



The Ten Laws Governing Healthy Caregiving

1. Sustain Your Compassion
2. Practice Authentic, Sustainable Self Care Daily
3. Build a Support System
4. Create a Work/Life Balance
5. Apply Empathic Discernment
6. Recognize the Humor
7. Learn to Let Go
8. Acknowledge Your Successes
9. Remain Optimistic
10. Elevate Levels of Compassion Satisfaction