

For all hard-working and busy health care professionals:

5 Essential Self-Care Principles to Help You Thrive and Save You and Your Colleagues From Burning Out and Giving up



Thriving:

To THRIVE (in Latin) means to bloom, blossom, and grow. Rather than operating from survival mode, embodying a thriving attitude helps us view our professional lives as a work in progress that we can develop and foster in conscious and joyful ways.



Reciprocity:

Health care professionals are not immune to life's challenges and stresses. So it is vital to honor and acknowledge that what is good for our patients is also good for us (and vice versa). This preserves our sense of shared humanity and facilitates compassion for our patients' and our own struggles.



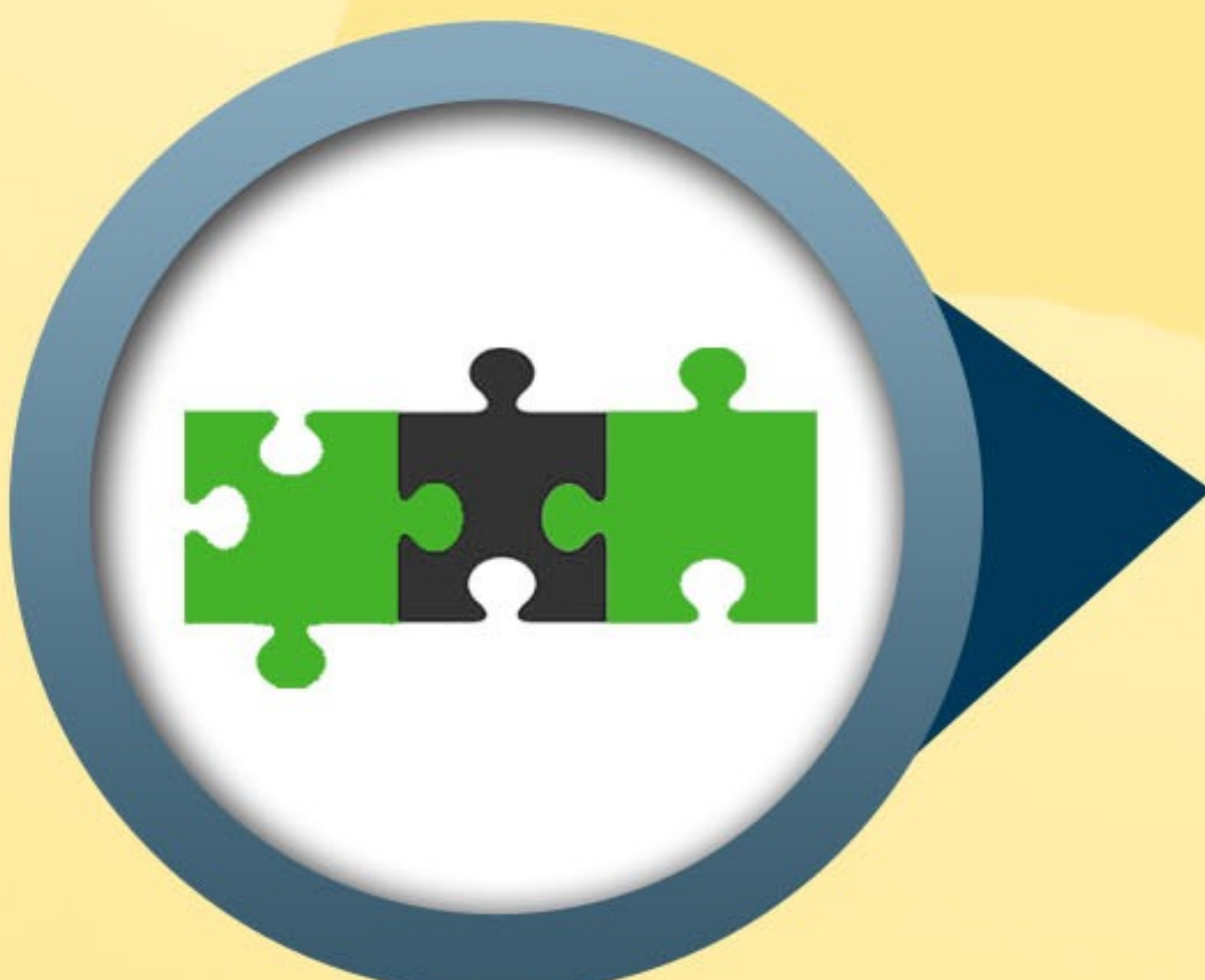
Intentionality:

Intentionality is the opposite of living on autopilot, where life just happens to us. Living with intentionality means that we consciously, mindfully, and purposely take our needs seriously, and we deliberately act in ways that help us along a path of wellness and well-being.



Validation:

In order to thrive and be the most successful clinicians we can be, we must accept and honor our vulnerabilities, blind spots, and perceived failures. It is only from this place of fierce self-validation and self-acceptance that we can learn and grow both as healers and as human beings.



Embedded:

Adding self-care activities can be daunting. Instead, we can integrate activities throughout our work day like mindful attention to our breath or the practice of gratitude and appreciation for the hidden treasures of our professional and personal lives.