### Self-Care

Sometimes we get so busy with our daily responsibilities that we forget to take care of someone very important...OURSelves! We can easily overlook the importance of meeting our own needs, so below is a list of ideas to remind us to engage in some much needed self-care. Whether you have 10 minutes, an hour, or a whole day, it’s important to dedicate some amount of time to nurture and fulfill our various needs. Take a look below at some ideas, check the ones you like or want to try, and add your own!

#### Physical
- Go on a walk
- Practice some Yoga
- Stretch
- Take a bike ride
- Go on a run or jog
- Swim
- Dance
- Get a massage
- Play your favorite sport
- Get good sleep
- Eat a healthy meal/snack
- Eat one of your favorite foods
- Take a vacation when needed or some time off
- Wear clothes you like
- Take a bubble bath or long shower

#### Mental/Psychological
- Counseling/therapy
- Relaxation exercises
- Journal
- Contemplation time
- Time away from electronics
- Read
- Notice your inner experience (thoughts, emotions, judgements, beliefs, attitudes)
- Let others know something about you
- Say “no” to extra responsibilities sometimes
- Be curious

#### Spiritual
- Take time to reflect
- Pray
- Go to a place of worship
- Spend time in nature
- Be aware of the non-tangibles in life
- Meditate
- Be open to inspiration
- Have a moment of awe
- Volunteer and/or contribute to a cause you believe in
- Think about what is meaningful to you
- Sing a song

#### Creative
- Draw
- Write a poem
- Paint
- Photography
- Engage in a hobby
- Try a new craft

#### Social
- Call a friend
- Go to a concert
- Go to a museum
- Host a party or social gathering
- Try a new restaurant
- Visit a new place
- Try a new activity
- Spend time with family

#### Emotional
- Find something that makes you laugh
- Allow yourself to feel emotions
- Allow yourself to cry
- Say “I love and accept myself”
- Recite self-affirmations
- Re-read a favorite book
- Re-watch a favorite movie

---

Adapted from the Self Care Assessment Worksheet – Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)