



Self-Care

NOT ALL BUBBLE BATHS AND ICE CREAM



~Mindfulness~

- Raisin Exercise
- Body Scan
- Five Sense Exercise
- Bell Exercise
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-

Three Minute Breathing Space

0:00-1:00 - Answer the question “how am I doing right now?” while focusing on feelings, thoughts, and sensations that arise and trying to give these words and phrases
1:00-2:00 - Keeping awareness on your breath
2:00-3:00 - Expansion of attention from solely focusing on breathing, feeling the in’s and out’s and how they affect the rest of the body

Self-Compassion Pause

Self-compassion is a tool you can use to improve your well-being, self-confidence, and resilience. Many find it easy to have compassion for others but struggle in applying this same kindness to themselves. By taking moments throughout your day to pause and practice self-compassion, you can gradually increase this quality and make it a more regular habit in your life.

Pause a few times a day - especially when you are feeling stressed or overwhelmed and practice self-compassion.

Date/Time _____

So far today, have you brought kind awareness to your:

____ Thoughts? ____ Heart? ____ Body? ____ None of the above

Take a few deep breaths. Acknowledge if you are suffering and see if you can treat yourself with as much kindness as you would offer a friend, child, or colleague who was struggling.

Offer yourself phrases of compassion, first my acknowledging your suffering (e.g. “this is difficult right now”). Then a phrase most appropriate to your situation (e.g. May I hold myself with compassion, May I love and accept myself as I am, May I experience peace, My I remember to treat myself with love and kindness).

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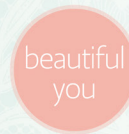
~Pay Attention~

Pay attention to what your body needs and how it reacts

Things that make you feel terrible:

Things that make you feel better:

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My Self-Care Check-In

WHERE DO I NEED TO TAKE CARE OF MYSELF MORE?

- This is a quick coaching exercise to help you connect with yourself and find out what you may be needing.
- Simply look at the list below and FIRST score each item out of 10. Then answer "What do I need?"
- Finally answer the quick questions underneath - including ONE action for yourself! NB. It's important that the score is your FIRST response ie. your initial or gut reaction and how you are actually feeling NOT "shoulds."
- So, let's take a more specific look at what form/s of self-care you might be needing...

Where do I need to take care of MYSELF more?	How satisfied are you currently in this area? Score out of 10 (1 is low, 10 is high)	What do I need? What would raise my score?
1. My Energy Levels.....	___ / 10	_____
2. How Inspired I'm Feeling.....	___ / 10	_____
3. Fun and Play.....	___ / 10	_____
4. Self-Honesty.....	___ / 10	_____
5. Peace and Quiet.....	___ / 10	_____
6. Feeling Heard or Seen.....	___ / 10	_____
7. Feeling Accepted and Understood.....	___ / 10	_____
8. My Friendships.....	___ / 10	_____
9. My Physical Appearance.....	___ / 10	_____
10. Feeling Loved and Appreciated.....	___ / 10	_____
11. My Environment (eg. home, workspace).....	___ / 10	_____
12. Physical Health.....	___ / 10	_____
13. My Feelings and Emotional Health.....	___ / 10	_____
14. Organisation and Simplicity.....	___ / 10	_____
15. Being Challenged and Stretched.....	___ / 10	_____
16. Learning and Personal Growth.....	___ / 10	_____
17. Money/Finances.....	___ / 10	_____
18. Connection to Myself.....	___ / 10	_____
19. Relaxation and Pampering.....	___ / 10	_____
20. Something else:.....	___ / 10	_____

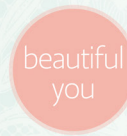
What surprised you most about your responses?

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What patterns and themes do you notice?

What else do you notice about your responses, that you perhaps haven't mentioned yet?

Finally, write ONE action you will take THIS week to take more care of yourself:

(Feel free to turn over and write your action/s out OR find a post-it and write your action/s on there to remind you!)

