

## ***Staying well while doing the work...***

### **Self-awareness and self-care techniques**

1. Check-In: know your warning signs (physical, thoughts, feelings, behaviours, relationships)
2. Note what are you are already doing to live well and balanced: body, mind, emotion, spirit
3. Remember the basics: Rest, sleep, nutrition, exercise, sex
4. Everyday spend some time in quiet and connection
5. Distracting hobbies...*but check back in!!!*
6. Limit trauma input/ social media break
7. The stress cycle Burnout: The Secret To Unlocking The Stress Cycle Nagoski 2020
  - a. Complete the cycle
    - i. Movement
    - ii. Deep Breathing
    - iii. Positive social interaction
    - iv. Laughter
    - v. Affect (6 second kiss, 20 second hug)
    - vi. Big Ol' Cry
    - vii. Creative expression
8. Journal/ Reflective Writing
9. Get a counsellor
10. Gratitude practice
11. Practice mindfulness (courses, books, apps (insight timer, headspace, calm, meditation studio...))
12. Water your joy seeds! – Thich Nhat Hanh

### **Professional/ organizational strategies**

13. Ask: am I prepared, trained, supports in place
  - a. Be dual/ self-aware, body awareness
14. Have a safe space/person...Create refuge and work free zones
15. Have immediate, short and long term strategies (No, Low and High resource)
16. Acknowledge this exists-use the language, have ongoing training
17. Develop 'role shedding' rituals
18. Make time to honour your work
19. Take breaks/ check-in during the day
20. Get and use your vault
21. Take care of each other ...Ask for help ...please....
22. Eat Gelato...lots of it!!!

Remember: "We are all just walking each other home" - Ram Dass