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.

Make a T-chart on the big papers at your table.

Label it as shown here but don't start writing anything else!

Coping Strategies

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What are your stressors?



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

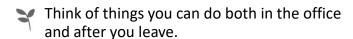
 Trauma symptoms resulting from being regularly exposed to other peoples' trauma (could happen from dealing with cases/ paperwork involving inquests, evictions, domestic violence, etc.)

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?



- 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

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.

And when all else fails...

Just open your heart
and let the music take
control!

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