

MANAGING SELF-CARE IN PEER SUPPORT

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Managing self-care in peer work is a priority that must not be overlooked. How can we be there for anyone as a peer supporter when our own self-care is not in check? As a peer specialist, it is necessary that we maintain and manage our self-care.

It is essential to work on self-care because when you do not have any checks or balances on your own self-care, your peer support can become counter-productive to the overall mental wellness of those we wish to support.

Maintain control and awareness over your self-care by taking it one day at a time. Take time to reevaluate, reassess, and readjust your triggers.

Maintain self-awareness of your thoughts, feelings and behaviors. Utilize the four components of self-care the;

- physical,
- psychological,
- emotional and,
- spiritual needs.

Having awareness of the four components of self-care will help you better support yourself as well as others. Remember, no one is perfect. We all have bad days. Work to make the bad days the exception and not the rule. Maintaining a balance is key in your peer support.

We all need "me time". Take time out of each week to relax, read a good book, exercise, get the necessary professional, emotional and spiritual support as needed. Have a little fun and even laugh out loud. This will help you immensely.

Challenge yourself to do a little more each day to achieve a successful mental wellness. Once you have awareness of your self-care, you will then know your limits, and gain the tools needed to empower yourself.

Take care of the most urgent priority first - you. This will help you with your overall self-care. Once you have your self-care in check, only then can you, as a peer specialist, help empower others to take control over their own self-care and mental wellness. Isn't this what peer support is all about?