

SELF-CARE IDEAS

Instructions:

- ✓ Place a **checkmark** next to what you already do
- Place a **circle** next to what you wish you did more often

Physical Self-Care

- ___ Eat regularly (breakfast, lunch, dinner)
- ___ Eat balanced meals (fruit, vegetables, nutritious snacks, water)
- ___ Exercise (20 minutes, 3 times per week); stretch muscles
- ___ Get regular medical care for prevention or as needed (doctor, dentist)
- ___ Get adequate sleep
- ___ Take medications as prescribed
- ___ Take time off when needed, experience true "downtime"
- ___ Treat yourself to a spa service (massage, manicure, pedicure)
- ___ Attend to personal hygiene (body, hair, teeth, hands, clothes)
- ___ Do something fun (sing/karaoke, dance, sports)
- ___ Wear clothes you like
- ___ Spend time in the sun
- ___ Minimize excessive caffeine, sugar
- ___ Other:

Psychological Self-Care

- ___ Make time for self-reflection (notice your inner experience, listen to your thoughts, judgments, beliefs, attitudes and feelings)
- ___ Engage in relaxation practices (journaling, blogging, mindful meditation, yoga, controlled breathing exercises, doodling, coloring)
- ___ Meet with a personal counselor, coach or mentor
- ___ Read literature that is unrelated to school or work
- ___ Do something at which you are not expert or in charge
- ___ Decrease stress in your life (engage your 5 senses – take a bubble bath, listen to soothing sounds, enjoy the aroma of a scented candle, squeeze a stress ball, chew a piece of gum, imagine a peaceful place/scene)
- ___ Let others know different aspects of you
- ___ Engage your intelligence in a new area (go to an art museum, history exhibit, sports event, auction, theater performance)
- ___ Practice receiving from others
- ___ Be curious
- ___ Say "no" to extra responsibilities sometimes
- ___ Other:

Personal Self-Care

- Learn a new skill or engage in a new activity (guitar, chess, puzzles, gardening)
- Create a vision board
- Write out short and long term goals
- Go on dates
- Meet a friend for coffee or tea
- Have a buddy with whom you can vent (trusted partner/friend)
- Explore interests
- Leisurely stop by a farmer's market, bookstore, historic neighborhood or festival
- Take a vacation, staycation, day trip or mini-vacation
- Keep communication open with others (apologize, clearly state needs/wants, use "I" statements)
- Make time away from telephone/social media – "unplug from technology"
- Engage in a leisure activity or hobby (photography, art, boardgame, cooking class)
- Ask for help
- Other:

Professional Self-Care

- Take a break during the school day or work day
- Take time to chat with friends/co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your friends/colleagues
- Balance your school/workload so that no one day or part of a day is "too much"
- Arrange your work or school study space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop or explore other areas of professional interest
- Set goals, make a plan, have a plan "B"
- Break large tasks into smaller ones; make a "to-do" list
- Attend a conference or seminar
- Acknowledge accomplishments and compliments
- Other:

Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play and rest

Adapted from: Mathieu, F. (2012). The Compassion Fatigue Workbook. New York; London: Routledge Taylor & Francis Group.

