

CREATING YOUR SELF-CARE PLAN

Personal - Physical

- Engage in self-care behaviors
- Physical activity – exercise, dance, strenuous manual labor
- Reconnecting with one’s body – massage, yoga
- 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
- Get therapy if personal issues and past traumas get in the way
- Use one’s own self-soothing capacities in a positive manner
- Know one’s own limitations
- Keep the boundaries one sets for self and others
- Maintain an ability to see gray
- Know one’s own level of tolerance
- Engage in healing activities that renew meaning of life both in therapy and out of therapy settings.
- Listen to music
- Spend time in nature
- Take a vacation
- Read for pleasure
- Balance work, play, and rest
- Engage in practices that renew a cherished sense of identity or extend one’s identity beyond that of someone who works with trauma
- Engage in activities that allow one to feel particularly like a man/woman or that allow one to be in a dependent or receiving role
- Engage in creative endeavors
- Play and laugh
- Develop personal rituals to ensure safety and empowerment
- Dream
- Journal