

May

I reflected on [compassion fatigue](#) and the emotional weight that healthcare workers may carry after caring for others. I learned that self-care must be intentional and consistent rather than something I consider only after becoming exhausted. For me, self-care includes adequate sleep, healthy routines, counseling, peer support, and time away from professional responsibilities. Caring for my mental and physical wellbeing allows me to be more present and dependable. [Reinforcing my view of self-care as part of my responsibility to practice safely.](#)

Monday, May 4

