



SELF-CARE TIPS FOR BIPOC PROFESSIONAL COUNSELORS

During these times, it's necessary for BIPOC counselors to engage in self-care activities to avoid feeling overwhelmed by anxieties and uncertainties they may be both experiencing and absorbing from their clients. There's no right or wrong when engaging in self-care, you just have to put aside the time to do so.

You're worth it!

Here are a few tips to help BIPOC counselors manage the many emotional and mental roadblocks that are bound to pop up:

1. **Unpack your feelings** with your own professional counselor who specializes in multicultural counseling. It's important for BIPOC counselors to prioritize checking up on themselves, meeting their needs, promoting wellness in their lives and modeling wellness for their clients. Consider the type of support you need to sustain your personal well-being and support your clients.
2. **Unplug!** Take a step back from social media & the news. You're already dealing with enough in your own day-to-day. Instead, try watching something that reminds you of your childhood, reading, taking a walk, journaling, meditating or practicing breathing exercises.
3. **Maintain healthy,** stress-free and meaningful relationships with fellow BIPOC counselors; even form somewhat of a support group where you feel comfortable talking and releasing some feelings.
4. **Take care of your basic needs.** Clean your space to de-clutter your home and your mind, replace your nighttime shower with a long, relaxing bath, seek nourishment by cooking (and eating) foods that remind you of your comfort zone, fill your home with the smells that bring back positive memories and stay hydrated!
5. **Read hopeful texts** by BIPOC authors. As with many things, one of the best ways to engage in self-care is to start with a book. Reading up on the experiences of other BIPOC professionals could be of interest, convey a sense of comfort, or offer advice.

One more: Get some rest. Make sure you're setting aside 7-9 hours of uninterrupted sleep each evening... and remember, *you can't pour from an empty cup!*