

Module 10: Supporting Children for Life Success

Step 5: Identify concrete steps to overcome your obstacles

Make a list of how you can overcome your obstacles.

Step 6: Commit!

Remember – you are important and so are the children you care for. Using your self-care plan will help you in making a conscious effort to prevent the negative consequences of compassion fatigue. Self-care is necessary for good job function, so give it a high priority. View your self-care as a mindset and a professional approach. Use the form on the next page and create your own “My Self-care Plan”.