

Self-care tips and tools

Adapted from: Anne Chambers, LCSW, Director, Missouri Lawyer's Assistance Program

Regular exercise, good nutrition, and adequate sleep buffer against burnout, compassion fatigue, and secondary trauma.

Other factors that buffer include:

- Be present and develop a mindfulness practice that works for you
- Use humor
- Keep in touch with friends
- Enjoy hobbies
- Take planned vacations
- Foster a healthy a team environment
- Seek supervision and support
- Think about what you enjoy, what gives meaning to your work, what drew you to law
- Keep learning
- Recognize what you can and can't control

Reestablish boundaries. Decide when you will stop judging for the day. Will it be:

When you hang up your robe?

Lock the office door?

Turn into your driveway?

Turn off your cell phone?

Hug your loved ones?

Employee Assistance Program for Florida Judicial Branch Employees

If you think you could benefit from counseling services for optimum health, you can make a self-referral to the state's employee assistance program currently offered by E4 Health.

E4 Health offers free counseling, resources, and support for total wellbeing.

They provide consultation, resources, and action plans. They can assist with stress, anxiety, family turmoil, substance abuse, and general emotional well-being.

Use of these services is completely confidential.

E4 Health provides **free and confidential** services 24 hours a day, seven days a week.

Call: 844/208-7067

www.sofeap.com