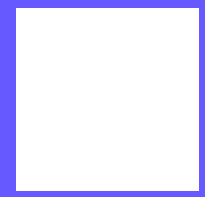
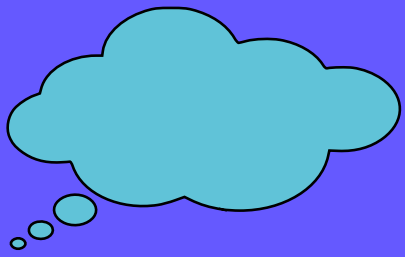


Self-care

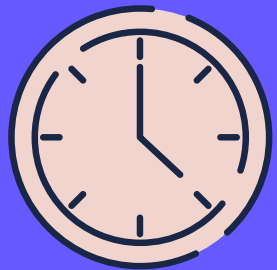
For mental health professionals



Before and between sessions



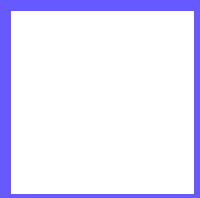
'Am I in a good emotional place to do this session?'



Give yourself time to get settled and be present.



Do a short relaxation or mindfulness exercise.



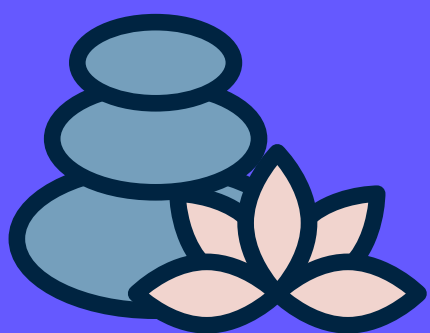
After a session



Notice what's come up for you, in body and mind.



Seek supervision. Sometimes you'll need more than relaxation techniques to help you debrief.



Recognise when it's been a tough day and ***always*** take time to recharge.

It's ok not to be ok.
Always seek more support if you need it

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