

Taking care of oneself as a Pathfinder

Here are some **tips and tricks** to **take care of yourself** while **involved in the project**

LE CISSS DES LAURENTIDES
complice de votre bien-être

LE RÉSEAU
D'ÉCLAIREURS 

EN SANTÉ PSYCHOLOGIQUE

WHEN PROVIDING SUPPORT IT IS PERFECTLY NORMAL ...

- to feel affected by what others are experiencing (being emotional, disturbed, saddened, angry, etc.)
- to doubt your actions or the way you have supported someone
- to not know what to say or do in a particular situation
- to feel powerless

YOUR RELAY TEAM IS THERE FOR YOU

After every situation, you can contact your relay team to be **listened to, supported and counselled**

If you need **immediate support**, don't hesitate to contact a resource **for help for yourself**

Info-Social 811
(Option 2)

For a psychosocial situation

Tel-Aide
514 935-1105

To talk and be listened to
telaidemontreal.org/en/

STRATEGIES TO PROTECT YOURSELF

- At any time, **you can say no**. It is recommended that you **set and respect your personal limits**
 - You can inform the person of the time you have available (e.g., "I have 20 minutes now and another engagement afterward")
 - You can decide to not address subjects that make you ill at ease (e.g., sexuality, violence, addiction, etc.)
 - You are not expected to have all the answers. You can mention to the person that your role is to listen and to support, but not to intervene
- You are not alone! Do not carry the problems of another person on your shoulders; **don't hesitate to direct them to a community resource**
- Remember that the person you are supporting is **free to make their own choices**
- Look after yourself in **concrete ways** ([see tool](#))
 - Be kind and gentle to yourself
 - Allow yourself time for leisure activities and hobbies
 - Connect with people who are important to you
 - Adopt or maintain healthy living habits
- **Don't hesitate to ask for support** for yourself from your circle, your relay team, or a support resource



Adapted from the "Guide de l'aidant - Comment venir en aide à une personne qui vit des difficultés" created by the CISSS de Granit, June 2014 and the "Guide de l'aidant - Comment venir en aide à une personne sinistrée des inondations" created by the CISSS de la Montérégie-Ouest, January 2018

Don't hesitate to reach out to your relay team if you have a question or need support

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec 