The Eight Laws Governing Healthy Caregiving

#1 Sustain Your Compassion
#2 Retain Healthy Skepticism
#3 Learn to Let Go
#4 Remain Optimistic
#5 Be the Solution
#6 Embrace Discernment
#7 Practice Sustainable Self Care
#8 Acknowledge Your Successes
The Eight Laws Governing Self Care

#1 By validating ourselves, we promote acceptance.

#2 By validating others, we elevate ourselves.

#3 By meeting our own mental, physical and emotional needs, we give care from a place of abundance, not scarcity.

#4 By practicing self-goodwill, we manifest it throughout our lives.

#5 By honoring past traumas and hurts, we allow ourselves freedom from the pain that controls us.

#6 By “doing the work,” we reclaim the personal power that is rightfully ours.

#7 By naming and taking ownership of the core issues that limit our growth, we create authenticity.

#8 By managing our self-care, we welcome happiness into our lives.
#1 Take frequent breaks from what you are doing.

#2 Learn the word “no.” Use it whenever necessary.

#3 Share the load with others.

#4 There is humor in every situation. Find it and laugh.

#5 Recognize when you need help. Ask for it.

#6 Give yourself credit when credit is due.

#7 Give others credit when credit is due.

#8 Breathe deeply as often as possible.
The Eight Laws Governing A Healthy Workplace

#1 Employer provides a respite for staff following any traumatic event.

#2 Employer provides continuing education for staff.

#3 Employer provides acceptable benefits to aid staff in practicing beneficial self care.

#4 Employer provides management and staff with tools to accomplish their tasks.

#5 Employers direct management to monitor workloads.

#6 Employers provide positive, team-building activities to promote strong social relationships between colleagues.

#7 Employers encourage “open door” policies to promote good communication between workers.

#8 Employers have grief processes in place when traumatic events occur onsite.