Spiritual Self-Care

- Make time for reflection
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- Spend time in nature
- Be open to inspiration
- Cherish my optimism and hope
- Be open to knowing
- Meditate
- Find time for prayer or praise
- Have experiences of awe
- (Other) ________________________

Relationship Self-Care

- Schedule regular dates with my partner
- Call, check on, or see my relatives
- Share a fear, hope, or secret with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Allow others to do things for me
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Enlarge my social circle
- Spend time with animals
- (Other) ________________________

Workplace or Professional Self-Care

- Take time to chat with coworkers
- Identify projects/tasks that are exciting
- Balance my load so that nothing is “way too much”
- Arrange work space to be comfortable
- Get regular supervision or consultation
- Negotiate/advocate for my needs
- Make quiet time to work
- Take a break during the day
- Set limits with my boss/peers
- Have a peer support group
- Identify rewarding tasks
- (Other) ________________________

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) ________________________
- (Other) ________________________
- (Other) ________________________

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the Pain: A Workbook on Vicarious Traumatization. Norton. Adapted by Lisa D. Butler, PhD.