

# CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

## 10 Things to Do for Yourself

Get Enough Sleep



Focus On What You Do Well



Get Enough to Eat



Learn from Your Mistakes



Do Some Light Exercise



Share a Private Joke



Vary the Work You Do



Pray, Meditate or Relax



Do Something Pleasurable



Support a Colleague



**From Sandi & Ellie - Your Friends at “PetLoss Partners”**

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