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.
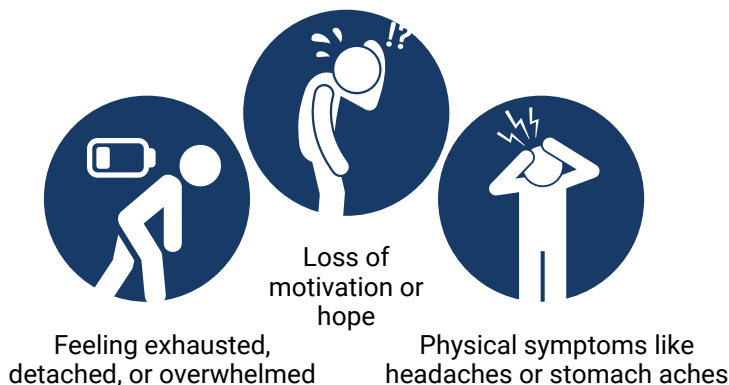
Why It Matters

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.

What is Compassion Fatigue & Burnout?

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

Warning Signs of Burnout:

Feeling exhausted, detached, or overwhelmed

Loss of motivation or hope

Physical symptoms like headaches or stomach aches

Did You Know?

- 75% of Americans say self-care helps them relieve stress [1]
- Only 6.6% of people practice self-care daily [2]
- 39% of parents feel guilty about taking time for themselves [3]

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, provide mental health resources, model self-care practices

Resources

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

Learn More

Scan with your camera to learn more.

Remember:

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

[1] https://www.businesswire.com/news/home/20210114005312/en/Vagaro-Survey-75-of-Americans-Believe-Self-Care-Activities-Provide-Stress-Relief
[2] https://pubmed.ncbi.nlm.nih.gov/21737762/
[3] https://spaexecutive.com/2019/07/15/study-finds-people-are-too-busy-and-guilty-for-self-care/