



NCACHE

North Carolina Appalachian Collaborative for Higher Education

www.ncache.appstate.edu

April 2015 NCACHE News

Spring is in the air and at schools that means the approaching end of the school year! For many school counselors this time of the year is marked by meetings about going to college and preparing for upcoming end of grade/ course testing. It can be easy to become wrapped up in it all! How do you take care of yourself so you can adequately help others?

Self-care has gotten more attention over the past few years. Self-care is more than preventing burnout; it enhances work/life balance, provides counselors with an outlet and processing time for difficult situations, and increases job satisfaction.



27 April 2015
3rd Annual Western NC College Access Summit
Registration open until April 10th!
[Click here to Register!](#)

Here are some things you can do at work for self-care:

- Find a sounding board, someone who you trust to share difficult situations with and who will support you
- Ask for support
- Take your lunch break
- Keep work at work
- Be wary of being in chronic complaint mode

Here are some strategies for self-care at home:

- Make time to do what you love. It might be going for a hike, reading a book, or simply

- enjoying a quiet cup of tea.
- Vent your frustrations. This may be writing letters that you never send or going for a walk.
- Rest. Schedule down time so you can be your best at work and at home.
- Find a network of support outside of work that will help you recharge your batteries. This might be a group of other helping professionals or a church group.
- Find a creative outlet, such as writing or playing music.

Articles about Self Care for Counselors:
"Taking care of yourself as a counselor"
<http://ct.counseling.org/2011/01/taking-care-of-yourself-as-a-counselor/>
"Self Care: Who is your most important client? You are."
<http://www.counseloroffice.org/2011/10/self-care-who-is-your-most-important.html>

NCACHE is committed to building strategic partnerships to strengthen our local communities through college access and success.

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