

Parental wellbeing after NICU

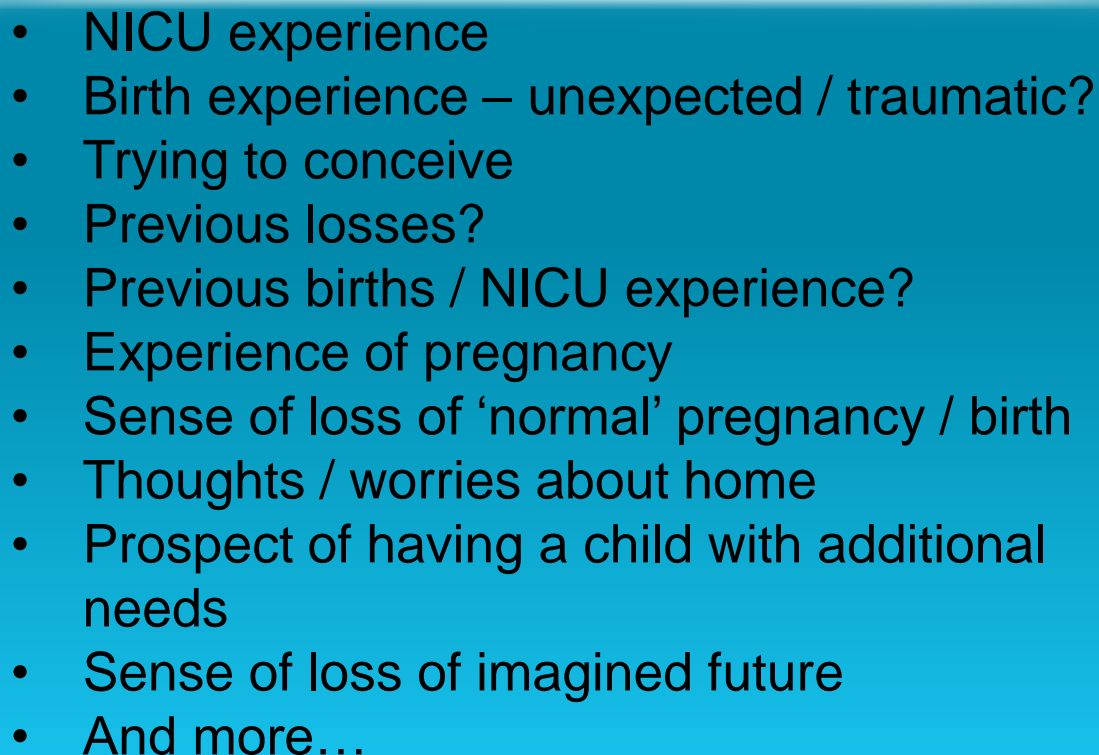
Dr Samantha Lloyd, Clinical Psychologist

Please look after yourselves



Home time...

What is in your suitcase?

- 
- NICU experience
 - Birth experience – unexpected / traumatic?
 - Trying to conceive
 - Previous losses?
 - Previous births / NICU experience?
 - Experience of pregnancy
 - Sense of loss of 'normal' pregnancy / birth
 - Thoughts / worries about home
 - Prospect of having a child with additional needs
 - Sense of loss of imagined future
 - And more...



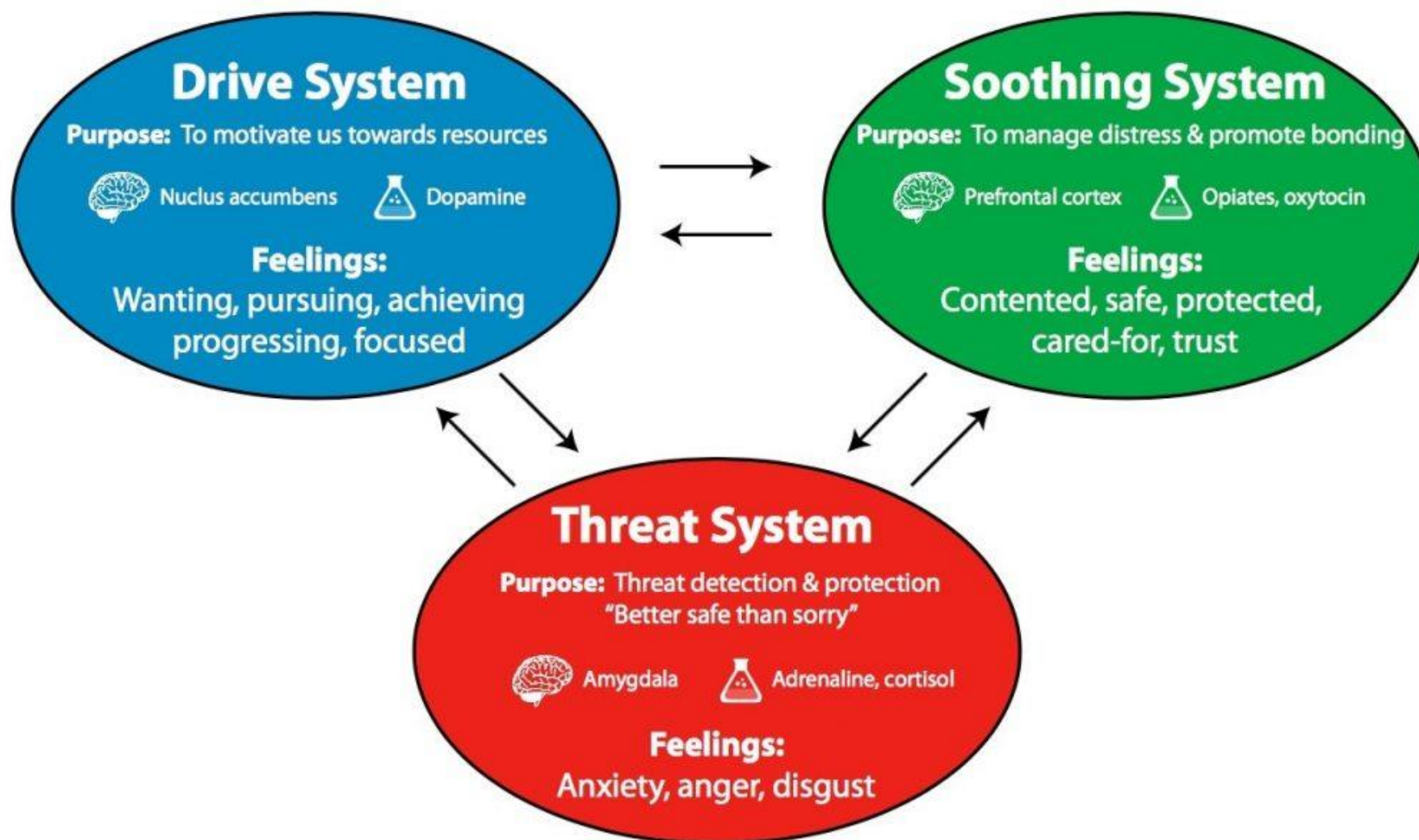
A word cloud of emotions in various colors and sizes. The words are: Guilt (largest, olive green), Loneliness (light green), Joy (medium green), Frustration (small, light green), Grief (medium green), Sadness (medium green), Anger (large, dark green), Hope (medium green), Fear (large, olive green), Loss (medium, dark brown), Longing (medium, light green), and Worry (medium, light green).

