

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

Work-Life Balance - Self-Care Plan
Start by assessing your
work-life balance:
www.accidental-counsellor.com/resources/

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

RECOGNISE: when you are in crisis

RESPOND: with strategies

REFER: access support

Recognise Respond Refer



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