

My Self Care Plan

As of: _____

Place a check mark in the boxes that apply **Must choose at <u>least</u> one item “to do” in <u>each</u> section Skip/leave blank any items that don’t apply	Things I <u>already</u> do	Things I’d like to do
Self Care:		
❖ Exercise		
❖ Dance		
❖ Manual Labor		
❖ Gardening		
❖ Massage		
❖ Yoga		
❖ Sleep right		
❖ Eat right		
❖ Make sure to get annual physicals		
❖ Know my triggers		
❖ Use a safety and self care plan proactively		
❖ Say no when I need to and set boundaries!		
❖ Balance work, play and rest		
❖ Get therapy or other support		
❖ OTHER:		
Nurturance:		
❖ Read for pleasure		
❖ Laugh! Watch funny movies, read funny books, look for lightness		
❖ Spend time in nature		
❖ Remind yourself why you are doing this		
❖ Find spiritual sustenance of some kind		
❖ Read poetry, listen to music, appreciate art		
❖ Be creative, take risks creatively		
❖ Try a new skill		
❖ Journal, dream, play, play with children		
❖ Practice mindfulness and learn how to be in the moment		
❖ OTHER:		
Escape:		
❖ Go on a vacation		
❖ Travel somewhere new		
❖ Watch non-violent, escapist movies, TV shows, etc.		
❖ Spend time with animals, pets		
❖ Do something different – new food, new places, new experiences		
❖ PLAY		
❖ Try yoga or meditation		
❖ OTHER:		

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Professional Development:			
❖ Learn more about your field			
❖ Learn more about trauma and the newest information in the field			
❖ Attend workshops, conferences, download free educational podcasts			
❖ Develop confidence in your competence			
❖ Seek consultation and supervision, especially with challenging cases			
❖ Join a study group			
❖ Take self care breaks during the workday – if short for time, can practice 30 seconds of deep breathing, learn how to expand sense of time			
❖ Have and cultivate HOPE			
❖ Keep file of hope stories, hopeful poems, people, etc.			
❖ Admit when you don't know			
❖ Ask for help			
❖ Know your own personal signs of stress			
❖ Actively look for strengths, hope and change in those around you			
❖ Use injured staff protocol or supervision when needed			
❖ Understand traumatic reenactment – this is crucial!			
❖ OTHER:			
Organization Development:			
❖ Accept stressors as real and legitimate			
❖ Develop injured staff protocol			
❖ Work as a team – rely on each other			
❖ Use art, music, poetry and beauty actively to counter the effects of trauma			
❖ Develop clarity about guidelines			
❖ Focus on solutions			
❖ Communicate openly and directly			
❖ Help one another and the people you supervise with tangible things such as providing resources, supervision, help with paperwork, providing back up			
❖ OTHER:			