



Self-Care Tip-Sheet for Staff and Volunteers

Because – as a staff person or volunteer – you are caring for others, remember to care for yourself. By engaging in self-care, we can assert our right to be well.

Helpful suggestions for accessing self-care include:

- 1 RECOGNIZE YOUR STRESS:** Instead of trying to deny your feelings, pay attention to what you are feeling. Notice how it may be affecting you; maybe you feel tension, or a lot of pressure. Maybe you feel you sad or angry. Paying attention to your reaction is the first step toward resolving it.
- 2 TALK ABOUT IT:** Talk to someone who really knows you and what you are up against – a colleague, friend, or family member. Ask them to just listen as you explain your situation. Talking through things calmly can help.
- 5 DO WHAT YOU LOVE:** Whatever you enjoy the most will help you get through the situation. If you like to listen to music, do it. If you like to read, find a good book.
- 3 EXPRESS YOURSELF:** Expressing our emotions appropriately, even negative ones, is healthy. Talk with someone you trust or find a creative outlet through art, writing, or music.
- 4 REMEMBER THAT STRESS IS TEMPORARY:** Remember that the intensity of whatever may be stressing you out will pass in time.
- 5 GET OUTSIDE:** Time in a natural environment can help improve physical, emotional, and mental health. Spend some time outside, in nature, to boost feelings of happiness and well-being.
- 6 TAKE CARE OF YOURSELF:** Losing sleep, not eating, and worrying can make you feel ill. Self-care includes trying to keep a normal routine for yourself, which includes attending to your own physical, emotional and spiritual needs.
- 7 DO SOMETHING YOU LOVE AND ENJOY:** Healthy eating habits, regular exercise and adequate sleep can help reduce stress. Having fun and connecting with others are also important to your well-being. Engage in a sport or activity, listen to music, read or write, garden, or simply hang out with friends.
- 8 DON'T HEAVILY RELY ON ALCOHOL OR DRUGS:** While they might make you feel better for the moment, alcohol and drugs can make you feel worse.

As a rule of thumb, if work gets in the way of life or life gets in the way of work, it's okay to ask for support from a mental health professional.