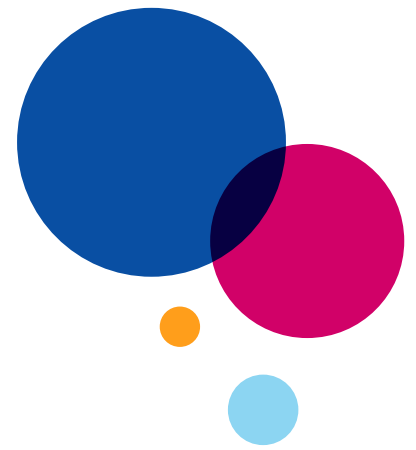


Take care of your own resilience and ask for help



As an employer, you are responsible for a complex area. You never really get a holiday when you are an employer, and working with an assistant may be challenging at times.

“When life gives you lemons, make lemonade!”

- Identify and state the things that are causing you stress right now.
- Accepting the facts reduces your load and stress and saves your energy for better things.

Ensure your good judgment in the face of difficult situations

All of us at some point face difficult situations. Adversity is a part of life, just like blessings are.

In a difficult situation, it is important to remain calm. You can try first counting to five.

When we have regained our ability to think clearly, we are more capable of fulfilling our role as an employer and will not make rash decisions in the heat of the moment.

Take good care of your own resilience! Also remember that you do not have to solve problems on your own. Support is available if you dare to ask for it.

Seek help; you don't have to solve all problems on your own:

- Services for the disabled have an advisory obligation.
- You can also turn to occupational healthcare for many issues.
- The Heta Union, the Threshold Association and other organisations can help you connect with other employers. Sharing experiences and thoughts makes things easier.
- Different actors arrange joint meetings between employers. Find a source of peer support that suits you.

This material is part of Varma's work ability support material. How can I succeed as an employer of a personal assistant?
Part 5a: Take care of your own resilience and ask for help

Read more: varma.fi/henkilokohtainenapu