

Practice 'Lived Self-Care'

- Self-initiated ongoing practice of taking an *active role in protecting one's well-being and happiness*

Ideas for Therapists/Givers of Care

- 1) Set boundaries
- 2) Sustain healthy escapes (i.e., breaks at the office, days off from the office)
- 3) Create a Flourishing Environment (i.e., enliven your office)
- 4) Make time for selfcare! (i.e., exercise)
 - a. Notice, value, and respond to our own needs as generously as you attend to others' needs. Put it on the calendar
- 5) Resonate with your mission (i.e., connect to hope and optimism)
- 6) Foster creativity and growth
 - a. 'Professional Greenhouse' learning environment where growth is encouraged
 - b. 'Play' at work and outside of work
 - i. Release endorphins, improve memory, enhance coping, express joy
 - ii. Associated with life satisfaction and well being

Ideas for Clients

- 1) Mind the body (i.e., sleep, eat, hydrate, exercise, get out in nature)
- 2) Nurture relationships
- 3) Restructure cognitions (i.e., not catastrophizing)
- 4) Cultivate spirituality
- 5) Foster optimism
- 6) Face fears
- 7) Solidify moral compass
- 8) Imitate resilient role models
- 9) Physical fitness
- 10) Enhance cognitive and emotional flexibility
- 11) Find meaning, purpose, and growth