

## Taking Care of Ourselves First!

*All of us have some specific needs that must be met to enable us to function well. Meeting these needs should be given high priority.*

*The people who we have contact with on a personal and professional basis also have needs. Our role is to empower them to take care of their own needs, whenever possible.*

*If we meet our own needs, then others will hopefully follow our example. We all need time alone - time to renew our spirits and set personal and professional priorities.*



**Prevent Child Abuse**  
Rhode Island

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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.

# Stress Management



**Prevent Child Abuse**  
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*There are some basic needs that all adults should meet regularly:*

- ❖ To follow a healthy diet
- ❖ To obtain adequate rest
- ❖ To get support from others in our personal and professional life
- ❖ To define a separation between our personal and professional lives

- ❖ To exercise regularly - anything that can help as a tension reliever
- ❖ To spend time alone each day - even if only for a few minutes
- ❖ To do something each day that you enjoy
- ❖ To have a diversion that consists of doing something NOT related to your job

- ❖ To have contact with other adults
- ❖ To set limits with others
- ❖ To let others know what we need and be willing to accept help when needed
- ❖ To have a balanced lifestyle which encompasses physical, emotional, and spiritual needs.

**JUST SAY NO!**