

WE CANNOT GIVE WHAT WE DO NOT HAVE.

Self-care is crucial in order to prevent stress and burnout and have compassion, empathy and respect for others.

Prevent symptoms of chronic emotional stress including: guilt, social withdrawal, anger, cynicism, criticizing self/others, chronic exhaustion, physical illness, difficulty listening, and loss of creativity.

WE SUPPORT YOUR SELF-CARE

Exercise.
Listen to music.
Join a peer support group or talk with friends.
Practice mediation or take a few deep breathes.
Find time for yourself by re-balancing your workload.
Attend trainings and workshops regularly.
Ask for help from others when you need it.
Have a transition from work to home-don't take your work home with you!



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT

• CARE •
Customer Awareness
Response Effort