|  |
| --- |
| **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
 |