

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



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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!