**Self-Care Possibilities** Adapted from Saakvitne, Pearlman et al (1996), *Transforming the pain: A workbook on vicarious traumatization*. Norton

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| **Physical Self-Care** | **Psychological Self-Care** | **Emotional Self-Care** | **Spiritual Self-Care** | **Relationship Self-Care** | **Workplace/Professional Self-Care** |
| Eat regularly (e.g. breakfast, lunch and dinner)  Eat healthily  Exercise  Get regular medical care for prevention  Get medical care when needed  Take time off when sick  Get massages  Dance, swim, walk, run, play sports, sing, or do some fun activity  Take time to be sexual – with myself, with a partner  Get enough sleep  Wear clothes I like  Take vacations | Take day trips or mini-vacations  Make time away from telephones, email and the internet  Make time for self-reflection  Notice my inner experience – listen to my thoughts, beliefs, attitudes, feelings  Have my own personal psychotherapy  Write in a journal  Read literature that is unrelated to work  Do something at which I am not an expert or in charge  Attend to minimising stress in my life  Engage my intelligence in a new area e.g. to go an art show, sports event, theatre  Be curious  Say no to extra responsibilities sometimes | Spend time with others whose company I enjoy  Stay in contact with important people in my life  Give myself affirmations, praise myself  Love myself  Re-read favourite books, re-view favourite movies  Identify comforting activities, objects, people, places and seek them out  Allow myself to cry  Find things that make me laugh  Express my outrage in social action, letters, donations, marches, protests | Make time for reflection  Spend time in nature  Find a spiritual connection or community  Be open to inspiration  Cherish my 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 me and notice its place in my life  Meditate  Pray  Sing  Have experiences of awe  Contribute to causes in which I believe  Read inspirational literature or listen to inspirational talks, music | Schedule regular dates with my partner or spouse  Schedule regular activities with my children  Make time to see friends  Call, check in with or see relatives  Spend time with my companion animals  Stay in contact with faraway friends  Make time to reply to personal emails and letters; send cards  Allow others to do things for me  Enlarge my social circle  Ask for help when I need it  Share a fear, hope or secret with someone I trust | Take a break during the workday (e.g. lunch)  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 clients and colleagues  Balance my caseload so that no one day or part of a day is ‘too much’  Arrange work space so it is comfortable and comforting  Get regular supervision or consultation  Negotiate for my needs (benefits, pay raise)  Have a peer support group  Develop a non-trauma area of professional interest |

**Other self-care suggestions – Adapted from Sanderson, C, 2013, ‘Counselling Skills for Working with Trauma’**

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| Work | Body | Mind | Emotion | Creativity | Spirituality |
| Supervision  Consultation  Mentoring  Peer Support  CPD  Balance Trauma-work  Regular breaks  Set limits & Boundaries | Physical health  Diet  Rest  Relaxation  Yoga  Martial arts  Play | Reflection  Sense of control & agency  Recreational activities that stimulate  Reading for fun | Respect & nurture self  Listen to music  Watch films  See plays  Laughter  Humour | Allow for inspiration  Write  Draw  Paint  Sculpt  Make music | Beauty  Nature  Tranquility  Hope  Optimism  Passion |

Additional possibilities (Patricia Allen-Garrett)

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| --- | --- |
| Connection | Fun |
| Spending time with ‘Your people’  Spending time with people outside of psychotherapy life  Hobbies  Leisure | ? 😊 |