

# STRATEGIES TO REMAIN HEALTHY & COMPASSIONATE



Understand multiple points of exposure



Recognize your "Must Be Nice" reactions



Monitor your warning signs



Establish your personal Balance Map



Determine your guidelines for healthy living



Use the Hot, Walk & Talk strategy



Compassion Satisfaction: Remember the rewards of your work



Try a Digital Detox



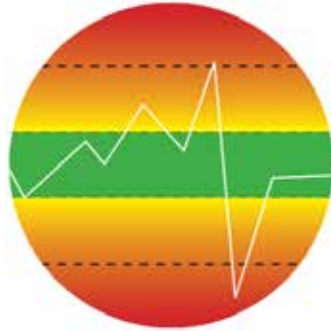
Become trauma-informed & know your ACES



Cultivate social support at work and at home



Reset: before, during & after exposure



Learn how to widen your Window of Tolerance



Use Low Impact Debriefing when necessary



Create an action plan & remain accountable



Don't be afraid to "Disappoint Someone Today"

“DIG WHERE THE GROUND IS SOFT”