

Take Care of Yourself

- *Be gentle with yourself.*
- *Remind yourself that you are an empowerer, not a magician. You cannot change anyone else – you can only change how you relate to them.*
- *Find a quiet retreat and spend time there daily.*
- *Give support, encouragement and praise to peers and to management. Learn to accept it in return.*
- *Remember that in the light of all the pain you see you are bound to feel helpless at times. Admit it without shame. Caring and being there are sometimes more important than doing.*
- *Change your routine often and your task when you can.*
- *Learn to recognize the difference between complaining that relieves and complaining that reinforces negative stress.*
- *On the way home, focus on a good thing that occurred during the day.*
- *Be a resource yourself. Get creative – try new approaches; be an artist as well as a technician.*
- *Use direct supervision or the buddy system regularly as a source of support, assurance and re-direction.*
- *Avoid shoptalk during breaks and when socializing with colleagues.*
- *Schedule periods during the week when you can limit interruptions – allow yourself some quiet time.*
- *Say, I choose... rather than, I should, I ought to ... or, I have to... Say, I won't, rather than, I can't.*
- *If you never say No, what is your Yes worth?*
- *Aloofness and indifference are far more harmful than admitting an inability to do more.*
- *Laugh and play!!*