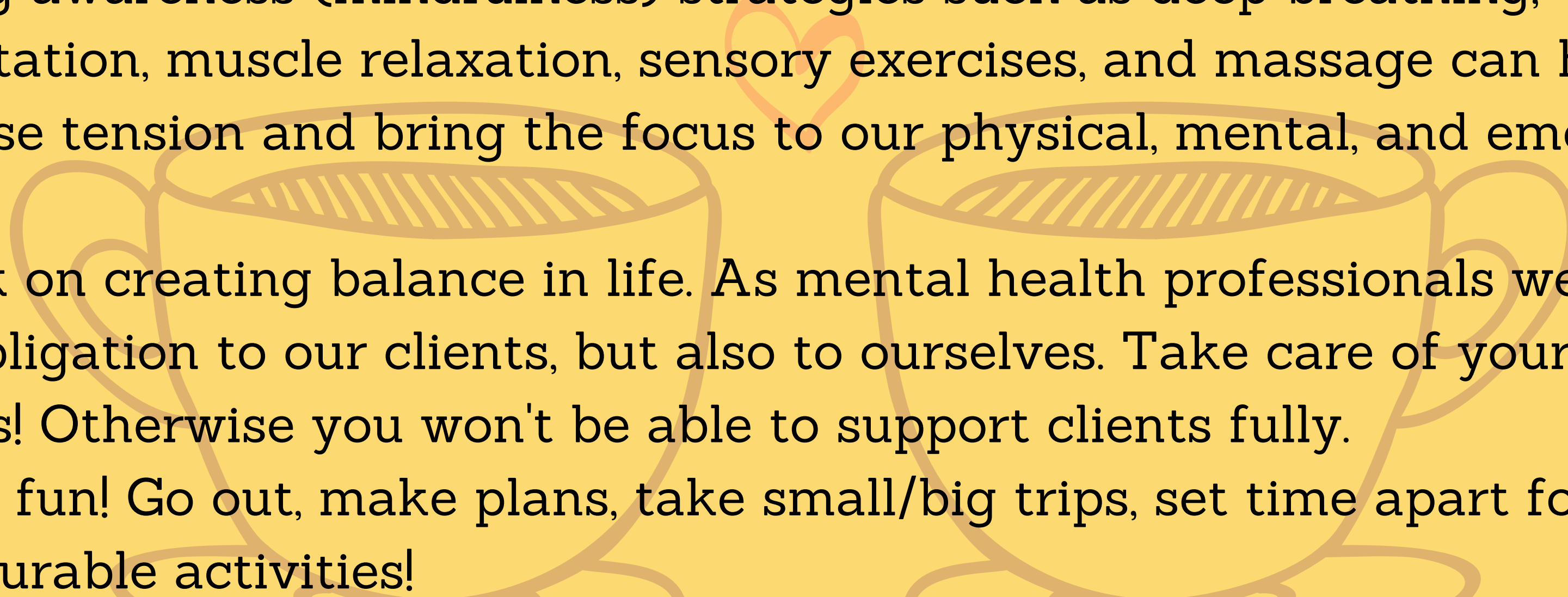


Self-Care Strategies

- Talk to supportive individuals (supervisors, colleagues, or your own therapist)
 - Using awareness (mindfulness) strategies such as deep breathing, meditation, muscle relaxation, sensory exercises, and massage can help release tension and bring the focus to our physical, mental, and emotional state.
 - Work on creating balance in life. As mental health professionals we have an obligation to our clients, but also to ourselves. Take care of your own needs! Otherwise you won't be able to support clients fully.
 - Have fun! Go out, make plans, take small/big trips, set time apart for pleasurable activities!
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- A decorative illustration at the bottom of the slide features two light brown teacups on saucers. The teacups have a simple, rounded shape with a handle on the right side. The saucers are circular and match the color of the cups. Above the space between the two teacups is a small, light pink heart. The entire illustration is rendered in a soft, sketchy style.