



## Care for the Caregiver

### Practicing Self-Care

- Knowing your limit is knowing when to take breaks or knowing when to ask someone for help. We need to create team environments in which people can ask for help and remain feeling competent.
- Maintain a healthy balance in your life. This can be difficult to achieve, even when you are not working with someone with challenging behaviours. A healthy balance will prevent you from becoming ill or burn out.
- Seek help for symptoms that are interfering with daily life. For example, one of the symptoms of stress disorders is excessive sleep. If you find there is an increase in the amount of sleep you need, seek assistance from your physician or a counselor.
- Maintain positive supportive connections with others. Do not isolate. Keep good relationships within your team. Often, we are not able to talk about what happens at work with our loved ones, therefore our team members may be a good source of brainstorming and/or comfort.
- Implement regular mini-escapes in your life—that is recreation.
- With our clients, we need opportunities for success because it makes us feel good and increases our willingness to do things that we find difficult.
- Don't medicate with drugs and alcohol. This creates more problems than it solves.
- Get professional help for yourself if needed to get back on track. If you feel you are at a point where you can't recover (i.e., always tired, always worried about what is going on at work), look for assistance from a counselor or a physician.

[Information Sheet No. 29 has a corresponding Challenge Sheet No. C29]