8.Final Remarks and Activities for this Section

In this section of the course on self-care, we have tried to make it clear that this kind of care is absolutely essential if you are to serve your clients, your family and friends, and yourself. It is something that you cannot do without.

In the previous section on factors that promote and detract from self-care, we have given a number of things that you can do to assist yourself and a number of things that you should not do.

Of all of those things that you *should* do, the most important are supervision and/or intervision and expressing your feelings. Without those, you will either explode or implode.

We thus wish you great success with working with yourself and hope that we have contributed to your doing that and to assisting you to keep your balance.

Activities

If you haven’t already, make a plan for self-care including the elements discussed in this section.

Please tell us what you think of this section. Have we left anything out? Do we need to change parts of the section? We welcome your comments.