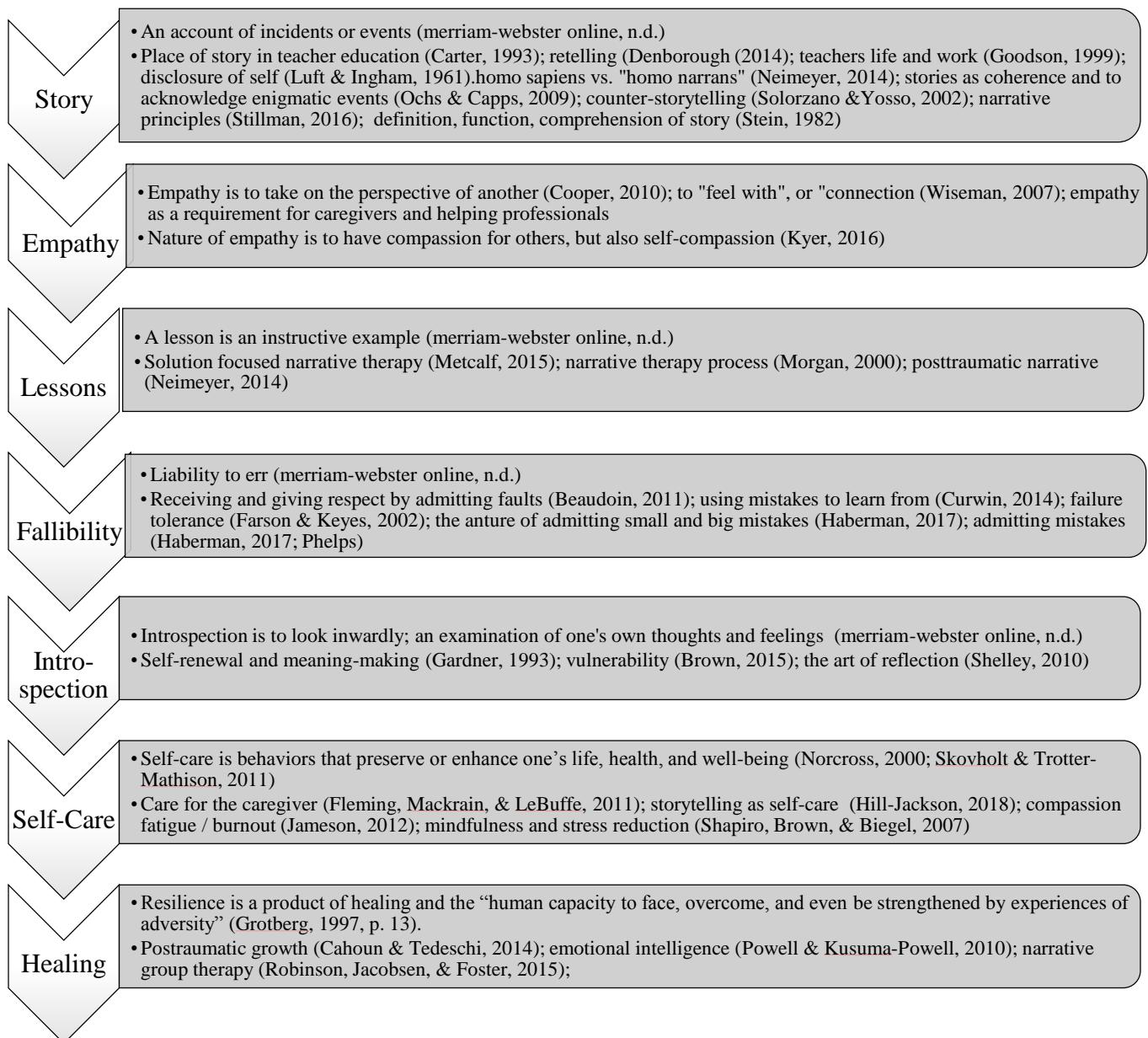


S.E.L.F.I.S.H.[®]

The 7 Commitments of S.E.L.F.I.S.H.[®] Caregivers

Those of us in the helping professions need to be S.E.L.F.I.S.H.[®]! Selfish, in this context, is not associated with its negative meaning or its literal interpretation, which means self-centeredness. Instead, selfish means self-aware and embodies an ethos of resilience for helping professionals to use as tactics to survive adversity. Story, Empathy, Lessons, Fallibility, Introspection, Self-care, and Healing (S.E.L.F.I.S.H. [®]) are seven commitments or promises you make to yourself—to always focus on your personal needs first. While these commitments are primarily beneficial to caregivers or helping professionals, they may have huge indirect value in the care of learners, patients, or clients.



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