

## Week 4: Tips and Reminders

### Spiritual and Emotional Balance

There are different ways to balance and live in harmony with the natural, spiritual and human worlds. Prayer helps connect us and reminds us to be humble, that we do not have to know it all, that we can make mistakes, forgive ourselves and move on.

As a healer your job is to respectfully help people on their journey through life.

Develop healthy boundaries and keep your own life journey separate from your clients' life journeys.

- Empathy, as opposed to sympathy, honors the journey of others.
- Be alert and aware of your feelings, physical symptoms, substance use, and relationships. They can warn you of compassion fatigue.
- Especially when feeling stressed, take time to breathe deeply.
- Avoid negative self-talk.
- Do something you love every day.

#### Practice acts of kindness

- A simple gesture, a kind word means a lot.
- At least once a week write a note to express your appreciation to one of your colleagues. You can sign your name or do it anonymously via a sticky note you put on their desk when they aren't present.

#### Count your blessings

- Take a few minutes every day to recognize the good things in your life. Look for the little moments that make you smile.
- Keep a gratitude journal. Each day write 3 things you have to be grateful for and one thing that made you smile.

#### Nurture your relationships

- Connect with a healthy support system.
- Balance work and family life. Make the time with your loved ones special.
- Enjoy a life outside of work that includes nature, spirituality and community.

**BE AWARE DO SELF-CARE**