthew*

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# Looking After No.1: Self-Care for People Working with Troubled Children

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**Looking After No.1: Self-Care for People Working with Troubled Children** Jonny Matthew

If you work with troubled children or teenagers this book is for you. Whether you're a...

- ? Social worker
- ? Foster carer
- ? Youth justice worker
- ? Residential child care officer
- ? Teacher
- ? Mental health worker
- ? Kinship carer
- ? Volunteer
- ? Therapist/counsellor
- ? Youth worker

Those who care for others often neglect themselves, which takes away from their effectiveness with the kids they serve.

This book shows why this is a mistake and how we can better “Look After No.1.”

Learn...

- ? The need for honesty about the impact of work
- ? The importance of remembering our “why”
- ? How to beat burnout
- ? Practical hacks for doing better self-care
- ? Tips for building self-care into your routine
- ? How to enlist the support of others

There are action points at the end of sections to help us identify change and start taking small steps towards better practice.

If you want to be the best version of yourself and do the best possible job for the kids you work with - in whatever capacity - this book is for you.

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#### **Ivan Caputo:**

Reading can called imagination hangout, why? Because if you find yourself reading a book especially book entitled Looking After No.1: Self-Care for People Working with Troubled Children the mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will end up your mind friends. Imaging every word written in a reserve then become one form conclusion and explanation in which maybe you never get prior to. The Looking After No.1: Self-Care for People Working with Troubled Children giving you yet another experience more than blown away your thoughts but also giving you useful details for your better life in this era. So now let us show you the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

#### **Billy Migliore:**

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