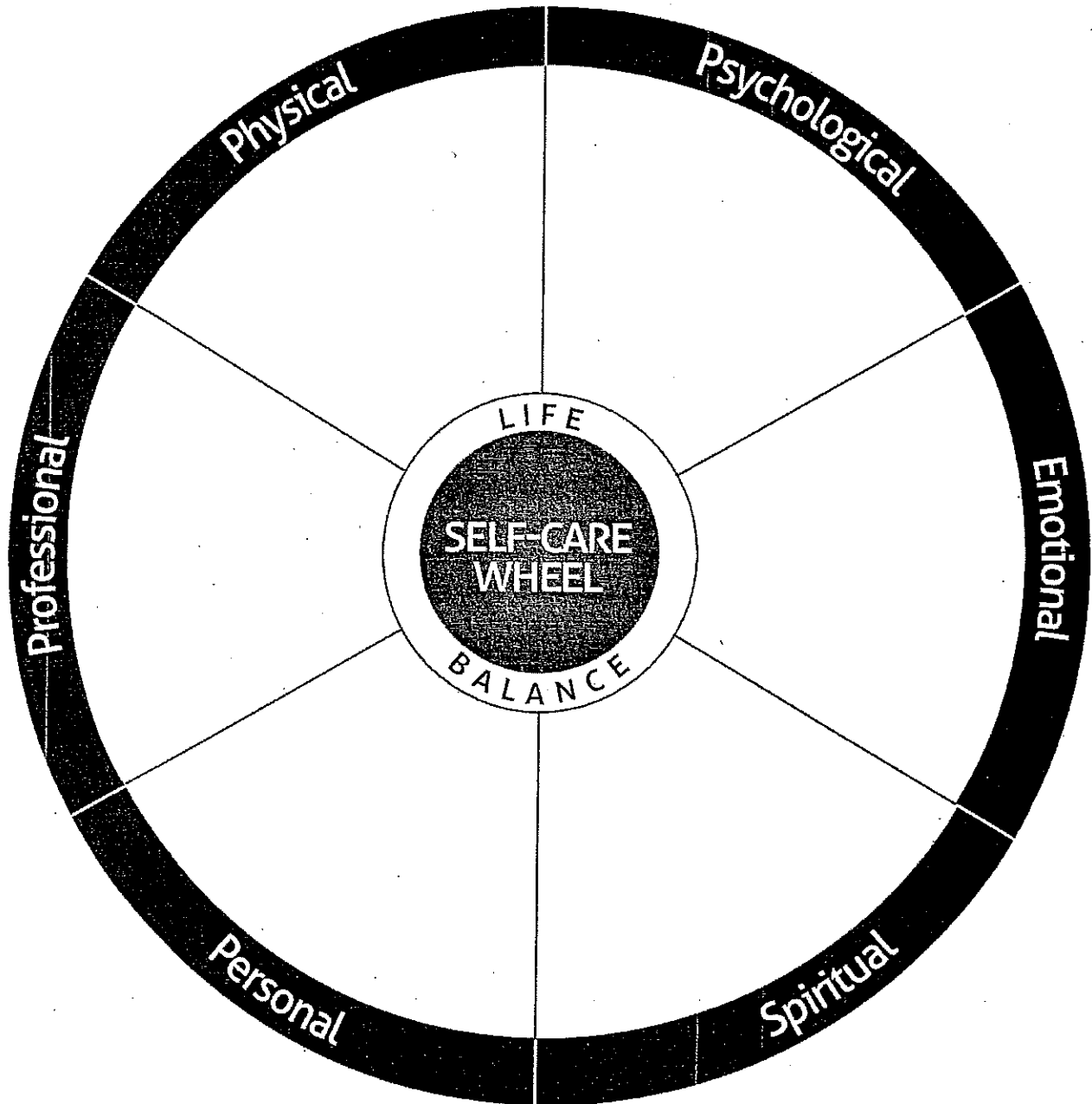
Emotional Self-Care

- Spend time with others whose company you enjoy (coordinate a potluck)
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself, be kind and compassionate with yourself
- Re-read favorite books, re-watch favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh (laughter yoga), share a joke, have a sense of humor
- Express your advocacy in social action through letters, donations, marches, protests, volunteering, civic activities
- Use positive words and language; see the bright side of things
- Acknowledge how you feel
- Reflect on things you are grateful/thankful for; send a thank you note to someone
- Seek peace about people/things out of your control
- Take a self-assessment to gauge your wellbeing
- Play with a pet
- Spend time with children
- Daydream or reflect on a happy memory
- Hug someone, ask for a hug
- Use a relaxation app (Calm, Insight Timer)
- Other:

Spiritual Self-Care

- Spend time with nature
- Spend time by yourself
- Find a spiritual connection or community
- Practice rituals of your faith, religion, values or beliefs
- Attend a spiritual retreat or workshop
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Help others, perform random acts of kindness
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Pray
- Have experiences of awe
- Contribute to causes in which you believe
- Read/listen to inspirational material (literature, talks, music, audiobook, podcast)
- Other:

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com