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 things to do each day
1. Get enough sleep
2. Get enough to eat
3. Vary the work that you do
4. Do some light exercise
5. Do something pleasurable
6. Focus on what you did well
7. Learn from your mistakes
8. Share a private joke
9. Pray, meditate or relax
10. Support a colleague

For More Information
See your supervisor or visit www.psychosocial.org or telida.isu.edu

SWITCHING ON AND OFF

Your empathy for others helps you do your job. It is important to take good care of your feelings by monitoring how you use them. The most resilient workers are those that know how to turn their feelings off when they go on duty, but on again when they go off duty. This is not denial, it is coping strategy. It is a way they get maximum protection while working (feelings switched off) and maximum support while resting (feelings switched on).

How to become better at switching on and off
1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (switch off) or connected and cared for (switch on) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.