Self-care is crucial in order to have compassion, empathy and respect for others. Simply put...

"We cannot give what we do not have."

**Tips for Self-Care:**

- Exercising
- Joining a peer support group.
- Learning to ask for help from others.
- Having a transition from work to home
- Practicing mediation or taking a few deep breaths
- Finding time for yourself by rebalancing your workload
- Attending trainings and workshops regularly.

Customer Awareness Support Effort
SELF CARE
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