

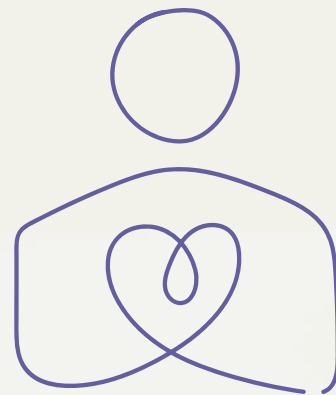
Caring for Ourselves After We Care for Others

1. Honouring our feelings

As you settle in after work, winding down and reconnecting with yourself, you may notice fatigue, emotional waves, tension, overthinking or withdrawal. Please remember that these are all normal responses after intensive care work.

2. Choose one or two actions that would feel nourishing

- Drink water or a warm beverage
- Eat something nourishing
- Step outside for fresh air
- Stretch your body
- Listen to comforting music
- Sit quietly for five minutes
- Journal for five minutes



3. Rest in Community and Care

In your work, your presence and commitment cultivate a sense of community and care; it is that you, too, feel supported and cared for. Sometimes reaching out to a trusted colleague, loved one or professional support can be the affirming connection that nourishes you.

You may ask yourself, who would it feel good to connect with? Reach out!

Resetting After Intensity (Short Recovery Matters)

Short resets are not avoidance, they prevent accumulation in the nervous system.

Examples of micro-resets you can use immediately after intensity:

- Taking 60 seconds to step away before your next task
- Washing your hands slowly and intentionally
- Sitting without your phone for two minutes
- Taking five slower exhales than usual
- Looking out a window or stepping outside briefly
- Naming: "That was a lot. It's over now."

Even brief resets interrupt carry-over stress and protect long-term sustainability.



Grounding In The Present

Our nervous systems often stay activated after intense or meaningful work. Grounding practices offer gentle ways to signal safety, helping the body come back into balance and ease.

1. Breathe

Take 3 slow breaths: feeling the air fill your stomach as you inhale and release as you exhale, each time letting your shoulders rise and fall.

1..., 2..., 3...



2. Pouring Love Inwards

Close your eyes and place your arms around yourself in a comforting hug. Hold for a few breaths, offering yourself the same care you give others.



3. Noticing what is happening around us and within us

When finished, open your eyes and name 3 things you see, 2 things you hear, 1 thing you feel.

*Please utilize senses that work best for you, such as 3 things you can touch.



Self-Mapping: How I Know I'm Nearing My Edge

This is a visual reflection tool, there is no right or wrong way to complete it. **On the following page**, gently map your early cues across three areas:

1. Physical cues

(What your body does first)

Examples: jaw tightness, shallow breath, headaches, heaviness, racing heart, fatigue.

2. Emotional cues

(What your inner world signals)

Examples: irritability, numbness, anxiety, sadness, urgency, emotional flattening.

3. Cognitive cues

(What your thinking shifts into)

