

SELF-CARE IS CRUCIAL IN ORDER
TO HAVE COMPASSION, EMPATHY
AND RESPECT FOR OTHERS.

SIMPLY PUT...

"WE CANNOT GIVE
WHAT WE DO NOT
HAVE."



EXERCISING

JOINING A PEER SUPPORT GROUP.
LEARNING TO ASK FOR HELP
FROM OTHERS.

HAVING A TRANSITION FROM WORK
TO HOME

PRACTICING MEDITATION OR
TAKING A FEW DEEP BREATHERS

FINDING TIME FOR YOURSELF BY
REBALANCING YOUR WORKLOAD

ATTENDING TRAININGS AND
WORKSHOPS REGULARLY.

CUSTOMER AWARENESS

SUPPORT EFFORT

TIPS FOR SELF-CARE:



SELF

CARE

CUSTOMER AWARENESS

SUPPORT EFFORT