

## Self-Care for the Prevention Professional

Burnout occurs when people regularly give more than they can afford to-give – physically, mentally, emotionally, or spiritually. It produces feelings of hopelessness, powerlessness, cynicism, resentment and failure—and reduces productivity. People who care for others experience more burnout than other professionals.

### Care for yourself physically

Sleep  
Move  
Eat well  
Hydrate



### Care for yourself mentally

Choose an attitude of gratitude  
Watch what you say to yourself – be positive.  
Learn to say “no” - Set boundaries  
Separate problems from inconveniences –  
Practice mind calming and relaxation exercises  
Keep a To-Do list - Learn to manage your time well



### Care for yourself emotionally

Like yourself  
Surround yourself with positive people  
Nurture your closest relationships  
Give up gossiping, blaming or whining with friends  
Learn to forgive and quit reliving the past  
Learn from your uncomfortable emotions  
Practice healthy communication



### Care for yourself spiritually

Look for the good in everything  
Choose compassion over condemnation  
Know your higher purpose each day  
Add value to each situation you can  
Take time to play everyday  
Discover and pursue your dreams



***Do something that is 'timeless' everyday!***

**ROBIN ROSE**  
TRAINING & CONSULTING

[www.robinrose.com](http://www.robinrose.com) ▪ (503) 873-3649 ▪ [robin@robinrose.com](mailto:robin@robinrose.com)

## Additional Burnout-Prevention Strategies:

- Spend time in nature
- Get proactive with problems
- Avoid toxic situations
- Focus on what matters
- Keep what matters most foremost
- Stretch, breathe, yoga
- Lie down, close your eyes 5 minutes
- Remember what makes you happy
- Picture that
- Be grateful
- Expect good outcomes
- Share encouragement liberally
- Ask for what you want vs. complain about what you don't want
- Spend more time w/loved ones
- Exercise more
- Move your body every hour
- Find joy in each moment
- Sense the space between your toes, often
- Drink more water
- Stop, breathe deeply, feel your feelings
- Nap
- Go for a walk and smell what's around you
- Live deliberately
- Become a comedy buff

## Watch What You Tell Yourself:

- I can handle this!
- I stay calm during uncomfortable moments
- Relax, work with it
- How could this work right now?
- How can I support them right now?
- What can I calmly offer here?
- They're just upset-I'm just upset
- Count to ten, count to 100!
- What's the best I can bring to this moment?
- I can be my best, even now
- I'm stronger than this
- Something good can come of this
- I can handle whatever comes up
- I can listen instead of react
- This is when it counts
- I'm in control of myself
- I can work with this
- It's not worth the toxins!
- I can learn from their perspective

### Avoid Conversations That Stress:

Whining  
Worry  
Blaming  
Complaining  
Gossiping  
Putting Others Down

To receive Robin's free emails— just go to her website [www.robinrose.com](http://www.robinrose.com) and enter your email address in the *StayWell* box. Her book is now available – you can find it on her website!



**ROBIN ROSE**  
TRAINING & CONSULTING

[www.robinrose.com](http://www.robinrose.com) ▪ (503) 873-3649 ▪ [robin@robinrose.com](mailto:robin@robinrose.com)