



# STAYING STRONG

## Vicarious Trauma and Self-Care

Frontline support work is tough and often takes an emotional toll. To continue offering care with compassion, it's essential to look after your own wellbeing.

Use these **simple, practical tips** to help you manage stress, care for yourself and maintain healthy boundaries. Supporting others starts with supporting yourself.

### MANAGING STRESS

#### Pause + breathe

Before or after a tough interaction, take 3 slow breaths. It helps regulate stress and re-center.

#### Short breaks count

Take 2-5 minutes between clients to stretch, hydrate, or simply step away. Reset before you dive back in.

#### Notice your signs

Feeling irritable, exhausted, disconnected or overwhelmed? That's your body asking for care—not a sign of weakness.

### SUSTAINABLE SELF-CARE

#### Find your rhythm

Ground yourself with daily habits—coffee rituals, morning walks, music, or mindfulness.

#### The basics matter

Sleep, food, and hydration are your frontline fuel. Don't underestimate their power.

#### Reclaim small joys

Even during heavy days, make time for something that lifts you—nature, creativity, pets, laughter.

### BOUNDARIES ARE PROFESSIONALISM

#### Limits protect everyone

Know what's in your role—and what isn't. Saying "no" is not selfish, it's ethical.

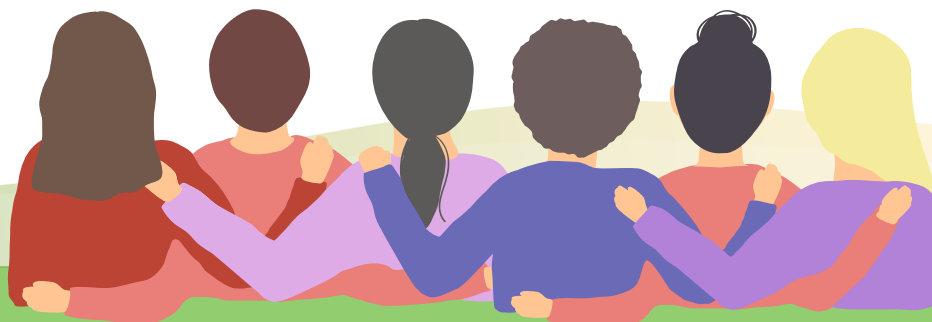
#### Detach with care

You can hold space for someone without holding everything for them.

#### Transition rituals

End your workday with intention—close the laptop, change clothes, play a favorite song. Signal to your body that you're off-duty.

**TAKE CARE OF YOU  
TO TAKE CARE OF OTHERS.**



### REMEMBER

You are a vital thread in the social safety net.  
Compassion *includes* you.  
Support isn't sustainable without self-support.

