



# THE IMPORTANCE OF SELF CARE AS AN INTERN



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During this past summer, I had the amazing opportunity of interning with two non-profit organizations through Duke Engage as well as being a part of a Bass Connections Research Team.

While being in these roles, it was important to me to make sure that I was doing my best work. This meant working around the clock to turn in work that exceeded the expectations of my supervisors.

I worked extremely hard everyday, and even into my weekends during most weeks. I thought that maybe the issue was my time management, so I began to plan everyday out in my calendar. Despite this, I was still fighting feelings of exhaustion most days.

After a conversation with a mentor, it was brought to my attention how much work I was doing without actually pouring back into myself.

As an intern, it is easy to fall into the need to constantly be productive. The best thing that you can for yourself and your organization is taking the time to care for yourself.

Self care is most effective when it is implemented as prevention rather than a reaction. We should all be implementing some form on self care on the regular in order to keep ourselves healthy.

