



THE A-B-C OF SELF CARE

A

Awareness

- › Look at what events or cases can cause compassion fatigue, Burnout, Stress, Anxiety for you?
- › If you can recognise these events then you can look at ways to help avoid or control them.

B

Balance

- › Keep your life in Balance
- › Practice excellent self-care
- › Nurture yourself by putting activities in your schedule that are sources of pleasure, joy and diversion
- › Allow yourself to take mini-escapes; these relieve the intensity of your work
- › Transform the negative impact of your work (find meaning, challenge negativity, find gratitude) Get medical treatment if needed to relieve symptoms that interfere with daily functioning - don't use alcohol or drugs to self-medicate
- › Get professional help when needed to get back on track - we all need coaches and consultants at times

C

Connections

- › Talk out your stress - process your thoughts and reactions with someone else (co-worker, therapist, clergy, friend, family, and supervisor)
- › Build a positive support system that supports you, not fuels your stress
- › Pets accept whatever affection you are able to give them without asking for more
- › Pets are invulnerable to "provider burnout" Blood pressure and heart rate decrease when interacting with animals

