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# Considering Self-Care and Recovery For Those Who Help



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# Being A Helper Means...

- We innately help with empathy and positive regard – ***it's who we are***
- We recognize that helping matches our talents and skills – ***we are good at it***
- Helping is a source of meaning and purpose for us – ***it fills our cups***
- Helping others is congruent with our altruistic way of being – ***of course we help***

# Being A Helper ALSO Means...

- We can tend to help with less regard for ourselves – ***boundaries are hard***
- Helping opportunities tend to find us outside of work – ***people choose us***
- Helping can be expensive for us and our friends & families – ***our energy is finite***
- We can have a hard time putting helping away – ***prioritizing other care over ours***

# Self-Care Is Daily, **BUT**...

- Are you purposeful...***have a reason?***
- Are you focused...***have priorities?***
- Are you balanced...***have a plan?***
- Are there gaps...***have a strategy?***

# An Action Plan Can Help!



# What About When Self-Care Isn't Enough?

- Our capacity can be maxed which ***challenges us***
- Our endurance can be tested which ***limits us***
- Our energy can be depleted which ***fatigues us***
- Our responses can be dulled which ***quiets us***



# Recovery Is Complementary To Self-Care

- Recovery is different from self-care:  
***specific to...***
- Recovery is intentional:  
***for the purpose of...***
- Recovery is active:  
***I will...***
- Recovery involves support from others  
***this is the part where we get help***



# Recovery In Perspective

- Recovery sends a powerful message of self-valuing ***to ourselves.***
- Recovery fosters personal resilience and ***raises our capacity to help.***
- Recovery is for the purpose of helping ***again and again.***
- Recovery give us an opportunity to model recovery for ***other helpers.***

# You Can Tailor Your Emotional Recovery Plan Much Like Your Self-Care Plan



# Questions?

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