

Tips of the Week

1

Know yourself – who better to speak for you than YOU!!

2

Remember to stay strong and advocate for yourself – you deserve the best.

3

Anyone with capacity for compassion, empathy, concern, and caring is vulnerable to compassion fatigue.

4

Along with preventive factors, self-care is the healthiest strategy to protect against compassion fatigue.

5

There are things to be grateful for all around us.

6

Being grateful is contagious – so pass it on!