

## TIPS FOR SELF-CARE

1. Be gentle with yourself.
2. Establish a network of support, both at work and in your personal life.
3. Change your routine often and tasks when possible.
4. Learning relaxation/calming techniques and use them routinely.
5. Get involved in macro-level work to influence policy or prevention.
6. Be good to yourself. Reward yourself for the good work you do.
7. Develop interests and support outside of work.
8. Recognize the difference between complaining that relieves stress and the complaining that reinforces negative stress.
9. Give support to peers and management. Learn to accept it in return.
10. Remember that you can only change yourself, nobody else.
11. Find a hermit spot and use it daily.
12. On the way home, focus on a good thing that happened that day.
13. Eat regularly and healthy.
14. Get enough rest and sleep.
15. Exercise routinely, even if it is simple and brief.
16. Remember to nurture all of your parts....intellectual, emotional, spiritual, and physical.
17. Take breaks. Schedule them into your day.
18. Remember to make time for fun and play.
19. Be grateful for what you have in life that others do not.
20. Nurture at least one close relationship.
21. Attend trainings.
22. Set good boundaries in your personal and professional life.
23. Treat yourself to something special sometimes.
24. Practice spiritual renewal.
25. Debrief.

**REMEMBER THE BIG PICTURE! KEEP PERSPECTIVE!**