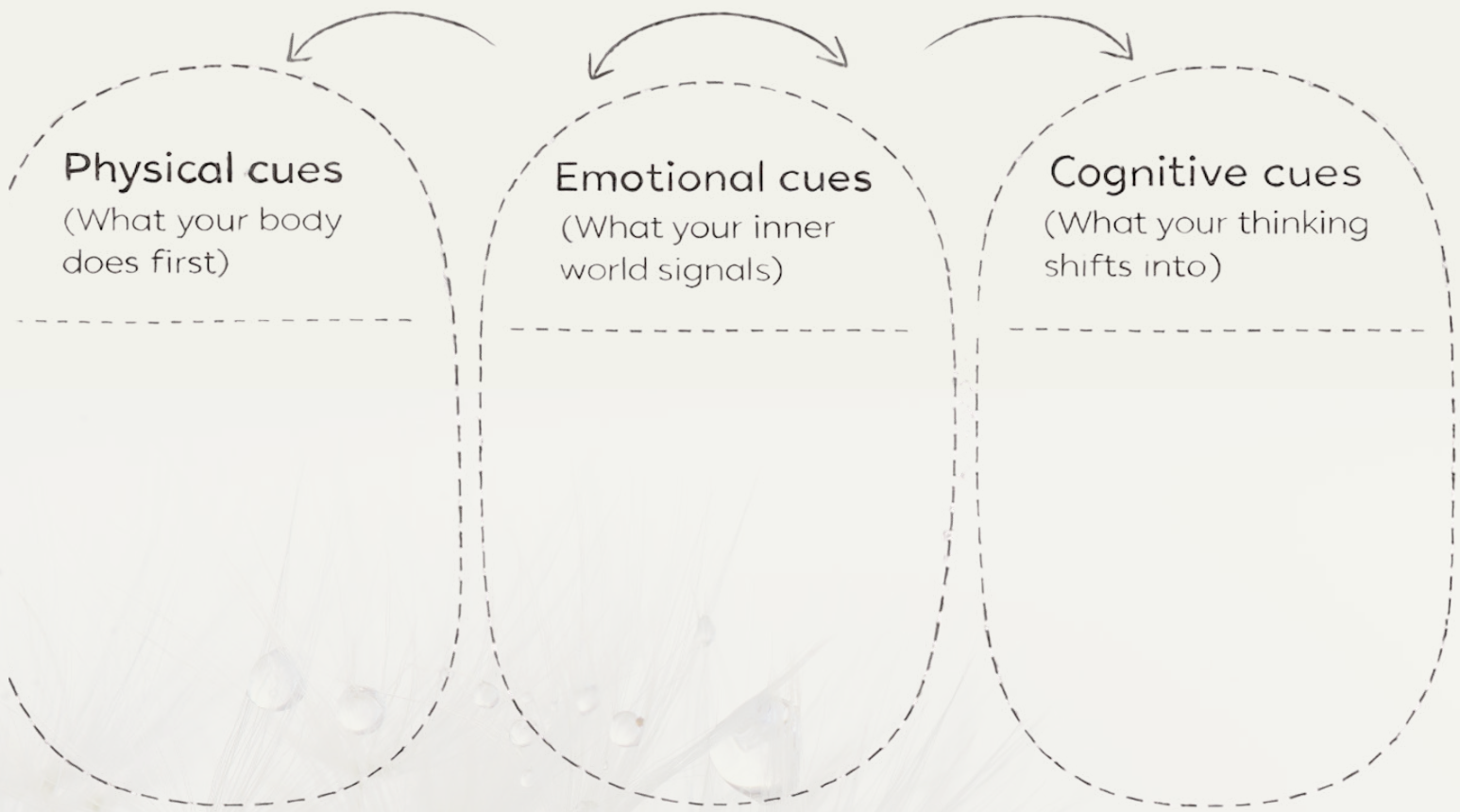
Examples: over-planning, looping thoughts, black-and-white thinking, difficulty concentrating, self-doubt.

These cues are information, noticing early protects capacity and dignity.



Self-Mapping: How I Know I'm Nearing My Edge

You can draw, write words, symbols or shapes.



Awareness is the first boundary.
When you know your cues, you can protect yourself before harm accumulates.

Rooted in Care

Ongoing Support Options Through Breelove

This resource is offered in the spirit of choice, pacing, and sustainability.

Frontline work; especially work that involves crisis, de-escalation, migration, displacement, and systemic harm, can surface responses after an interaction ends, sometimes days later. You deserve access to support that meets you where you are, without pressure or expectation.

Breelove offers several pathways for ongoing care. You are welcome to engage with any, all, or none of these options.

Free Community Counselling (All Provinces)

Breelove offers free, short-term counselling through our Community Counselling Program.

- Available to individuals across provinces
- No referral required
- Delivered by supervised graduate clinicians
- Trauma-informed, culturally responsive, and non-pathologizing

This option can be supportive if something surfaced during the conference and you want a place to talk it through without financial or systemic barriers.

Ongoing Support Options Through Breelove

Sliding-Scale & Insurance-Covered Therapy

For those seeking ongoing therapeutic support, Breelove clinicians offer:

- Individual counselling
- Insurance-covered options (where applicable)
- Sliding-scale access where available

Care is grounded in nervous-system-informed, culturally responsive practice, with attention to vicarious trauma, burnout, moral stress, and racialized harm.

Collective Learning & Self-Paced Resources

Breelove also offers non-clinical supports for people who want to deepen understanding without entering therapy.

These may include:

- Self-paced courses and workshops
- Nervous system education
- Boundary and pacing tools
- Community reflection spaces

This option can be helpful if you want learning, language, or tools without clinical engagement.

How to Access

All Breelove support options are clearly outlined online (breelove.ca), with transparent information about access, cost, and scope. **Choose what fits your capacity.**

Reminders and Affirmations

Capacity Reminders

- You can care deeply without carrying everything
- Rest is necessary
- Self-care and boundaries promote sustainability

Dignity-Protecting Boundaries (Clear • Brief • Grounded)

Boundaries do not require over-explaining or self-abandonment.

Sample phrases you can adapt:

- "I can help with this, and I need more time."
- "I'm at capacity right now, let's revisit this."
- "I can't take this on today."
- "I'm going to pause here and follow up later."
- "I need support with this."
- "This isn't something I can carry alone."

Clear boundaries protect capacity, reduce escalation, and preserve dignity.

Daily Affirmation

My work matters. My well-being matters just as much.