**SELF-CARE**

**PHYSICAL SELF-CARE**

\_\_\_\_\_Eat regularly

\_\_\_\_\_ Eat healthily

\_\_\_\_\_ Exercise

\_\_\_\_\_ Get regular and preventative health care

\_\_\_\_\_ Get medical care when sick

\_\_\_\_\_ Get massages

\_\_\_\_\_ Dance, swim, walk, run, play sports, some other fun physical activity

\_\_\_\_\_ Take time to be sexual

\_\_\_\_\_ Get enough sleep

\_\_\_\_\_ Wear clothes you like

\_\_\_\_\_ Take vacations

\_\_\_\_\_ Take day trips or mini-vacations

\_\_\_\_\_ Make time away for telephones

\_\_\_\_\_ Other

**PSYCHOLOGICAL SELF-CARE**

\_\_\_\_\_Make time for self-reflection

\_\_\_\_\_ Get therapy for yourself

\_\_\_\_\_ Write in a journal

\_\_\_\_\_ Read literature that’s unrelated to work

\_\_\_\_\_ Do something at which you are not expert or in charge of

\_\_\_\_\_ Decrease stress in your life

\_\_\_\_\_ Notice and listen to your inner thoughts, judgments, feelings …

\_\_\_\_\_ Let others know different aspects of you

\_\_\_\_\_ Engage your intelligence in a new area

\_\_\_\_\_ Practice receiving from others

\_\_\_\_\_ Be curious

\_\_\_\_\_ Say no to extra responsibilities sometimes

\_\_\_\_\_ Other

**EMOTIONAL SELF-CARE**

\_\_\_\_\_ Spend time with others whose company you enjoy

\_\_\_\_\_ Stay in contact with important people in your life

\_\_\_\_\_ Give yourself affirmations, praise yourself

\_\_\_\_\_ Reread favorite books, re-view favorite movies

\_\_\_\_\_ Identify comforting activities, objects, people, places; seek them out

\_\_\_\_\_ Allow yourself to cry

\_\_\_\_\_ Find things that make you laugh

\_\_\_\_\_ Express outrage in social action, letters, donations, marches, protests

\_\_\_\_\_ Play with children

\_\_\_\_\_ Other

**SPIRITUAL SELF-CARE**

\_\_\_\_\_ Make time for self-reflection

\_\_\_\_\_ Spend time in nature

\_\_\_\_\_ Find a spiritual connection or community

\_\_\_\_\_ Be open to inspiration

\_\_\_\_\_ Cherish your optimism and hope

\_\_\_\_\_ Be aware of non-material aspects of life

\_\_\_\_\_ Try at times not to be in charge or the expert

\_\_\_\_\_ Be open to not knowing

\_\_\_\_\_ Identify what is meaningful to you and notice its place in your life

\_\_\_\_\_ Meditate

\_\_\_\_\_ Pray

\_\_\_\_\_ Sing

\_\_\_\_\_ Spend time with children

\_\_\_\_\_ Have experiences of awe

\_\_\_\_\_ Contribute to causes in which you believe

\_\_\_\_\_ Read inspirational literature

\_\_\_\_\_ Other

**PROFESSIONAL SELF-CARE**

\_\_\_\_\_ Take a break during the workday

\_\_\_\_\_ Take time to chat with co-workers

\_\_\_\_\_ Make quiet time to complete tasks

\_\_\_\_\_ Identify projects or tasks that are exciting and rewarding

\_\_\_\_\_ Set limits with students, parents, and colleagues

\_\_\_\_\_ Balance your workload so no one day or part of a day is “too much”

\_\_\_\_\_ Arrange your work space so it is comfortable and comforting

\_\_\_\_\_ Get regular supervision or consultation

\_\_\_\_\_ Negotiate for your needs

\_\_\_\_\_ Have a peer support group

\_\_\_\_\_ Develop a non-trauma area of professional interest

\_\_\_\_\_ Other