

We Matter: Normalize Self-Care

Your colleagues may be experiencing issues but still be functioning well. Respect their right to engage in self care activities, and check in periodically to see if they need support.

Respect boundaries.

Before you interrupt a day off or even a lunch break with a question, email, text, or phone call, ask yourself:



**Is it an
emergency?**



**Can it wait until
they are back in
the office?**



**When is an
appropriate time
to contact them?**



Helping team members recognize that their work affects them, will help them to move forward. Offer your support when you can, and they will do the same for you.

Respect and acknowledge grief.

Expressing emotions is not unprofessional. We are all in this profession because we care about our patients and our clients. We invest significant time, energy, and emotion into our work.



I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.