

# Self-Care

for justice court clerks

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Ever feel like...

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EVERYONE THINKS I'M  
OVERDRAMATIC WHEN I'M  
STRESSED.

WHEN AN OCTOPUS IS STRESSED,  
IT EATS ITSELF.

NOW THAT'S OVERDRAMATIC

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## Don't Ignore the Importance of Self-Care!

You should never feel  
ashamed or guilty about  
feeling stressed

Instead, take care of  
yourself!

Recognize what is causing your  
stress and find healthy ways to  
cope with and/or reduce  
stressors.





Judges are being taught  
about self-care in their classes  
too.

Including how they should be aware  
of the stress levels of their clerks and  
the importance of self-care for their  
clerks.

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# What are your stressors?

Put your top 2  
work stressors  
in the chat!

-  Issues in your office (with customers, co-workers, bosses, etc.)
-  Issues with neighboring offices or other offices you work with (like constable's/ sheriff's office, other offices in the courthouse, etc.)
-  Situations that leave you feeling rushed, overwhelmed, mentally drained, burnt out, isolated
-  Experiences that cause you vicarious trauma
  - Trauma symptoms resulting from being regularly exposed to other peoples' trauma (could happen from dealing with cases/ paperwork involving inquests, evictions, domestic violence, etc.)

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Now let's take a minute  
to meditate those  
stresses away!

Search "one-minute meditation" on  
YouTube for more videos like this one.

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## What are your coping strategies?

We will be breaking out into groups of 5-6 to discuss different coping strategies.

Pick a "speaker" for your group to tell us about your groups ideas.



Think of things you can do both in the office and after you leave.

- To help you feel better in the moment
- To help you deal with stress that lingers after you leave work
- To help you diminish stressors
- To help you interact with people in a positive way

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Let's practice some stress relieving techniques we can do from our desks!

Search YouTube for "desk yoga" or "yoga at your desk" for more videos like this

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## Want to talk to someone?

Counseling can be very helpful for a lot of people.

Check for options available through your county and/or insurance.

There are also counseling apps, which give more flexibility.

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And when all else fails...

Just open your heart  
and let the music take  
control!

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