



January 2018

Happy New Year! The beginning of the New Year tends to be everybody's favorite time to create resolutions and start new habits. Maybe it's to save more money, maybe it's to lose the extra 7 lbs or maybe it's to gain an extra 10 lbs. This year, perhaps we should make the commitment to ourselves to focus on self-care. Offering care and support to our loved ones, be they friends or family, can take a toll on us as well. Helping lighten the emotional load for other people can result in carrying a heavier load ourselves. If we are not careful, the weight that has been shared with us can slowly overwhelm us and bring us down. For us to care for others, we have to care for ourselves first. That's where self care comes in.

Self-care looks different for every single one of us! For some, it is social activities. For other people, it is activities alone. The goal of self-care is to take time for yourself and do a check in to make sure that you are well. It has been found that one of the most significant factors in compassion satisfaction is a strong support system (Killian, K. D. 2008). Whether that is at work or in our personal lives, having a strong support system, for both our wins and our struggles, makes it easier and more enjoyable to come to work every day! Listed below are a few, very easy suggestions for self-care. Feel free to click [here](#) for a longer list!

- Scratch something off your to-do list that you have been putting off
- Take a minute in your day to do a quick meditation
- Find time to laugh by reading a comic strip or listening to a comedy clip
- Find a way to help someone, even if it is in a small way ([here](#) are some of the benefits of it!)
- Have a dance party in your living room!

- Make sure you are drinking plenty of water
- Read that book you have been looking forward to
- Go grab coffee with a friend and catch up

Find what works for you and do it! You will feel better after taking the time to make yourself a priority, and the people who you help will notice!

Additionally, these winter months can lead to people experiencing increased feelings of depression or sadness. Whether it is full-blown Seasonal Affective Disorder or just those cloudy day blues, it is important to take the time to recognize that the shorter days with longer, darker nights can have an effect on our mental wellbeing and our mood! So on those days when the sun does make its appearance, make sure that you get outside, even if it's brief, and let your body get a little Vitamin-D fix!

Enjoy [this](#) little clip about self-care, and have a fantastic start to the year!

Additional Resources:

Another great article about self-care is this [one](#) that takes a little different take on the concept of what self-care really means.

If you haven't already had the pleasure of reading it, the book *Trauma Stewardship: an Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky is a wonderful exploration of vicarious trauma, and how we can navigate it to be able to provide our highest level of care.

Upcoming Events:

The Hope Project will be putting on a benefit concert on Feb. 16th at 7 pm at Erebus in Kelso. The flyer is attached! We hope to see you there!

References:

Killian, K. D. (2008). Helping till it hurts? A multimethod study of compassion fatigue, burnout, and

self-care in clinicians working with trauma survivors. *Traumatology*, 14(2), 32–44.

<https://doi-org.ezproxy.library.ewu.edu/10.1177/1534765608319083>

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<https://www.mentalhealth.org.uk/publications/doing-good-does-you-good>

<https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-it-s-not-all-salt-baths-and-chocolate-cake/>

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Volunteering

Be a part of the solution!

Hope Project volunteers advocate for Sexual Assault Survivors at our local hospital.

Email mayam@esshelter.com or call 360-703-3762 ext. 13 for more information.

Outreach

Hope Project advocates are available to provide information about our program and free presentations on awareness and prevention to schools, businesses, churches, and other organizations. Email calebl@esshelter.com or call 360-703-3762 ext. 16.

