Help & Hope: What can be done?

- **Reduce Isolation.** Find a professional peer network and spend time with friends or family. Be open to asking for and accepting help. Do not practice in a bubble.

- **Set physical and emotional boundaries.** Take scheduled and unscheduled “mental health days” and pay attention to your increasing client load. Avoid unnecessary additional exposure to secondhand trauma (news, social media).

- **Practice regular self-care.** Create a list of ways you can support your emotional, practical, physical, psychological, and social needs.

- **Conduct periodic self-assessment for burnout.** Request feedback from mentors, supervisors, and friends. Seek professional help (therapy) when necessary.