

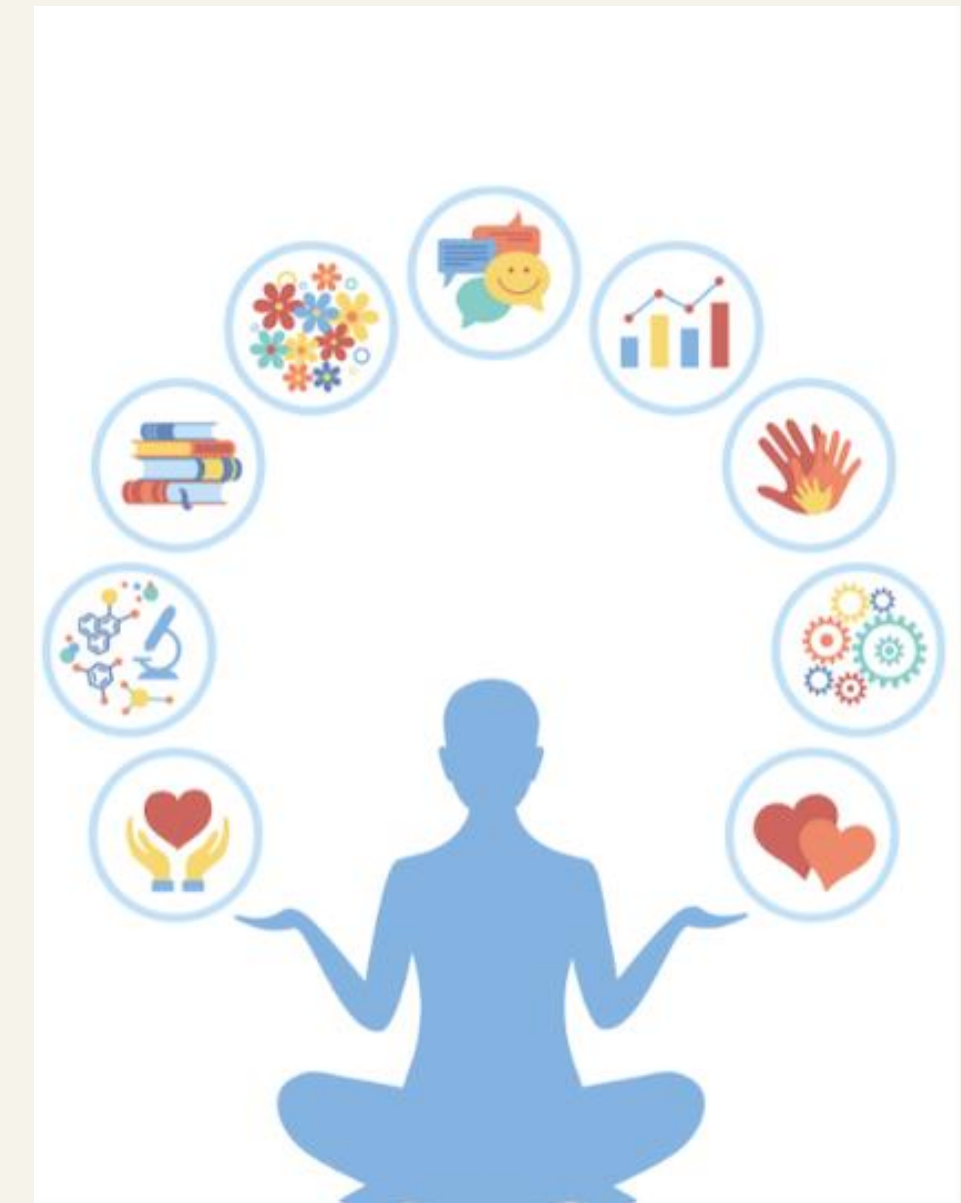
Unit 2: Techniques to incorporate self-care and methods to manage stress and emotional exhaustion.

Why is it important ?

