**Tables:**

**Table 1: Key themes**

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| Self-care attitudes and activities |
| Relationships |
| Work context |
| Barriers |
| Physical activity |

**Table 2: Brownlee (2016)**

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| --- | --- |
| **Personal self-care activities** | **Professional self-care activities** |
| Physical self-care activities | Supervision |
| Healthy diet | Group supervision |
| Exercising | Peer support |
| Being outdoors | Tutorials |
| Psychological and self-care activities | Conferences and workshops |
| Seeing friends and family | Personal therapy |
| Spending time alone | Check-ins |
| Watching tv/films | Skills group |
| Reading and writing | Journal writing |
| Mindfulness exercises |  |
| Music |  |