### Self-Care: Taking Care of YOU



#### What is Self-Care?

Self-care is about doing things that help you feel good, stay healthy, and manage stress. It means listening to your needs and making time for activities that support your mental, emotional, and physical well-being.

### What is Compassion Fatigue and Burnout?

# Warning Signs of Burnout:

#### **COMPASSION FATIGUE**

Compassion Fatigue occurs when people who care for others experience emotional and physical exhaustion from prolonged exposure to others' suffering. This can lead to feelings of helplessness, reduced empathy, and increased stress.

#### BURNOUT

Burnout is a state of chronic stress and exhaustion that results in feeling disengaged, overwhelmed, and less effective at work or daily tasks.



Loss of motivation or



Feeling exhausted, detached, or overwhelmed

hope Physical symptoms like headaches or stomach aches

**JJSO of Americans say selfcare helps them relieve stress**  6.6%

<u>of people practice self-</u> <u>care daily</u> <u>55990</u> of parents feel guilty about taking time for

<u>themselves</u>

# Why it Matters

When you prioritize your own well-being, you have more energy, patience, and strength to care for others. Taking time to care for yourself helps build resilience, reduce stress, and sustain your ability to support those around you. For caregivers, educators, and those in helping professions, this not only helps prevent burnout—it also enhances compassion satisfaction: the joy and fulfillment that comes from making a difference, working with others, and helping people in meaningful ways.

#### **Take Action**

- Physical Self-Care Move your body, eat well, hydrate, and rest
- Mental Self-Care Read a book, do a puzzle, listen to music, write a gratitude list
- Social Self-Care Call a friend, join a club, spend time with family or pet
- Emotional Self-Care Journal, practice affirmations, seek therapy
- Environmental Self-Care

   Step outside, breathe
   fresh air, connect with
  - nature
- Workplace Self-Care Encourage breaks, support work-life balance,

#### Resources

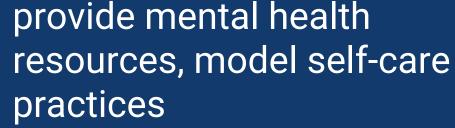
- <u>Caring for Your</u>
  <u>Mental Health -</u>
  <u>NIMH</u>
- <u>Compassion</u>
  <u>Fatigue Workbook -</u>
  <u>Building a Region of</u>
  <u>Resilience NWGA</u>
- Parents and Self-<u>Care - Strong4Life</u>
- Professional Quality
  of Life Self-Care
  Tools- ProQOL
- <u>Self-Care Practices</u>
  - <u>- Calm</u>
- <u>Explore additional</u> tools and guides for self-care and wellbeing here!

#### Learn More



Scan with your camera to learn more.

Remember: Taking care of yourself isn't selfish—it's necessary!







Aligning public and private efforts and resources across the state that support resiliency for all persons aged O-26 and their families.

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