

Self-care is a necessity, not a reward



Did you know that 70% of frontline workers experience symptoms of psychological and physical burnout during crises? They often prioritize others' needs over their own. During times of war and emergencies, mental and physical stress increase, and many humanitarian workers feel the weight of heavy responsibilities. But what if self-care is the key to their continued ability to provide support and save lives?

This brochure serves as a personal guide for service providers and frontline workers to understand the importance of self-care during crises. It contains practical steps tailored to your needs and capabilities and helps you discover activities that restore your physical and mental balance. The information provided is educational and supportive and should not be considered a substitute for counseling or psychological treatment if needed.

Taking care of yourself isn't a luxury, it's an essential requirement to ensure your ability to continue giving. Imagine that self-care is the beginning of a journey toward a healthy and balanced life. It is the first step to maintaining your strength and sustainability. This journey begins now, and you are in control. **Only you know your limits of your nervous system and your psychological needs. There's no right or wrong;** what matters is what suits you and brings you balance and comfort. Let's start this journey together!



Care for carers

Self-care for emergency service providers

A message to you as a leader or manager

You are the cornerstone in supporting your team. Investing in their well-being is not only an ethical responsibility but also the key to your organization's success. Remember, your team is your true strength. Provide them with a supportive work environment to enable them to give their best.

Your journey to self-care begins now...

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Guiding questions for your journey

- 1 How do burnout and stress affect different aspects of my life?
- 2 What are my interests? What things make me feel well?
- 3 What can I do today to support myself?
- 4 How can I set weekly self-care goals?

Remember, your life as a human being is divided into multiple dimensions, and each aspect requires your attention to achieve balance and comfort. These dimensions form the foundation of your self-care journey.



Self-care: your journey to balance



Physical Aspect

- Drink water regularly to stay hydrated.
- Eat balanced meals to nourish your body.
- Get enough sleep to rest your body and mind.



Emotional Aspect

- Write down your feelings to relieve stress.
- Seek support from someone you trust.
- Set clear boundaries to protect your emotional well-being



Mental Aspect

- Practice meditation or mindfulness exercises.
- Organize and manage your daily tasks to reduce stress.



Social Aspect

- Connect with friends or family members for support.
- Dedicate time to social activities that enhance your sense of belonging.



Spiritual Aspect

- Express gratitude for the small things.
- Engage in meditation or prayer to foster inner peace.
- Find deeper meaning in your role and work.



Time management for balance: because you always say, "I don't have time!"

How many times have you told yourself, "I don't have time"?



8 hours of sleep: Getting sufficient and quality sleep is essential for maintaining your strength and productivity.

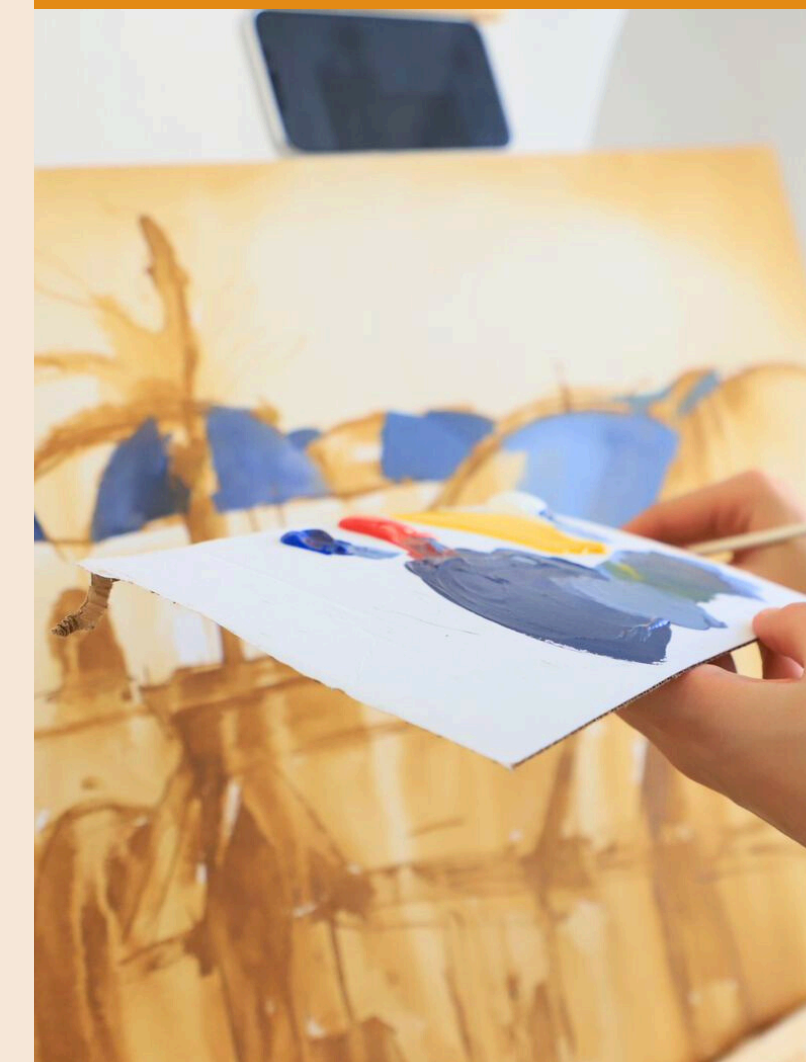


8 hours of work: We understand that working in crisis response services sometimes requires more than 8 hours a day, and may even extend beyond 10 hours. However, the remaining time is yours. Dedicate just one hour a day to an activity that restores your balance.



8 hours for other activities: These may include prayer, meals, family tasks, or errands. Remember, you can allocate one hour from these activities to nourish your mind, body, and spirit.

A simple suggestion: Choose an hour a day (morning, during a break, or evening) and engage in an uplifting activity. Just one hour can make a big difference!



Quick tips for a busy day:

- ✦ Take five minutes for deep breathing or a quick stretch.
- ✦ Listen to a podcast or read an inspiring book.
- ✦ Enjoy a song that makes you happy.
- ✦ Engage in light exercise like walking, yoga, or meditation.
- ✦ Spend quality time with a friend or participate in a social or family activity.
- ✦ Say "no" when you need rest.