As we mentioned before, it is important to be aware of the first signs of distress and to recognise them, as this is a first step toward the healing process.

But we also advise you to incorporate self-care methods on a daily basis, in order to prevent burnout and emotional exhaustion.

→ Here are a few strategies you can implement in your everyday life as an advisor.



Source : Canva

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Building personal resilience:

Resilience is necessary for a lay advisor so that you can navigate the challenges which your mentees may describe to you during coaching sessions.

Building resilience involves embracing vulnerability.

It is essential to understand that vulnerability is not a weakness but a source of strength that enhances your empathy for your peers.



Source : Canva

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Maintaining boundaries.

Without **clear boundaries**, your personal time can become compromised, leading to increased stress and fatigue. Through setting boundaries around your peer engagement hours and establishing regular breaks, you can make clear your availability and appetite to engage with people outside these times.



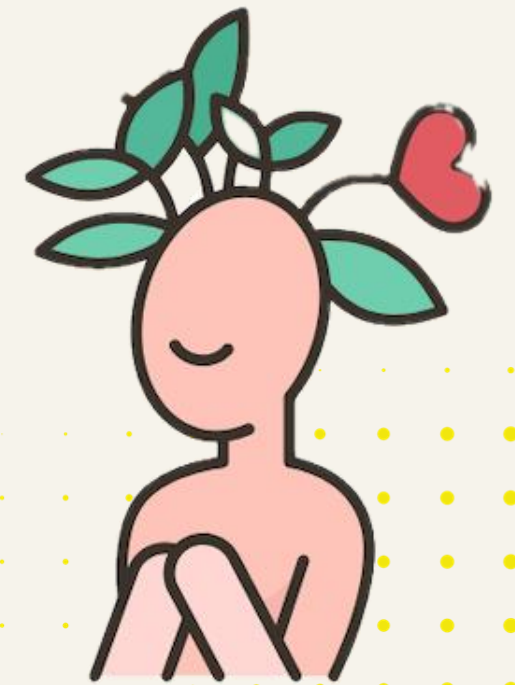
- Clearly define what you can handle and be able to say no when necessary to avoid feeling overwhelmed.
- Set digital boundaries to avoid losing precious personal time and getting emotionally drained.
- Establish limits on technology to create a healthier environment for your boundaries to be enforced.

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Incorporating self-care into your daily routine.

There are a few techniques you can try in order to incorporate self-care on a daily basis:

- Monitoring your own stress levels and how they are affecting you emotionally and physically.
- Taking a proactive approach by shifting the way you perceive self-care. Try not to see it as a last-ditch effort but as a comprehensive method of ensuring you thrive.
- Seeking out support to avoid isolation in chronic stress that might touch your personal life.
- Prioritising social interaction with friends and family can be helpful but a peer outlet is meaningful, too.



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Incorporating self-care into your daily routine.

- Embracing flexibility and looking for creative ways to replenish your reserves.
- Eating a healthy and balanced diet to get a good range of nutrients and being energised throughout the day.
- Eliminating or minimising the stressor when possible (i.e., consuming a lot of news).
- Getting regular exercise: at least 150 minutes of moderate-intensity physical activity each week.
- Identifying and challenging unhelpful thoughts and replacing them with balanced thoughts.
- Do something you enjoy every day, even if it's a simple act like cooking a healthy meal or listening to your favourite song.



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Practicing Mindfulness exercises :

- Pay attention: try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste.
- Live in the moment: try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- Accept yourself: treat yourself the way you would treat a good friend.

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Practicing Mindfulness exercises:

- Focus on your breathing: when you have negative thoughts, try to sit down, take a deep breath and close your eyes.
- Body scan meditation: focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe.
- Sitting meditation: sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose.
- Walking meditation: begin to walk slowly, while focusing on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance.

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- Putting effort into the things that matter most to you will help you to use and reserve your energy in ways that will bring out the best in you.
- And do not forget, in order to help others, you have to take care of yourself first.

