**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 healthilyExerciseGet regular medical care for prevention Get medical care when neededTake time off when sickGet massagesDance, swim, walk, run, play sports, sing, or do some fun activityTake time to be sexual – with myself, with a partnerGet enough sleepWear clothes I likeTake vacations | Take day trips or mini-vacationsMake time away from telephones, email and the internetMake time for self-reflectionNotice my inner experience – listen to my thoughts, beliefs, attitudes, feelingsHave my own personal psychotherapyWrite in a journalRead literature that is unrelated to workDo something at which I am not an expert or in chargeAttend to minimising stress in my lifeEngage my intelligence in a new area e.g. to go an art show, sports event, theatreBe curiousSay no to extra responsibilities sometimes | Spend time with others whose company I enjoyStay in contact with important people in my lifeGive myself affirmations, praise myselfLove myselfRe-read favourite books, re-view favourite moviesIdentify comforting activities, objects, people, places and seek them outAllow myself to cryFind things that make me laughExpress my outrage in social action, letters, donations, marches, protests | Make time for reflectionSpend time in natureFind a spiritual connection or communityBe open to inspirationCherish my optimism and hopeBe aware of non-material aspects of lifeTry at times not to be in charge or the expertBe open to not knowingIdentify what is meaningful to me and notice its place in my lifeMeditate PraySingHave experiences of aweContribute to causes in which I believeRead inspirational literature or listen to inspirational talks, music | Schedule regular dates with my partner or spouseSchedule regular activities with my childrenMake time to see friendsCall, check in with or see relativesSpend time with my companion animalsStay in contact with faraway friendsMake time to reply to personal emails and letters; send cardsAllow others to do things for meEnlarge my social circleAsk for help when I need itShare a fear, hope or secret with someone I trust | Take a break during the workday (e.g. lunch)Take time to chat with co-workersMake quiet time to complete tasksIdentify projects or tasks that are exciting and rewardingSet limits with clients and colleaguesBalance my caseload so that no one day or part of a day is ‘too much’Arrange work space so it is comfortable and comfortingGet regular supervision or consultationNegotiate for my needs (benefits, pay raise)Have a peer support groupDevelop 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 |
| SupervisionConsultationMentoringPeer SupportCPDBalance Trauma-workRegular breaksSet limits & Boundaries | Physical healthDietRestRelaxationYogaMartial artsPlay | ReflectionSense of control & agencyRecreational activities that stimulateReading for fun | Respect & nurture selfListen to musicWatch filmsSee playsLaughterHumour | Allow for inspirationWriteDrawPaintSculptMake music | BeautyNatureTranquilityHopeOptimismPassion |

Additional possibilities (Patricia Allen-Garrett)

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