



Activity 3

Caring for Yourself in the Face of Difficult Work

Objectives:

- Highlight that the work of a service provider can be overwhelming.
- Focus on the importance of resilience in order to continue the work with care, energy, and compassion.

Steps:

1. Print one *Caring for Yourself* checklist for each participant.
2. Have participants review the checklist privately.
3. Participants should check off the things they do well.
4. Participants should develop a plan to incorporate the remaining items into their schedules.



HANDOUT for Activity 3

Worksheet: *Caring for Yourself* *in the Face of Difficult Work*

- Get enough sleep.
- Get enough healthy food to eat.
- Do some type of exercise (can be light).
- Vary the work that you do.
- Do (or plan) something pleasurable.
- Focus on what you did well today.
- Learn from your mistakes.
- Share a private joke.
- Pray, meditate, or relax.
- Support a colleague.