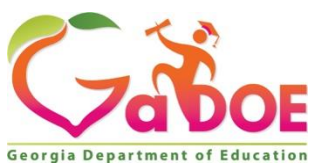


Self-Care Resources



March 27, 2020



CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

For More Information see your supervisor or visit www.istss.org,
www.proqol.org and www.compassionfatigue.org

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FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

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Professional Quality of Life <http://www.proqol.org>

- The cards above can be found here: https://proqol.org/uploads/Helper_Pocket-Card_2020.pdf
- A 30-question survey to self-assess the effect that trauma may be having on our professional lives: https://proqol.org/ProQol_Test.html

Readiness & Emergency Management for Schools (REMS) Technical Assistance Centers <https://rems.ed.gov>

- Resources for Assisting State and School Leaders:
https://rems.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx

- **Webinar and Resources**

Understanding Educator Resilience & Developing a Self-Care Plan

A recorded 1-hour webinar to provide educators and others in the educational community with a better understanding of resilience strategies that can be used to increase their ability to work more effectively with students impacted by stress, loss, and trauma. This webinar provides information on the concepts of resilience and compassion fatigue, and the impact of stress, burnout, and compassion fatigue on the education environment; how to identify signs and symptoms of compassion fatigue; and, included concrete steps for developing a professional self-care plan. Supporting documents may be downloaded:

- Presentation
- ProQOL: Professional Quality of Life Measure Explanation Handout
- ProQOL: Professional Quality of Life Scale
- Building a Self-Care Action Plan Handout
- Resource List: Compassion Fatigue and Behavioral Health Websites

The webinar and supporting documents can be found here:

<https://rems.ed.gov/webinarDetail?id=16>

Other Resources

- Centers for Disease Control (CDC) - Managing Anxiety and Stress
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- National Association of School Psychologists
[Talking to Children about COVID-19](#)
- National Alliance on Mental Illness
<https://www.nami.org/find-support/nami-helpline>