

The Eight Laws Governing Healthy Caregiving

- #1 Sustain Your Compassion
- #2 Retain Healthy Skepticism
- #3 Learn to Let Go
- #4 Remain Optimistic
- #5 Be the Solution
- #6 Embrace Discernment
- #7 Practice Sustainable Self Care
- #8 Acknowledge Your Successes

The Eight Laws Governing Self Care

- #1 By validating ourselves, we promote acceptance.
- #2 By validating others, we elevate ourselves.
- #3 By meeting our own mental, physical and emotional needs, we give care from a place of abundance, not scarcity.
- #4 By practicing self-goodwill, we manifest it throughout our lives.
- #5 By honoring past traumas and hurts, we allow ourselves freedom from the pain that controls us.
- #6 By “doing the work,” we reclaim the personal power that is rightfully ours.
- #7 By naming and taking ownership of the core issues that limit our growth, we create authenticity.
- #8 By managing our self-care, we welcome happiness into our lives.

The Eight Laws Governing Healthy Change

- #1 Take frequent breaks from what you are doing.
- #2 Learn the word “no.” Use it whenever necessary.
- #3 Share the load with others.
- #4 There is humor in every situation. Find it and laugh.
- #5 Recognize when you need help. Ask for it.
- #6 Give yourself credit when credit is due.
- #7 Give others credit when credit is due.
- #8 Breathe deeply as often as possible.

The Eight Laws Governing A Healthy Workplace

- #1 Employer provides a respite for staff following any traumatic event.
- #2 Employer provides continuing education for staff.
- #3 Employer provides acceptable benefits to aid staff in practicing beneficial self care.
- #4 Employer provides management and staff with tools to accomplish their tasks.
- #5 Employers direct management to monitor workloads.
- #6 Employers provide positive, team-building activities to promote strong social relationships between colleagues.
- #7 Employers encourage “open door” policies to promote good communication between workers.
- #8 Employers have grief processes in place when traumatic events occur onsite.