



Shepherd Center
PSYCHOLOGY

May is Mental Health Awareness Month!

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 Tips for Resilience

1. Practice good self-care. Sleep, exercise, and eat well.
2. Share experiences with and support co-workers.
3. Ask for help!
4. Our patients and families can be challenging; leave work at work.
5. Stop, think, and breathe.
6. Share a smile 😊
7. As flight attendants say, put your oxygen mask on first! In other words, take care of yourself so you will be able to help others!
8. Create circles of support. Friends, family, support groups, and professionals can all support your healthy living.
9. Pay attention to your mental health. Seek help from a counselor or psychologist if you are having symptoms of anxiety, depression, or sleep problems.
10. Relax, meditate, or pray to restore your mind, body, and spirit.