**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