

Stroke Group Network Conference 2023

Top tips and resources from the bonus session: Wellbeing for group volunteers

Wellbeing for group facilitators:

- Have **fun** and enjoy it when you make a difference for someone.
- Don't feel bad if you need to take some time for yourself.
We need to **look after ourselves** to look after others.
- The right **balance** of volunteering and other things will be different for everyone. Go with what works for you.
- **Cancel** or cut down meetings if needed. This might make the difference of keeping the group going in the long run.
- Build up your **network for support**: other volunteers, other local groups, guest speakers, the Stroke Association, other local charities.

- Reach out to others you can **trust**. This is a positive first step if you're feeling **overwhelmed**.
- Others can be a great source of **ideas** and reassurance. Ask the group itself for their ideas.
- You don't need to fix everything. Groups provide peer support and we can help others to **help themselves**.
- Be **inquisitive** about yourself. Ask yourself "What do I need right now?".
- Take a '**mini-reboot**': stop and go for a short walk, read a book or do some meditation.
- And finally: try not to worry about things you can't control. As an exercise, try sorting worries into things to **accept**, things to **influence** and things to **change**.