



# Self-Care Strategies

## What is Self-Care?

Self-Care is the practice of acknowledging your own needs and engaging in activities that refuel you in healthy ways. Self-Care after providing crisis support is especially important. It helps bring the mind and body back into sync with one-another.

# 1



### Mental Self-Care



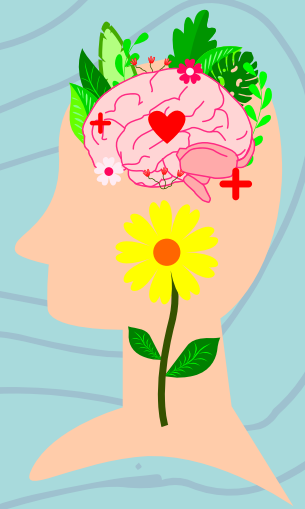
# 2

## Physical Self-Care

- Participate in a body-scan exercise.
- Focus on your breathing.
- Have a snack.
- Drink some water.
- Get enough sleep.
- Take a hot bath.

- Utilize a grounding technique.
- Focus on your breathing.
- Reach out to your Employee Assistance Program.
- Practice self-awareness about your own mental state and when to reach out to a mental health professional.

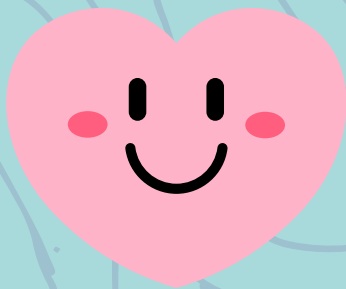
# 3



## Emotional Self-Care

- Cultivate healthy relationships with friends, family, peers, and supervisors.
- Debrief with those close to you after supporting someone through a crisis. This can help alleviate your own stress.

# 4



## Spiritual Self-Care

- Take time to meditate and/or pray.
- Attend religious services.
- Practice yoga.
- Spend time in nature.
- Do activities that bring you purpose & connection.

# 5

