

My Professional Protection Plan

Professional caregiving can be very rewarding. People who gravitate toward working in Adult Day Programs are often very empathetic. This strength can also make a professional caregiver vulnerable to compassion fatigue and burnout. Here is my protection plan to help me stay healthy and find satisfaction in my work.

I am self-aware. I take time to check in with myself and see how I am feeling. I pay attention to the messages my feelings are sending.

I pay attention to my triggers and warning signs. I note situations at work and/or clients or events that may trigger me.

I pay attention and look for signs that I am burning out and in need of more self-care:

I practice self-care. Here are some things I can do to care for myself:

Home: _____

Work: _____

I develop nourishing supports - people and groups where I can reach out and share how I am doing, what I am feeling and get support.

Home: _____

Work: _____

I connect with the satisfaction I find in my work. Here are some things that I feel good about regarding my work:

I engage in activities that bring me joy.

Home: _____

Work: _____

I have a plan to help me transition from work to home. Here is what I can do: