

# Elements of Self-Care

**Boundaries**  
The key to self-protection is empathy within defined boundaries

**Self-Debrief**  
Self-Debrief to reduce the impact of other people's trauma.  
Remember your EAP

**Self-Respect**  
Self-care is a priority and a necessity.  
- it is not a luxury.

**Work-Life Balance - Self-Care Plan**  
Start by assessing your work-life balance:  
[www.accidental-counsellor.com/resources/](http://www.accidental-counsellor.com/resources/)

**RECOGNISE:** when you are in crisis

**RESPOND:** with strategies

**REFER:** access support

**Recognise Respond Refer**