Remember to take
care of yourself.
You can't pour from
an empty cup.



Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.

Emotional Regulation Systems





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Self compassion

University Hospitals Bristol
NHS Foundation Trust



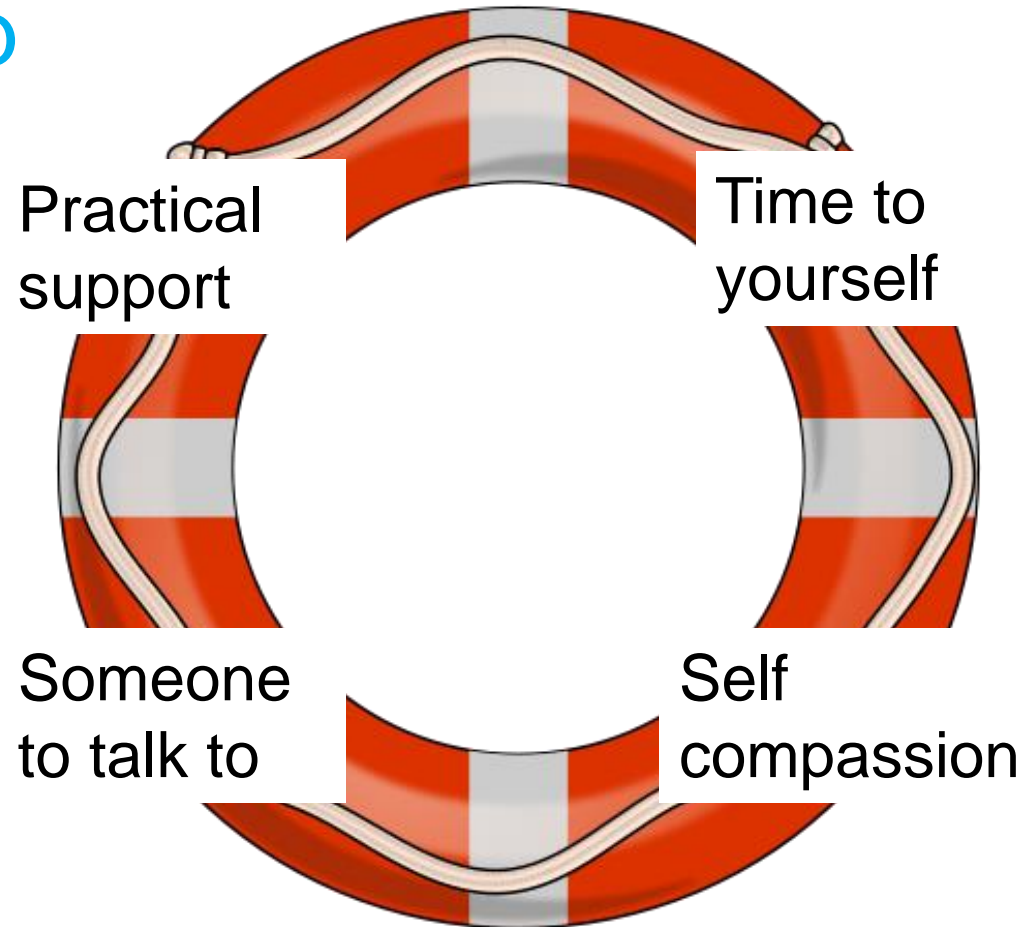
Three tasks of self-compassion:

- Treat ourselves with kindness
- Recognise our common humanity
- Be mindful



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What makes up your life belt?



Recommended resources

Mindfulness:

- Apps: Smiling Mind, Headspace, Calm
- Guided Mindfulness Exercises:

<http://www.freemindfulness.org/download>

- Finding Peace in a Frantic World by Danny Penman and Mark Williams. Book with 8-week program, includes audio. Also, free resources on their website:

<http://franticworld.com/resources/>

Compassion Focussed Exercises:

- <http://self-compassion.org/category/exercises/#guided-meditations>
- <http://compassionatemind.co.uk/individuals>

Thank you for listening

Any questions?

