

Trauma Informed Care Series

Module 8

Self-Care

by Melinda Rhoades, LCSW

You have all heard about trauma informed care, how trauma impacts us and how to help children heal from traumatic events. You have gone to classes and read articles and worked with your child's therapists. You have tried different approaches and stayed up with your children through the night. You have listened to your child's experiences and held them. When nothing seems to comfort them, you have been at a complete loss about what to do or try next. You have experienced exhaustion in trying to assist the children that come into your home who have experienced trauma, and the larger child welfare system that is not always able to effectively support you.

How do you continue to do this work? What makes you give it one more try? How do you take care of yourself, in order to provide for the children in your care? We talk about "self-care," but what does that mean when you barely have a minute to yourself?

You must intentionally replenish yourself if you want to continue your journey in helping to heal children. You have to take care of yourself, with intention. If you are not willing to look at how this work impacts you emotionally, then you are doing a disservice to yourself and to the children that you aim to serve. You have to take a hard look in the mirror, see yourself, acknowledge your needs, love yourself, praise yourself and honor who you are. If you are going to continue to do it for them, you must also do it for yourself.

Juli Alvarado, LCSW, from Alvarado Consulting Group, offers examples of a few simple and natural things you can do to reduce stress and care for yourself. You may not need to practice all of these things every day, but you **MUST** intentionally DO something to care for yourself every single day, if you expect to continue to care for others in a helpful manner. Talking about doing it will not help. You have to do it!!! [Click here](#) to learn more.



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