

Taking care

Consideration		Action
Understanding personal limits	<p>Understand that everybody has physical and emotional limits</p> <p>Nobody can work in stressful circumstances without paying a price at some time</p>	
Planning the day	<p>Take one day at a time</p>	
Finding help	<p>Accept that it is okay to seek help and support without feeling failure or guilt</p>	
Making changes	<p>Change your lifestyle to fit with the available time</p> <p>Ensure sufficient time for the important things in your life</p>	
Seeking positive outcomes	<p>Take time to have a laugh</p> <p>Transform negative situations into positive outcomes</p>	
Letting go	<p>Let go of unrealistic expectations and really accept what you have</p>	
Caring for the whole person	<p>Know that the whole person includes physical, emotional and spiritual needs</p> <p>Caring for yourself means you can better care for another</p>	
Acknowledging Yourself	<p>Give credit to yourself for what you have achieved, celebrate</p>	