



# Simple Self-Care for Therapists: Restorative Practices to Weave Through Your Workday

*Ashley Davis Bush*

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**“Bite-sized” self-care strategies that any therapist can easily practice.**

For mental health professionals who must regularly guard against compassion fatigue and secondary traumatization, intentional self-care isn't just essential; it's a survival tool. If therapists don't take proper care of themselves, they can't do their work effectively.

Taking up an exercise program, going on a vacation, turning to supportive social networks, while helpful remedies to the stresses of the job, are not always feasible and the results are often only short term. Synthesizing the latest thinking in mindfulness, neuroscience, energy medicine, and spiritual disciplines, *Simple Self-Care for Therapists* offers immediate relief in doable, bite-sized nuggets?easy exercises that can be seamlessly integrated into your current workday routine with little fuss.

Over 60 restorative practices are presented?tools for (1) grounding, (2) energizing, and (3) relaxing?organized as antidotes to the most common pathologies that therapists suffer: vicarious trauma, compassion fatigue, and burnout. Bush, a therapist with over 25 years of experience, walks readers through the descriptions and simple implementation of each practice, with illuminating stories from her own professional experiences.

Whether you're in a staff meeting, conducting a therapy session, writing a progress report, or attending a workshop, these convenient exercises can be dipped into as needed. A go-to resource of self-care tools, every therapist, no matter their background or approach, now has the ability to prevent stress, avoid internalization, revive their spirit, and restore a sense of well-being.

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