

Volunteer Self-Care

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Caring for oneself is extremely important when caring for others. It is critical to take time to do things that replenish us (i.e. like refilling the water jug, so we are able to pour water into the glasses of others). Everyone is different. Different ways of self care work for some and not others. It is important to think of what works for you.

The following are some ideas that you might consider. Perhaps you can think of others...

- Get a "Self Care Homework Buddy"
Self care is something most of us are great at talking about, but in reality, it's often not put into practice. Accountability is a significant the key to success. Commit to connecting with someone each week (in person, by phone, by email or whatever works for you) to report what you did for your weekly 'self care homework'. If you miss a week, you have to do double homework the next week! (This person could be a fellow Hospice Volunteer who is also accountable to you!).
- Start journaling
- Walk regularly (or commit to some form of regular exercise at least once a week)
- Take bubble baths
- Read for pleasure
- Attend Volunteer Support Meetings
- Take up a new hobby (or reconnect with an old one!)
- Laughter – take in a funny movie, read the comics, join (or start) a Laughter Club in your community: <http://www.laughteryoga.org/>