

## Self care Tips

**Take care of yourself:** you owe it to yourself and those who care about you.

**Get enough rest:** even when the work demands are high: you are NOT superman/woman. You need to set limits.

**Eat and drink healthily and regularly.**

**Monitor your alcohol and tobacco intake:** they may help you cope in the short term, but in the long run they reduce your body's ability to deal with stress.

**Exercise:** even if it's just a walk or sit-ups. Exercise will help you work off stress you've been under, and help you to be in better shape to deal with the stress to come.

**Communicate and share your feelings:** talk to a colleague you trust, e-mail or phone a friend, write about or draw what you're feeling. Make an agreement with a buddy for mutual support.

**Review how you're coping:** check with others for an objective view.

**Quiet time:** take time to meditate, pray, listen to music, focus on the beauty that is always a part of life.

You do have coping skills already. Use whatever it is that works best for you! These tips really do work and will help you to do what you're doing well, and keep on being able to do it well!