

## Self Care During Stressful Times: For Direct Support Professionals

**Ryan Cramer, LSW**

*ASERT Collaborative, Western Region*

*"A person's needs are best met by people whose needs are met"*  
*-David Pitonyak, PhD*

This webinar focuses on the stress experienced by professionals providing services for individual with autism and/or intellectual disabilities. Several tips and resources are provided with regard to better managing this stress.

- American Psychological Association:  
<https://www.apa.org/topics/stress-tips>

### KEY TAKEAWAYS

- Minimize the stressors.
- Balance your social interactions.
- Fuel your body with good nutrition.
- Relax your muscles.
- Practice meditation.
- Get some sleep.
- Physical activity is important.
- Take a moment in nature.
- Maintain your "me" time.
- Reframe your thinking.
- Reach out for help.

To contact our team:

Visit [AIDinPA.org](https://AIDinPA.org) or email us at:

[AIDinPennsylvania@gmail.com](mailto:AIDinPennsylvania@gmail.com)

