



Self Care: What it is and Why it's important

“AN EMPTY LANTERN PROVIDES NO LIGHT. SELF – CARE IS THE FUEL THAT
ALLOWS YOUR LIGHT TO SHINE BRIGHTLY.”

UNKNOWN

Exercise



Self-care has been defined as the process of taking care of oneself with behaviors that promote health and active management of illness when it occurs.





SELF-CARE

- AN INDIVIDUALIZED PRACTICE OF ACTIVITIES OR HEALTH MANAGEMENT FOR THE PURPOSE OF MAINTAINING LIFE, GOOD HEALTH, AND WELLBEING
- SELF-INITIATED, INTENTIONAL, AND PURPOSEFUL
- FUEL FOR MIND & BODY

SELF CARE IS NOT A SELFISH ACT

Areas of Self Care include:



PHYSICAL



PSYCHOLOGICAL



EMOTIONAL



SPIRITUAL



SOCIAL



FINANCIAL




PROFESSIONAL



INTELLECTUAL



Indicators of an empty Lantern

- 
- A close-up photograph of a traditional metal lantern with intricate cut-out patterns. Inside the lantern, a single white candle is lit, casting a warm, yellow glow. The lantern is positioned on the left side of the frame, and its light illuminates the surrounding area, creating a soft, atmospheric effect. The background is dark, making the lantern and its light the central focus.
- ▶ Do you drag yourself to work and have trouble getting started?
 - ▶ Have you become irritable or impatient with co-workers or clients?
 - ▶ Do you lack the energy to be consistently productive?
 - ▶ Do you find it hard to concentrate?
 - ▶ Do you lack satisfaction from your achievements?
 - ▶ Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?

Compassion Fatigue

A close-up, low-angle shot of a man with a beard and dark hair, lying down with his eyes closed. He is resting his head on a patterned pillow. A ginger and white cat is curled up next to him, also sleeping. The background is softly blurred, showing colorful fabrics. The overall mood is peaceful and intimate.

Compassion fatigue is the emotional and physical burden created by the trauma of helping others in distress, which can lead to a reduced capacity for empathy toward suffering.

Potential Risks

A graphic featuring the word "Burnout" in a bold, black, serif font. The letters are partially obscured by a bright, fiery explosion or fire effect, with orange and yellow flames and white smoke. The background is a light blue gradient with a faint circular pattern and a red vertical bar on the right side.

Burnout

A reaction to prolonged or chronic stress, characterized by fatigue and feelings of diminished personal and professional ability.

External Supports:

- ▶ Supervisor
- ▶ Utilize work EAP
- ▶ Counseling



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How do you
practice self Care?



Exercise



BENEFITS OF SELF-CARE

