

Self Care Strategies

1. Underline what are you doing now.
2. Put a Star beside what do you want to do more of.
3. Circle what you want to begin doing.

Physical

Cardio Exercise	Weight Training	Resistance Training
Yoga	Deep Breathing	Stretching
Deep Sleep (REM Sleep)	News Fasting	Short walks throughout the day
Get away from your desk	Eat whole foods	Eat mindfully
Avoid too much caffeine and sugar	Sexy time with your partner and yourself	Massage/Chiropractor
Naturopath & Alternative Health Care	Vitamins and Supplements	Blending and Juicing

Mental

Work with a counselor	Reading (Not work related books)	Reflecting and Journal
Meditation	Yoga	Clinical Supervisions
Try new interests	Have creative hobbies	Set strong boundaries
Take time each morning to set an intention	Have meaningful conversations with loved ones	Anything else you want to add

Emotional

Tell people how you feel	Develop your Emotional Intelligence	Journal when you aren't sure what you are feeling
Make pleasure a priority	Spend time with family and friends you enjoy	Strive for balance – learn to say “no”.
Laugh and Cry	Energy Healing	Spend time with pets
Spend time with children	Volunteer	Random Acts of Kindness

Spiritual

Connect with nature	Become involved in your religious or spiritual community	Read about other religions and cultures
Meditate – just be	Prayer	Cultural Practices
Embrace simplicity	Disconnect from technology	Find a spiritual mentor
Join a spiritual community	Look for daily pleasant activities	Reflect on gratitude daily

Behavioral

Bucket List	Make effort to connect with family and friends	Call someone. Make Plans
Cook for someone	Creative hobbies	Avoid the TV
Create a vision board	Create a group if you have a special interest	Join a book club.
Quit “shoulding” all over yourself	Do something that brings you pleasure – every day	Show people you care

Financial

Spend mindfully	Quality over Quantity	Meet with a Financial Advisor
Know your numbers	Budget	Put your money into things you believe in

Professionally

Limit your trauma work	Take breaks between clients	Practice Safe Empathy
Create a strong peer group	Clinical Supervision	Peer Supervision
Professionals Development	Have an end of day routing to leave work at work	Don't eat at your computer
Get outside at lunch	Stretch between sessions	Drink lots of water. Reduce caffeine