



## *In your own words... Practicing self care at the Utah Trauma Academy*

1

### **Prevent Mental Fatigue**

Take advantage of downtime. Use breaks to stand up, stretch or go to the bathroom. Eat a snack and clear your thoughts before the next event. Avoid working during breaks!

2

### **Fuel Your Body**

Recharge your body with a full night's sleep. Maintain a balanced diet throughout the week and be conscious of what you put in your body. Eating nutritious meals and staying hydrated will keep your energy and focus at an optimal level.

3

### **Lean On Your Support System**

Make an effort to check in with your friends, family and team members. Chat with them about what you're learning! The act of sharing can aid with information processing and make learning more enjoyable.

4

### **Wind Down and Decompress**

Practice self care and relaxation in your household or hotel room. Read a book, watch a movie or listen to a podcast. Consider engaging in prayer, meditation or yoga. Do whatever gets you to the right level of relaxation!

5

### Stay Active

Find time to remain active between conference days. Stay true to your usual exercise routine, whether that's going to the gym, doing yoga, walking the dog or taking a stroll outside. Consider inviting a friend, family member or conference goer to join you!

6

### Remain Attentive

Be present and willing to learn. Stay focused by taking notes during each presentation. Reflect upon this experience by writing your thoughts down in a journal. Ask yourself: How will I implement these resources at my own agency or program? What information will I bring back to my supervisor?

7

### Keep an Open Mind

Avoid closing yourself off. Adopt a positive mindset and make an effort to step outside your comfort zone. Participate in group activities and share your ideas with others. Believe in the power of connection.

8

### Stay Committed

Above all, appreciate this moment and opportunity. Remind yourself why you are at this conference and the passion that brought you into social services.

*A five-day commitment to physical & emotional wellbeing.*