Promoting Self-Care

MIND
BODY
SPIRIT
FITNESS

Self-Care

1. What does it look like for you?
2. Why should we practice it?
3. When should we practice it?

How do you recognize what stresses you out?

How do you recognize it in others?
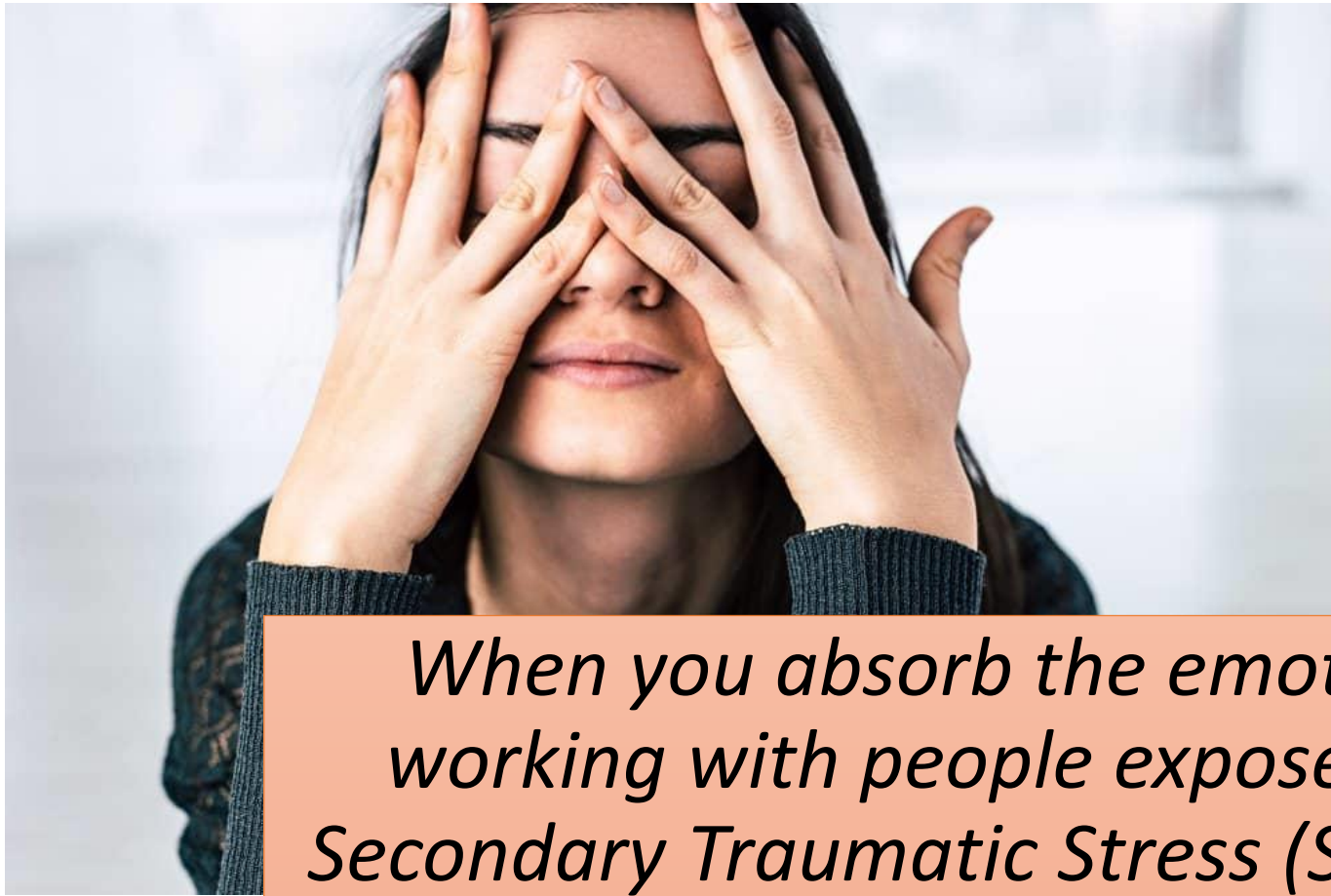
Compassion Fatigue

When you absorb the emotional pain when constantly working with people exposed to trauma, also known as Secondary Traumatic Stress (STS) or Vicarious Trauma (VT).

This can result in feelings of being overwhelmed, helpless, hopeless and can change feelings and beliefs about the world and self worth.

- Practice Mindfulness

- Aromatherapy

- Diet and Nutrition

- Exercise

- Deep Breathing

- Stretching

- Sleep

- Time Management

- Set Goals and Objectives

- OTHERS?

Helping Others Through...

- Healthy Snacks
- Encouragement
- Stretch time
- Gift Certificates
- Breaks/Walks
- Extra time at lunch
- Check in/Ask questions
- Invite a chair massage therapist in
- OTHERS?

"The practice of extreme self-care forces us to make choices and decisions that honor and reflect the true nature of our souls."

- Cheryl Richardson

Who can you partner with to practice the daily support of caring for yourself?

EITP SC Resource Page

Taking Care of You

Service Coordinators face many different types of challenges on a daily basis. The following resources give service coordinators some self care tools to help them accomplish their work and minimize their stress.

- Center for Early Childhood Mental Health Consultation provides relaxation and stress reduction resources. Below you will find a few examples of some resources found on their website.
  - Stress Log Template (pdf)
  - Talk Back to Your Unhelpful Thoughts (pdf)
  - Taking Care of Ourselves (pdf)
  - Mental Health Consultants Notes (pdf)
  - Relaxation Exercises

- Managing the Environment - The following resources are tools to help service coordinators manage their environment so they can successfully accomplish the many tasks they are working on in the manner that works best for them.
  - We Could Learn a LOT from Crayons (pdf)
  - Quiet Zone (pdf)
  - Temporary Time Out (pdf)

- Three Building Blocks of Reflective Supervision - ZERO TO THREE's work over the last quarter-century has found that reflective supervision promotes and supports the development of a relationship-based organization. This approach expands on the idea that supervision is a context for learning and professional development. The three building blocks of reflective supervision-reflection, collaboration, and regularity-are outlined in this resource.

back to top