



MY SELF-CARE PLAN

Select at least one activity in each of the following categories. Make a plan for how you will make time to complete the activities that you have chosen, and share your commitment with someone who will hold you to it!

Personal Physical

- Take time to rest; take breaks to eat
- Physical activity – exercise, dance, strenuous manual labor
- Take care of oneself physically; use physical means to find adrenalin highs
- Maintain a high-energy level through proper diet, sleep, exercise

List the Personal Physical components of your self-care plan:

Personal Psychological

- Identify those triggers which may cause one to experience vicarious traumatization
- Balance work, play, and rest
- Engage in creative endeavors
- Play and laugh

List the Personal Psychological components of your self-care plan:

Personal Social

- Identify one's own personal and social resources and supports and then plan strategies for their use.
- Engage in social activities outside of work
- Garner emotional support from colleagues, family and friends
- Spend time with children, pets

List the Personal Social components of your self-care plan:

Personal Moral

- Adopt a philosophical or religious outlook and remind oneself that he/she cannot take responsibility for the client's healing but rather must act as a midwife, guide, coach, mentor
- Clarify one's own sense of meaning and purpose in life
- Develop one's spiritual side as a grounding tool
- Connect with the larger sociopolitical framework and develop social activism skills

List the Personal Moral components of your self-care plan:



Professional

- Attend workshop/conferences about my work.
- Take breaks from my work when needed
- Admit it when I don't know an answer or makes a mistake
- Know one's own level of tolerance
- Recognize emotional, cognitive, and physical signs of incipient stress reactions in self and in others and respond appropriately

List the professional components of your self-care plan:

Organizational / Work Setting (if applicable)

- Accept stressors as real and legitimate, impacting individuals and group-as-a-whole
- Work in a team
- Create a culture to counteract the effects of trauma

List the Organizational components of your self-care plan:

Societal

- Find a mission – become politically and socially engaged
- Encourage local, state, and national organizational to educate stakeholders about trauma
- Community involvement
- Share and transform suffering through the use of the arts
- Political action

List the Social/political components of your self-care plan:

Which item will be most helpful? _____

How will you make the time to do it? _____

Who will help you stay accountable for doing it? _____