



CULTIVATING YOUR RESILIENCE: A SELF-CARE RESOURCE SHEET

Feeling Stressed? You're Not Alone!

Domestic violence advocacy is an incredibly rewarding but emotionally demanding field. Taking care of yourself is essential to prevent burnout and maintain your well-being. Here are some resources and strategies you can use to build resilience and stay strong:

MIND-BODY PRACTICES

- **Mindfulness:** Practice meditation or deep breathing exercises to reduce stress and improve focus. There are many free guided meditations available online.
- **Physical Activity:** Engage in activities you enjoy, like walking, yoga, or dancing. Exercise releases endorphins, which have mood-boosting effects.
- **Healthy Sleep:** Aim for 7-8 hours of quality sleep each night. Develop a relaxing bedtime routine and create a sleep-conducive environment

NURTURING YOUR SPIRIT

- **Connect with Nature:** Spend time outdoors in nature, even if it's just a short walk in a park. Immersing yourself in nature can be incredibly calming.
- **Creative Expression:** Explore hobbies or activities that bring you joy, like painting, writing, or playing music.
- **Gratitude Practice:** Take time each day to reflect on things you're grateful for. This can shift your mindset towards positivity.

SETTING BOUNDARIES

- **Learn to Say No:** It's okay to decline additional responsibilities if you're feeling overwhelmed. Prioritize your well-being.
- **Disconnect When Needed:** Set boundaries with technology and work emails. Schedule time to unplug and focus on yourself.
- **Take Breaks Throughout the Day:** Get up, stretch, and take short breaks throughout the workday to avoid burnout.

BUILDING SUPPORT

- **Connect with Colleagues:** Talk to colleagues about your experiences and build a supportive network at work.
- **Seek Professional Help:** Consider seeking professional therapy if you're struggling with burnout or compassion fatigue.
- **Join a Support Group:** Find a support group for domestic violence advocates to connect with others who understand your challenges.

ADDITIONAL RESOURCES

- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Crisis Text Line: Text HOME to 741741

Remember: Self-care is not selfish, it's essential. By prioritizing your well-being, you'll be better equipped to help others and create lasting change.

Be kind to yourself. You are making a difference!

GET IN TOUCH

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