



Caring with self-compassion

Ethical approval: GU Ref No. 2019/481

Griffith University is undertaking research to explore how self-compassion might be used to support the emotional health needs of people caring for older family members

You can get involved in a few ways...

Complete a survey about your health & wellbeing:

<https://prodsurvey.rcs.griffith.edu.au/CarerHealthSurvey>

Participate in an interview about your perceptions of self-compassion & what you think might help or hinder a self-compassion intervention for family carers of older adults

Join a small co-design group to help develop a self-compassion intervention for family carers

Interested? Please contact: Jenny Murfield (PhD student)



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