Engage in Self-Care

Self-care is of utmost importance when you are caring for others. Without self-care, you don’t leave any room for your cup to be refilled. Make it a priority to find time to engage in self-care on a regular basis.

◆ Hydrate Regularly
  Paying attention to hydration especially in times of physical exertion and stress is important. You can take care of your health easily by responding to your thirst cues.

◆ Don’t Underestimate Sleep
  Sleep serves as the maintenance, construction and medical crew for your body. According to the American Psychological Association, sleep engages active processes in the brain and other body systems to ensure good mental, physical, and emotional functioning.

◆ Be Mindful
  Mindfulness is described as the practice of bringing awareness to the present moment which can help you acknowledge and respond to negative emotions and stress in positive ways. Meditation is often a vehicle by which individuals are able to achieve greater awareness.

Set Boundaries

Make a concerted effort not to commit yourself to things at work or in your personal life that you will not be able to manage. This is a great way to set boundaries with everyone in your life.

Find your Coping Skills

Develop 5 unique coping skills that you enjoy and find comfort in. These can include hobbies or activities that bring you joy and happiness.

Find Your Support Group

Having people in your life who understand you and your struggles can make all the difference. You can form a Mutual Aid Group composed of individuals who all work in the same setting as you and know what challenges are faced. You can also find your “battle buddies” and create adequate space and time to communicate with them regularly.

Burnout, sometimes known as Compassion Fatigue, affects those who are highly committed to their work, yet still experience negative outcomes. (Francis, 2016)