

FROM VCOS TO VCOS



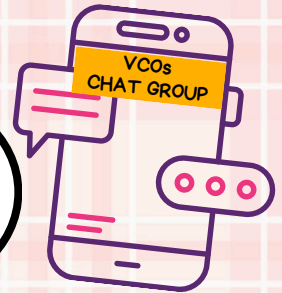
SERIES 1: SELF-CARE & BURNOUT PREVENTION STRATEGIES

Introducing *From VCOs to VCOs* — a new broadcast series where we learn from one another through shared experiences and practical tips from fellow VCOs.

We're kicking off our 1st series with **Self-Care & Burnout Prevention Strategies**. Supporting supervisees can bring up difficult emotions after heavy sessions — let's hear from fellow VCOs how they cope and care for themselves while supporting others.



Hey fellow VCOs! I just had a heavy session and was wondering — what strategies do you use to manage difficult emotions that come up after your sessions?



~Lucas~

Take a step back and reflect before responding. I also practice mindfulness through prayer or quiet reflection, which helps me stay grounded and maintain emotional balance.



~DancingBees~

Journaling is helpful for me to look beyond the surface emotions. Looking at my core beliefs that trigger those emotions helps.



~LumiJack~

Talk to someone about the feeling and process it.



Thank you for your insightful sharings! They are really helpful and I hope to apply some of these approaches in my work with supervisees.



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Alongside the ways we cope with difficult emotions, it can also help to draw on the supports and resources around us. Let's hear what fellow VCOs have found helpful!



Reaching out to your RO or CRS can be a helpful first step – their experience with similar situations can offer guidance as you navigate challenges.

VOLUNTEER CASE OFFICER (VCO)

GUIDEBOOK



SINGAPORE PRISON SERVICE

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VERSION 1.2

You can also draw on organisational resources such as the VCO guidebook or training materials, to help ensure alignment with professional standards.

PS: The VCO Guidebook can be found in the Whatsapp Catalogue in the VCO Community Group Chat!

Remember you can't pour from an empty cup.
Supporting others starts with taking care of yourself.
Take the time to recharge and fill your cup!

