

EMDR THERAPIST SELF-CARE TIPS

SIGNS TO WATCH FOR

- Caring 'too' much
- Feeling numb to client experience
- Over-identifying with client
- Loneliness/isolation
- Increased startle response
- Feeling fragile
- Social withdrawal
- Disconnecting with loved ones
- Decreased interest in clients
- Cynicism
- Feeling trapped at work
- Noticing identity changes
- Losing sleep over clients
- Overwhelm, exhaustion
- Disillusioned with the world
- Blaming others
- Apathy, low motivation
- Feeling more sensitive to trauma
- Difficulty empathizing with client
- Feeling hopeless or helpless
- Lack of enjoyment in normal things
- Inability to focus
- Constant feelings of stress

SELF-CARE REMINDERS

- Take five deep breaths
- Go to your calm place
- Two minute stretch break
- Take a meditation minute
- Plan a date or family night
- Do something fun - smile
- Positive mantra 'I am worthy'
- Set up a consultation session
- Butterfly hug or tap
- Write a journal entry: 'Grateful for...'
- Exercise your body, feed it well
- Take a nature break
- Spend time with a pet or animal
- Schedule a therapy session
- Unplug from technology
- Listen to music
- Ritual to 'let go' of your workday
- Allow six to eight hours of sleep
- Check your VoC on positive self-talk
- Pamper yourself: bath or massage
- Phone a friend or colleague
- Take a walk
- Find hope and 'stay with that'