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.
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?

____________________________________________________________________________________
____________________________________________________________________________________