

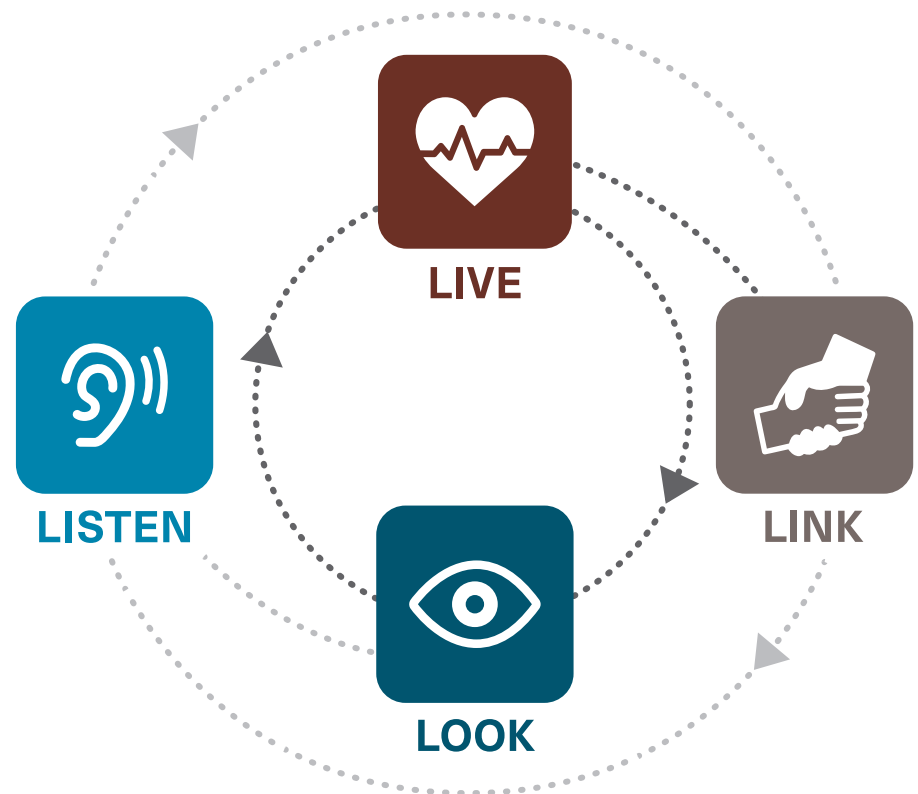
Self-Care

LOOK for signs of stress within yourself.

LISTEN to what the signs are saying about what you need.

LINK the signs and your needs to things you can do to meet those needs.

LIVE by applying your coping strategies continuously to help maintain your resiliency.



In order to avoid reaching the point of burnout, compassion fatigue, or other outcomes of stress, you must take steps to look after yourself. Below are some steps you can take to practise self-care.

- Take breaks
- Develop realistic work expectations
- Listen to and support your team
- Maintain healthy habits like eating, sleeping, and exercising
- Practise stress management techniques such as deep breathing and mindfulness
- Ask for help if you need it

An important part of self-care is maintaining healthy relationships with the people around you.

