

# ADVOCATE FOR THE ADVOCATE

February is Self-Check Month

A GUIDE TO SELF-CARE FOR ADVOCATES

## CHECK-IN WITH YOURSELF

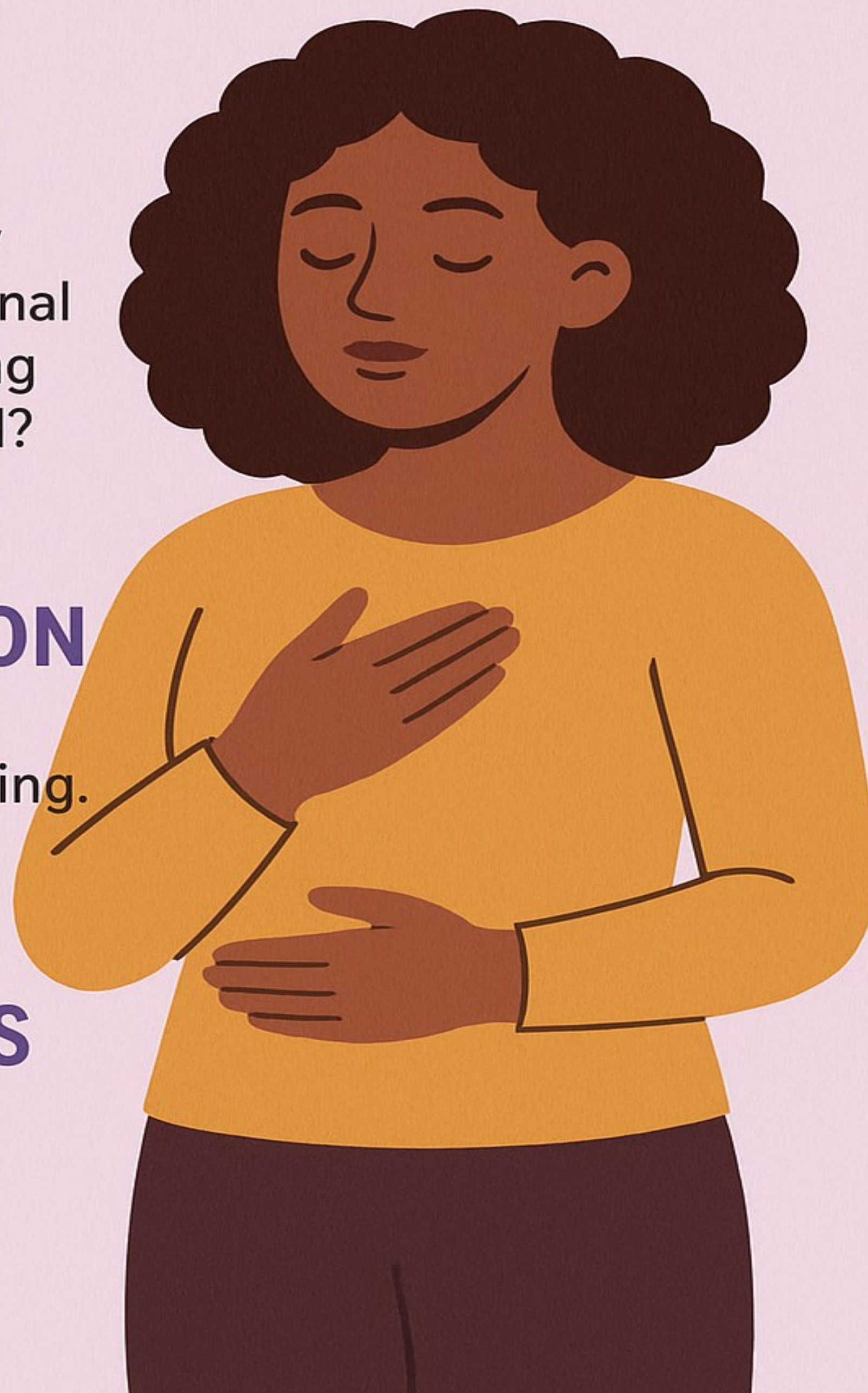
Take a moment each day to reflect on your emotional well-being. Are you feeling overwhelmed or stressed?

## PRACTICE SELF-COMPASSION

Speak to yourself with kindness and understanding. Remember you're doing the best you can.

## SET BOUNDARIES

Learn to say no when necessary. Protect your time and energy.



# VICTIM ADVOCATES



## CHECK-IN WITH YOURSELF

Take a moment each day to reflect on your emotional well-being. Are you feeling overwhelmed or stressed?

1. Rest whenever you can, this is a part of healing and restoration.
2. Surrender to understanding only what you can do is not failure.
3. Prayer/Meditation- brings strength clarity, resilience and wisdom to help service every individual uniquely.
4. Self-examination- taking an honest look at your own mental condition. Knowing when its time to step back and get filled back up, so you don't spill your vexation on the people you serve.
5. Mentorship/Counselor- being able to have someone you can talk to and be honest. To be able to share your feelings and concerns. Having someone that you know has your best interest at heart to give you honest feedback and correction if needed.
6. Having faith that you are making a difference.
7. Knowing you did the best you can but you can't please everyone.
8. Be open to learning something new everyday.



RYSHEDA'S WORDS OF RIGHTEOUSNESS

# COURT ADVOCATES

**Be Patient with Yourself-** Everything is not going to be perfect at all times. Learn from mistakes, find alternatives and stay positive as you are human.

**Be Mindful-** Be aware of yourself. If you have needs or concerns, communicate appropriately and properly. You should never suppress negative feelings or thoughts.

**Self-Care-** Make sure you are doing the things you love outside of work. It can be as simple as a long nap while watching your favorite TV show, or dinner with your family or friends. Make sure you are pouring into yourself!

**Encourage Yourself-** The glass should be half full, never half empty!

## RACHAEL'S WORDS OF RESPECT



### **PRACTICE SELF-COMPASSION**

Speak to yourself with kindness and understanding. Remember you're doing the best you can.



# EXECUTIVE DIRECTORS, DIRECTORS, & LEADERS

## MELANY'S WORDS OF MOTIVATION

I. Set healthy boundaries for yourself that reflect self love, self respect, and self empathy.

**II. Listen to your mind and body when they begin to display warning signs—MEDITATE & EMBRACE (ME) -STOP—acknowledge, accept, and act (AAA) to regain or normal mental state.**

III. DO NOT hesitate to take time off to regroup.

IV. Trust and delegate tasks to your staff.

V. Remember, saying “NO” is NOT wrong when you realize you reached your mental capacity for the work day.

VI. Realize your day is filled with emotional situations that will require you to LOVE on yourself throughout the day.

VII. Create a work culture of peace and support for your staff with the understanding their work days are heavy.

VIII. Tap into your support circle weekly.



### **SET BOUNDARIES**

Learn to say no when necessary. Protect your time and energy.





The Northwest Victim Services Team truly cares about those who serve individuals affected by crime. The work we do can weigh heavy on our hearts. Often times when we are serving it causes us to think about our children, parents, spouses, family members, and friend. When serving some victims it sets off traumatic events that has occurred in our lives. We then have to suppress our emotions to provide the needed services for the victim or survivor of homicide. Often times our need for self-care is pushed aside! We have to do better when it comes to loving on ourselves. Understanding we have an important and demanding job to do but also understanding it is our job to take care of ourselves in the process.

**Melany P. Nelson, Executive Director**

**Rysheda Elliott, Peer Support– Victim Advocate**

**Rachael Reyes-Vazquez, Bilingual Court Advocate**

**Wynter Downing, Youth Engagement Coordinator**

