**SELF-CARE FOR VOLUNTEERS**

**Examples of Self-care in your daily life:**

* **Healthy Eating**
  + gluten/sugar free, anti-inflammatory diet, heart healthy diet
* **Balancing Activity with Rest**
  + staying physically active, regular exercise, naps
* **Managing Pain and Fatigue**
  + naps, topicals, meditation, heat and cold, aromatherapy, medication, medical marijuana or cbd oil
* **Natural and Alternative Therapies**
  + massage, acupuncture, aromatherapy, supplements
* **Positive Attitude and Support System**
  + quality time connecting with friends and family, support groups, counseling, relaxation exercises, quality time disconnecting (trip/vacation)
* **Improving Sleep**
  + practicing sleep hygiene, getting enough sleep
* **Proactive Healthcare**
  + doctor’s appointments, taking medication as directed, educating yourself

**Notes:**

**How do you perform self-care in everyday life?**

**What depletes you in your facilitator role? What are some self-care strategies do you use when you’re depleted?**

**What is most helpful in keeping you motivated?**

**How do you deal with the pre-meeting deadlines, correspondences and stress? What about self-care post meeting?**

**How do you perform self-care as it relates to compassion fatigue?**