

45th Annual SAAHCHS Conference

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THEME



REGAINING AND REBUILDING THE HEALTH SYSTEM:
Caring for the carer



Regaining & Rebuilding the health system

What are we regaining/ rebuilding?

What have we lost that needs regaining?

What has fallen which needs rebuilding?

What tools/ ingredients do we need to rebuild?

???



My Life Purpose

- ✓ Nurture relationships, build functional families & promote psychosocial wellbeing and restoration!



Health System?

- What is the health system?
- Who is the health system?
- Where is the health system situated?



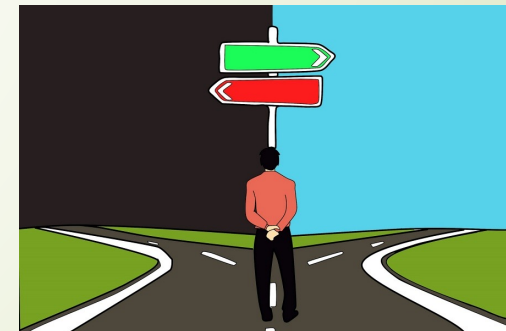


You are the Source!!!

- ▶ How is the source? STATE OF BEING.....
- ▶ Mind Vs Emotions
- ▶ What fuels the source? What drives the source?
- ▶ How connected are you to you?
- ▶ How well are you? (dimensions of wellness)
- ▶ Are you surviving/ thriving?
- ▶ Existing or alive??
- ▶ Living in the HERE & NOW?
- ▶ Existential psychotherapy (life & death)

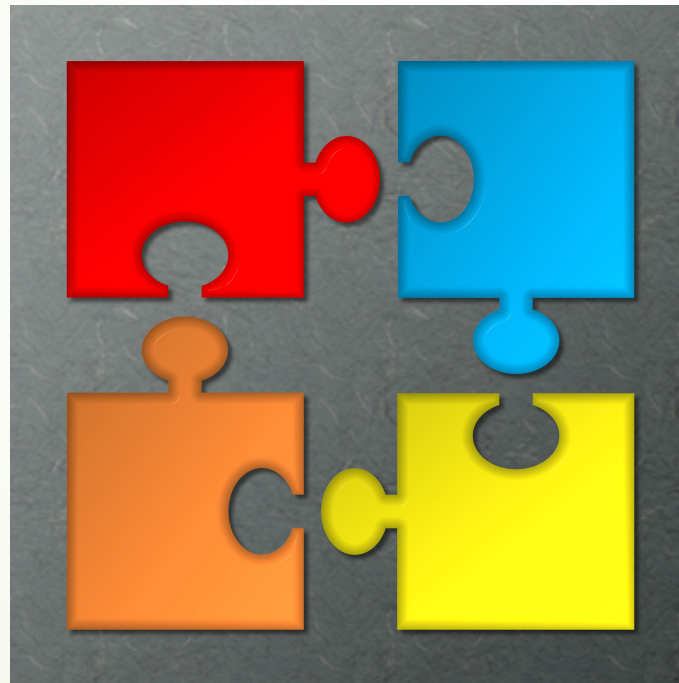
YOU ARE THE HEALTH SYSTEM!!!

- Purpose
- Mind = engine of the body
- Life choices Vs Career choice
- Are you still where you should be?
- Alignment? (who am I, personal traits, characteristics,?)
- Humanity without a human???
- Power of purpose!!!!





Regaining & Rebuilding the health system



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- 
- **Conscious**
 - **Deliberate**
 - **Intentional**



Regaining & Rebuilding the health system

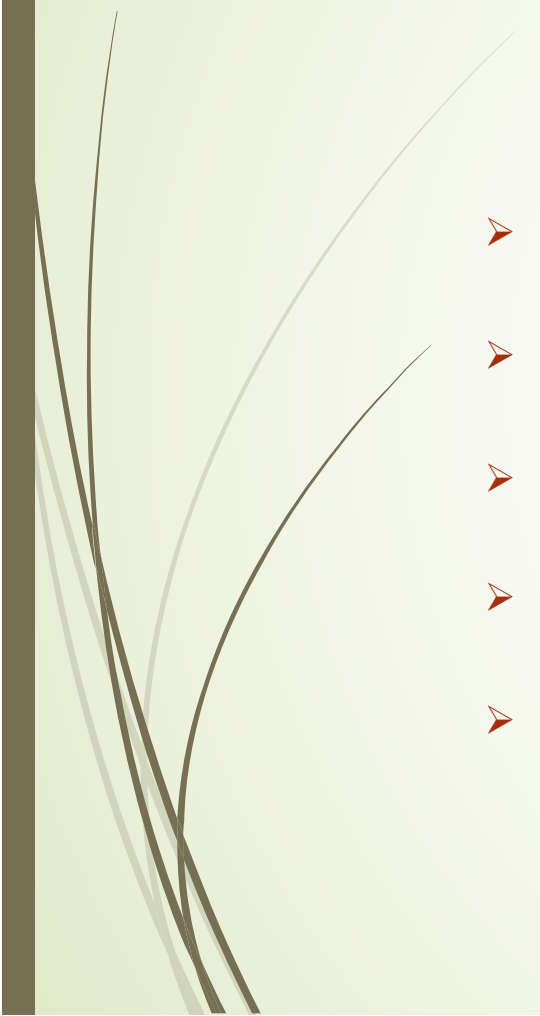
- ✓ Unlearning and Relearning
- ✓ Fit!
- ✓ Possess!
- ✓ Occupy!
- ✓ Reclaim your position!



Relational Intelligence?



RELATIONAL INTELLIGENCE

- 
- Do you know your blind-spot?
 - How conscious are you in your relations with other?
 - How do you connect and conflict with other people?
 - Are you able to see the world from others' perspective?
 - Do you have the capacity to resonate with other people?



Why RI?

- ▶ Positive engagement /team cohesion
- ▶ Understanding oneself & interactional styles which impacts others.
- ▶ Social and relational skills (We are wired for connection)
- ▶ Empathy
- ▶ Conflict resolution for effective functioning
- ▶ Emotional regulation and emotional mastery
- ▶ Mental filtering processes& relational breakdowns
- ▶ Disagreement not Conflict
- ▶ Distress tolerance: dealing with critics and adapt with healthy behavioural responses.
- ▶ Unpacking Self defence mechanisms and Cognitive Distortions causing conflict
- ▶ Think greater than your feelings.



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