



Resources for Professionals

Strategies for Combating Stress

Physical Self-Care

- Eat regularly & healthy (e.g. breakfast, lunch, dinner)
- Exercise
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports or do some other physical activity
- Get enough sleep
- Wear clothes you like
- Take day trips or mini-vacations
- Make time away from telephones

Emotional self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Reread favorite books, review favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests
- Play with children

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not an expert or in charge
- Decrease stress in your life
- Notice your inner experience-listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area
- Practice receiving from others
- Be curious
- Say no to extra responsibilities sometimes



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Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Mediate/Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc)

Workplace or Professional Self-Care

- Take a break during the workday (e.g. lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting/rewarding
- Set limits with clients and colleagues
- Balance your caseload so no one day, or part of a day is “too much”
- Arrange your work-space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raises)
- Have a peer support group