

## SELF-CARE AND MANAGING STRESS

SOURCES OF STRESS:	STRATEGIES:
<b>Lack of Confidence</b>	Utilize supervision, peers Realize your own strengths Seek mentors and practice skills Seek training, observe others, read
<b>Personal Sore Spots</b>	Know your “buttons” Desensitize yourself (write the most troubling things a survivor could say/do and rehearse your response) Find a colleague for practice and support
<b>Built-up Stress</b>	Be aware of your own limits Know the signs of burn-out Attend to your needs for leisure, socialization, rest, and pleasure Know when to ask for help
<b>Physical Responses</b>	Practice relaxation Take slow, deep breaths Progressive muscle release Maintain a neutral expression Keep your voice calm and ready
<b>Organizational/Administrative Confusion</b>	Clarify agency policies Know and practice safety procedures Supervisors should advocate for staff safety Initiate a “buddy” system Establish liaisons with police