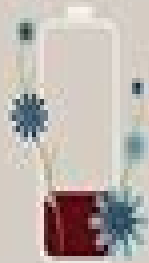


BALANCING CARETAKING & SELF-CARE

1 Take stock of your needs

Your intentions in supporting others are good. However, it's important to take time to regularly check in with yourself to ensure that your own needs are met.



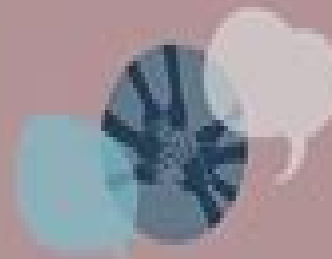
2 Build your support network

Realizing that you're not alone, and discussing with others what you're all going through allows you to receive some nurturing and support. This will help you feel less isolated and prevent burnout.



3 Seek help where needed

If needed, you can also seek professional help to assist in offloading - emotionally, physically or energetically.



4 Addressing systemic issues

Document and make visible, with others, the systemic challenges you all face and the impact they have during these turbulent times.



Shahidjah
WILSON

Beyond Caretaking Balancing Giving With Self Care

Volume 4

RS Peters



Beyond Caretaking Balancing Giving With Self Care Volume 4:

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