



# A GUIDE TO SELF-CARE FOR THE RECREATION THERAPIST



AS RECREATION THERAPISTS, WE ARE ALWAYS PREACHING TO OUR CLIENTS THE IMPORTANCE OF SELF-CARE! LET'S REMEMBER HOW IMPORTANT IT IS FOR US, TOO!



## WHAT IS COMPASSION FATIGUE?

Compassion fatigue is a term that describes helping others. Compassion fatigue is a type of stress that brings about mental, physical and emotional exhaustion.



## WHAT ARE THE SIGNS OF COMPASSION FATIGUE?

Signs of compassion fatigue include:  
Headaches  
Sadness  
Grief  
Avoiding working with certain people  
Nightmares  
Change in belief systems



## 6 Types and Ways to Practice Self-Care



### 1 EMOTIONAL SELF-CARE

Self-care involves becoming more in tune with our emotions. Ideas: journaling, practicing mindfulness and meditation, setting more boundaries, and changing your negative self-talk.



### 2 INTELLECTUAL SELF-CARE

It involves doing something you enjoy that nourishes and challenges your mind. Ideas: completing a puzzle, reading a book, learning a language, and enrolling in a course that interests you.

### 3 SOCIAL SELF-CARE

Humans are social creatures by nature. We like to feel connected to others. Ideas: visits with loved ones, lunch with a friend, and reconnecting with an old friend.



### 4 SENSORY SELF-CARE

Sensory self-care allows you to nourish your senses - sight, smell, touch, and sound. Ideas: burning a scented candle, taking a warm bath, spending time in nature, and listening to music.



### 5 SPIRITUAL SELF-CARE

The practice of spiritual self-care nourishes your soul, helps you find inner peace, and gives you a greater understanding of life beyond yourself. Ideas: meditate, spend time in nature, pray, write in a gratitude journal.



### 6 PHYSICAL SELF-CARE

Did you know that the Canadian physical movement guidelines recommend at least 5 hours of movement a week? This can be achieved through all types of movement including dance, walking, running, gardening, swimming, lifting weights and so much more!

If 5 hours a week seems like too much to handle, break it down into smaller amounts: 30-45 minutes a day doing an activity you LOVE to do.

Include energy breaks into your day! You can walk and talk, lift weights between your favourite shows, or include meditation/yoga as part of your morning routine!



TAKE NOTE!

Cultivate Self Awareness

Educate yourself.

Set Boundaries!

Increase your skills set and seek supports.

