# Self-Care

## for justice court clerks

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Ever feel like…

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EVERYONE THINKS I'M OVERDRAMATIC WHEN I'M STRESSED.

WHEN AN OCTOPUS IS STRESSED, IT EATS ITSELF.

NOW THAT'S OVERDRAMATIC

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# Don't Ignore the Importance of Self-Care!

You should never feel ashamed or guilty about feeling stressed

Instead, take care of yourself!

Recognize what is causing your stress and find healthy ways to cope with and/or reduce stressors.

Judges are being taught about self-care in their classes too.

Including how they should be aware of the stress levels of their clerks and the importance of self-care for their clerks.

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# What are your stressors?

- Issues in your office (with customers, co-workers, bosses, etc.)

- Issues with neighboring offices or other offices you work with (like constable's/ sheriff's office, other offices in the courthouse, etc.)

- Situations that leave you feeling rushed, overwhelmed, mentally drained, burnt out, isolated

- Experiences that cause you vicarious trauma
  - Trauma symptoms resulting from being regularly exposed to other peoples' trauma (could happen from dealing with cases/ paperwork involving inquests, evictions, domestic violence, etc.)

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Now let's take a minute to meditate those stresses away!

Search "one-minute meditation" on YouTube for more videos like this one.

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# What are your coping strategies?

🌱 Think of things you can do both in the office and after you leave.

- To help you feel better in the moment
- To help you deal with stress that lingers after you leave work

- To help you diminish stressors
- To help you interact with people in a positive way

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# Let's practice some stress relieving techniques we can do from our desks!

Search YouTube for "desk yoga" or "yoga at your desk" for more videos like this

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# Want to talk to someone?

Counseling can be very helpful for a lot of people.

Check for options available through your county and/or insurance.

There are also counseling apps, which give more flexibility.

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And when all else fails…
Just open your heart
and let the music take
control!

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