

## KEEPING YOURSELF WELL: SELF-CARE IN PROMOTING COUNSELLOR'S PSYCHOLOGICAL WELL-BEING

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### *Abstract*

*Helping profession like counsellor is characteristically attuned to caring for other. Yet, it costs to care for others. Helping others can be painful for the helper. Thus, having a sense of psychological well-being is crucial to maintaining a healthy personal and professional self. Creating a sustainable balance between caring for clients and caring for oneself has become an important concept in promoting counsellor psychological well-being. However, the concept of self-care has not received enough attention in Malaysia. This paper identifies the hazards of the counselling profession and self-care as ethical imperative, highlights the importance of self-care in promoting counsellor's psychological well-being and discusses the future direction of its research and practice among counsellors in Malaysia.*

**Keywords:** self-care, psychological well-being, counsellors

### **Abstrak**

Kerjaya yang menawarkan bantuan seperti kaunselor lazimnya bersifat prihatin kepada orang lain. Namun, keprihatinan ini melibatkan pengorbanan. Adakalanya dalam memberi bantuan, ia memudaratkan pihak yang membantu. Oleh itu, kesedaran dalam memastikan kesejahteraan psikologi adalah penting bagi mengekalkan kesihatan peribadi dan kerjaya seseorang kaunselor. Mewujudkan keseimbangan lestari di antara keprihatinan terhadap klien dan diri sendiri telah menjadi konsep utama dalam meningkatkan kesejahteraan psikologi. Namun, konsep penjagaan sendiri masih belum mendapat perhatian sewajarnya di Malaysia. Artikel ini mengenalpasti risiko berkaitan

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