

Care for the Caretaker

 Be gentle with yourself!

 Remind yourself that your are an **enabler** not a magician. We cannot change anyone else—we can only change **how** we relate to them

 Find a hermit spot. Use it often.

 Give support, encouragement and praise to peers and to management. Learn to accept it in return

 Remember that in the light of all the pain we see, we are bound to feel helpless at times. Admit it without shame. Caring and being there are sometimes more important than doing.

 Change your routine often and your tasks when you can.

 Learn to recognize the difference between complaining that relieves and complaining that reinforces negative stress.

 On the way home, focus on a good thing that occurred during the day.

 Be a resource to yourself! Get creative—try new approaches. Be an artist as well as a technician.

 Use supervision or the buddy system regularly as a source of support, assurance and re-direction.

 Avoid “shop talk” during breaks and when socializing with colleagues.

 Schedule “withdraw” periods during the week—limit interruptions.

 Say “I choose” rather than “I should,” “I ought to,” or “I have to.” Say “I won’t” rather than “I can’t.”

 If you never say “NO” - what your “YES” worth?

 Aloofness and indifference are far more harmful than admitting an inability to do more.

 Laugh and play!