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Recreation Director's Handbook

A guide for recreation
delivery in Aboriginal
communities



2008

Manitoba 

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SELF-CARE¹⁵

Being a leader can be fun, exciting and rewarding. At times, it also may be frustrating and exhausting. It is important to remember to take care of yourself. It is difficult to give enthusiastically and honestly to your community if you have run out of steam. Take time for yourself. Rejuvenate. Re-create.

1. Set clear, realistic goals, which help put things in perspective and create a balance in life.
2. Set limits on time and energy. Develop a sense of these limits and when they are being reached. Learn to say "no" as an honest admission of self-limitations. Organize your time.
3. Learn to spend time with yourself, not by yourself.
4. Learn to relax and also take time to exercise each day.
5. Realize that you don't always have to be "strong"; it's okay to feel helpless.
6. Realize that self-care is basically about your own responsibility.
7. Learn to have fun, get regular exercise and good nutrition.
8. Take routine breaks; withdraw physically from the work situation, e.g. for a walk at lunch. Take time out. Do other, less stressful work.
9. Protect your private time. Don't mix work with pleasure.
10. Learn to care for other people rather than take care of people.
11. Develop an awareness of personal strengths and weaknesses.
12. Share your workload with co-workers; talk problems through.
13. Build a personal support system for your emotional, social, cultural and spiritual needs.
14. Use positive self-talk- don't send yourself negative messages.
15. Accept that everything does not always go as planned. Don't beat yourself up about it. Learn from the experiences.
16. Remember to spend time re-creating. Spend time doing things that you enjoy and make you feel good
17. Make a list of all the things you do that inspire, motivate and nourish you. Do them.

¹⁵ Nishnawbe Aski Nation Recreation Sub Committee. (2004). Recreation Resource Manual. (pp .21-24). Ontario: Author.