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

___ Eat regularly (e.g. breakfast, lunch and dinner)

___ Eat healthy

___ Exercise

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when needed

___ Get massages

___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun

___ Take time to be sexual—with yourself, with a partner

___ Get enough sleep

___ Wear clothes you like

___ Take vacations

___ Take day trips or mini-vacations

___ Make time away from telephones

___ Other:

Psychological Self-Care

___ Make time for self-reflection

___ Have your own personal psychotherapy

___ Write in a journal

___ Read literature that is unrelated to work

___ Do something at which you are not expert or in charge

___ Decrease stress in your life

- ___ Let others know different aspects of you
- ___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ___ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Say “no” to extra responsibilities sometimes
- ___ Other:

Emotional Self-Care

- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Give yourself affirmations, praise yourself
- ___ Love yourself
- ___ Re-read favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, people, relationships, places and seek them out
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Express your outrage in social action, letters and donations, marches, protests
- ___ Play with children
- ___ Other:

Spiritual Self-Care

- ___ Make time for reflection
- ___ Spend time with nature
- ___ Find a spiritual connection or community
- ___ Be open to inspiration
- ___ Cherish your optimism and hope
- ___ Be aware of nonmaterial aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Be open to not knowing

- ___ Identify what is meaningful to you and notice its place in your life
- ___ Meditate
- ___ Pray
- ___ Sing
- ___ Spend time with children
- ___ Have experiences of awe
- ___ Contribute to causes in which you believe
- ___ Read inspirational literature (talks, music, etc.)
- ___ Other:

Workplace or Professional Self-Care

- ___ 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 your clients and colleagues
- ___ Balance your caseload so that no one day or part of a day is “too much”
- ___ Arrange your work space so it is comfortable and comforting
- ___ Get regular supervision or consultation
- ___ Negotiate for your needs (benefits, pay raise)
- ___ Have a peer support group
- ___ Develop a non-trauma area of professional interest
- ___ Other:

Balance

- ___ Strive for balance within your work-life and workday
- ___ Strive for balance among work, family, relationships, play and rest

Self-Care Inventory

Rate the following areas in frequency:

- 5 = frequently
- 4 = occasionally
- 3 = rarely
- 2 = never
- 1 = it never occurred to me

Physical Self-Care	5	4	3	2	1
Eat regularly (e.g. breakfast, lunch and dinner)					
Eat healthy foods					
Exercise consistently					
Get regular medical care for prevention					
Get medical care when necessary					
Take time off when sick					
Dance, swim, walk, run, play sports, sing or do some other physical activity that is enjoyable to self					
Take time to be sexual					
Get enough sleep					
Take vacations					
Wear clothes you like					
Take day trips or mini-vacations					
Make time away from telephones					
Other:					

Psychological Self-Care	5	4	3	2	1
Make time for self-reflection					
Engage in personal psychotherapy					
Write in a journal					
Read literature that is unrelated to work					
Do something in which you are not an expert or in charge					
Cope with stress in personal and/or work life					
Notice inner experience (e.g. listen to and recognize thoughts, judgments, beliefs, attitudes and feelings)					
Provide others with different aspects of self (e.g. communicate needs and wants)					
Try new things					
Practice receiving from others					
Improve ability to say "no" to extra responsibilities					
Other:					

Emotional Self-Care	5	4	3	2	1
Allow for quality time with others whose company you enjoy					
Maintain contact with valued others					
Give self affirmations and praise					
Love self					
Reread favorite book or review favorite movies					
Identify and engage in comforting activities, objects, people, relationships and places					
Allow for feeling expression (laugh, cry, etc....)					
Other:					

Spiritual Self-Care	5	4	3	2	1
Allow time for reflection					
Spend time with nature					
Participate in a spiritual community					
Open to inspiration					
Cherish own optimism and hope					
Be aware of nonmaterial aspects of life					
Cultivate ability to identify what is meaningful and its place in personal life					
Meditate/pray					
Contribute to causes in which you believe					
Read inspirational literatures (lectures, music, etc.)					
Other:					

Workplace or Professional Self-Care	5	4	3	2	1
Allow for breaks during the workday					
Engage with co-workers					
Provide self quiet time/space to complete tasks					
Participate in projects or tasks that are exciting and rewarding					
Set limits/boundaries with clients and colleagues					
Balance workload/cases					
Arrange work space for comfort					
Maintain regular supervision or consultation					
Negotiate needs (benefits, bonuses, raise, etc.)					
Participate in peer support group					
Other:					

Adapted from Child Welfare Training Toolkit, March 2008. Original source unknown