

Clinician's Self-Care

Alan Wolfelt, Center for Loss, Courtesy of Carol Kummet, LICSW



- ◇ As a clinician, I cannot avoid getting emotionally involved, nor would I want to. Active empathy allows me to be a supportive companion to others.
- ◇ I must remember I am responsible to others, not for others.
- ◇ I must work to achieve practical goals for how I spend my time and to achieve a clear sense of expectations and realistic workloads.
- ◇ I must learn to listen to my gut when it says stop or tells me that I am over involved or out of balance.
- ◇ My work is only part of the total me.
- ◇ I am not the only one who can serve the patients.
- ◇ My family, my friends, my other interests and myself deserve my time and attention.
- ◇ I deserve to lead a joyful, whole life even in the midst of sorrow.

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What is it that sustains you in the midst of your intense and demanding work?

How do you take care of yourself? What stands in your way?

Where can you express yourself fully: your needs, fears, and hopes?

What one small step of self-care would you be willing to commit to this week that is both affordable and accessible?



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