

# Second Day

## Self Care

Goal: Focus on happiness and developing a healthy mindset of therapist

As helpers, we have a strong natural desire to help others. However, sometimes we become too occupied with helping others that we neglect to take care of ourselves. It is impossible to help others if the peer counselor is struggling him/herself. In order to effectively help students, peer counselors must work to maintain their physical, mental and emotional well-being while they are taking the therapy.

### The Four Agreements

**First Agreement: Be Impeccable with Your Word**

**Second Agreement: Don't Take Anything Personally**

**Third Agreement: Don't Make Assumptions**

**Fourth Agreement: Always Do Your Best**

When supporting and helping a peer in need, often times it is easy become too invested and overly worried about the person. Here are some quick tips on how to avoid this:

- Stay in the moment. Focus on what the person is telling you and do not be overly concerned about the past or present.
- Remember whatever the person is talking about is happening to them, not you.
- Be conscientious of your body language (posture, facial expressions, etc.) and breathing (holding your breath). Try to avoid taking on the physical aspects of the emotions the person you are helping is feeling.
- Know your triggers. Be sure to know what topics could upset you, should they be brought up in conversation.

- Barriers to Self Care:
- Too much of an emphasis on helping others while neglecting your needs
- Becoming overly invested in the situations students are talking to you about
- Tendency to set unrealistic expectations for yourself
- Perfectionism
- False assumption that you can and/or should be able to deal with stress and personal issues on your own
- Mistaken belief that, in time, problems and stress will go away on their own
- Inability to set boundaries and/or stick to these boundaries
- Idea that you are “too busy” for self-care