

Compassion Stress Management Techniques

When Working with Clients

Breath-Work

Self-talk

Movement

Between Clients/After Work

Breathing Meditation

Prayer and Meditation

Visualization (e.g., safe place)

Emotional Freedom Technique (EFT) or Thought Field Therapy (TFT)

Journaling

Art Therapy

Music Therapy

Poetry Therapy

All hobbies and absorbing activities

Music and Other Creative Therapies

Dance and Other Kinesthetic Treatments