SELF-CARE Pearls

- Do not believe the pedestal you were placed upon.
- A power greater than you will decide your patient’s fate.
- DO NOT EQUATE DEATH WITH FAILURE.
- Take comfort in knowing you did your very best.
- Learn to celebrate the journey.
- Review your day and give yourself quiet time.

  - Recognize parallels that lead to over-identification.
  - Identify unresolved grief.
  - Challenge yourself to understand why the event/situation was so upsetting.

- Stay in the present.
- Eat healthy, get your rest and try to exercise.
- Make laughter and joy daily parts of your life.
- Identify some meaning or growth from the experience.
- Do not fear professional grieving, for it is when the heart is most broken that we are the most open to change and personal growth.


Developed by health care professionals in the Department of Supportive Care Medicine at City of Hope, Duarte, California. Permission to reproduce this document with no changes granted herein.
For permission to print with changes or questions, please contact caretools@coh.org. © Bonnie Freeman 2012.