






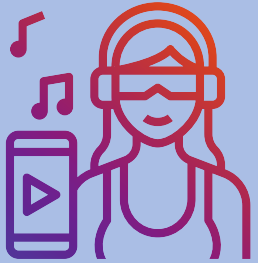
EMOTIONAL RESILIENCE

- Keep your emotional battery full
- Daily 'self check-in'
- Eat 'mindfully'
- Exercise to reduce stress
- Connect with people outside work
- Prioritise sleep
- Relax - every day - no excuses!
- Find 10 mins a day 'just for you'

BE RESPONSIBLY SELFISH

DON'T FORGET!

Compassion Fatigue is an occupational hazard. It is your natural response to witnessing others distress. It affects you because you are compassionate and empathetic. You cannot avoid it. But with self-compassion, and self-care you can reduce its impact and become more emotionally resilient.



TO-DOS

- Write down things that fill your battery and what drains it
- Write yourself a care plan
 - 3 changes to prioritise self care