

# ADULT SELF-CARE

As caring coaches, the empathy needed to support youth dealing with trauma can be difficult, exhausting, and unsustainable. This can lead to burn out. Without taking care of ourselves, we cannot take care of our players.



## COACHES CAN:

### Practice Mindfulness

Take time for yourself with intention; focus on your breath or take a walk

### Practice Physical Self-Care

Get enough sleep, eat well, and exercise

### Practice Social Self-Care

Find time to connect with family and friends

### Practice Self-Reflection

Take time to check in with yourself; connect with your emotions; look back and identify things you want to develop or change