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.

SELF-CARE ACTIVITIES
www.projectevers.org
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.