

Tip Sheet: Taking Care of Ourselves

Mindfulness and Emotional Regulation:

- Intentionality of Awareness – Ask yourself “what am I feeling?”
- Attend & Allow – Pay attention to the feeling as it arises, intensifies & fades
- Non-Reactivity – Allow the natural course of an emotion to take place without fighting it.

Practical Daily Strategies:

- Breathing –
 - Practice mindful breathing before entering a room.
 - Try the Two Feet and a Breath Method – feel your feet on the ground and be aware through one breath cycle.
- Movement –
 - Get up and move five minutes for every hour you are sitting down
 - If a traumatic event occurs, use the [Hot Walk and Talk](#) method to guide someone through a negative stress reaction.
- Breaks –
 - Use your full lunch hour.
 - Practice observing the present by noticing sensations you are feeling and what is happening around you.
 - Before beginning documentation, do a quick check-in with yourself.
 - Complete a five-minute end-of-workday check-out.