



“By taking care of myself I have so much more to offer the world than I do when I am running on empty.” -Ali Washington

Self-care is often the most important and most overlooked part of each day for me. Working as a peer both encourages me and challenges me often. I love helping people work towards and accomplish their goals but I also feel bad and frustrated when things don't go as planned. One thing we are taught about in peer training is vicarious trauma and how we feel strong empathy towards peers in tough situations. Often this empathy can cause distress for us as we worry about the peer and the problem and look for solutions for the peer even outside of work which then becomes consuming. Then quickly we begin to experience restlessness, fatigue and burnout. We begin to experience this burnout because we aren't taking time to care for ourselves. The quote above speaks to me because it reminds me that when I take care of myself I have enough energy, I think more clearly and I am kinder towards others than I am when I am stressed, exhausted and burnt out. Self-care can be a simple action like reading a book, playing a game on your phone, talking to a friend or going for a walk and only requires a few minutes of your time each day. I encourage each of you to find time for self-care so you can do your best each day!

-Trisha Graves-Petron, Peer Support Specialist, Monticello ACT

*We are the evidence; We hold the hope.*