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| **Self-care strategies for therapists:**  **Value and grow the person of the psychotherapist**   * You will benefit from personal therapy * Use self-awareness and self-monitoring to regularly access your own needs as carefully as you do those of your patients * Practice Mindfulness and Self-Compassion * Spend time learning what deeply nourishes you…and do it * Schedule time for activities that replenish you…actually put them on your calendar and block out the time * Set and sustain personal boundaries (both inside and outside the office) * Acknowledge limitations and actively, thoughtfully, manage them * Cultivate practices that nourish spiritual meaning and a sense of belonging   **Refocus on reward**   * Actively identify and remind yourself of the rewards of psychotherapy * Allow yourself to experience these rewards as a means of replenishment * Build a gratitude practice into your day * Recognize and be realistic about professional hazards * Understand the risks and devise strategies for managing them * Don’t worry along, consult others   **Tend the Body**   * Frequently ask how you feel in your body (e.g., rest, nutrition, hydration, exercise, the need for human contact) * Don’t wait until you’re fully depleted. Catch yourself early so you’re not working from a place of depletion   **Nurture relationships both in and out of the office**   * Participate in peer support/supervision groups * Attend continuing education and colleague networking events frequently * Meet regularly with mentors and consultants * Make time to nurture relationships with family, friends, partners * Have an active social life outside of work   **Create a thriving environment**   * Make your office a welcoming place for yourself and your patients * Limit te number of high-risk and high-demand patients * Get business support (e.g., administrative or virtual assistants, billing, programs/personnel) * Actively avoid isolation if you are in private practice * Take breaks a work * Limit exposure to traumatic material * Schedule vacations and time for restorative solitude and leisurely diversions   **Foster your own creativity and growth**   * Diversify the types of clients you see and professional services you engage in * Actively participate in professional organizations hat are meaningful to you * Never stop learning |