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