

My self-care strategies

1. Check the boxes of the self-care you are already doing
2. Put a star next to those you used to do, but haven't done in a while
3. Highlight those that you don't do regularly, but that you believe to be beneficial for you
4. Choose 3 self-care strategies that you'd like to take a habit of in the next couple of weeks

Physical care:

- I eat 3 meals a day
- I take the time to prepare myself healthy and balanced meals
- I get enough sleep
- I exercise at least 60 minutes per week
- I have a regular check up with a doctor
- I take at least 4 weeks of vacation per year
- I take a moment without my phone, computer, or iPad
- I devote enough time for sexual activities
- I practice a fun and entertainment activity
- I get massages or go to the spa from time to time
- I give myself massages, hydrate and take care of my skin
- I give myself time to do nothing with the joy of slowing down the frantic rhythm of my life
- I devote days where I have nothing planned and do whatever I feel like doing in that moment
- _____
- _____
- _____

Emotional care:

- I limit my exposure to violence (tv, films, books, etc.)
- I regularly see people who love me just as I am
- I maintain social relationships with people who make me feel good
- I am connected to my inner world (my core, spirituality)
- I consider myself with kindness and indulgence
- I maintain my amazement ability
- I am able to say no and refuse
- I strive to smile, be welcoming and say yes
- I treat myself with little attentions
- I accept getting spoiled by others
- I dare to dream with fantasy and nonconformity
- I can recognize my strengths and achievements
- I can identify comforting activities, objects, and people
- I laugh out loud and giggle often
- I allow myself to cry, scream, regress, or panic from time to time
- I am surrounded by positive, happy and smiling people
- I am somewhat comfortable in my own body and am conscient of my physical sensations

Translated by Emilie Labrie from « *Mes auto-soins* » (www.isabellesoucy.com/documents), adapted by Michaël Rousseau and Isabelle Soucy based on Pascale Brillion's Compassion Fatigue and Vicarious Trauma training: *mieux les reconnaître et mieux s'en protéger* (2016).

- I am able to identify my emotions
- I accept my emotions
- I take time to express what I feel using positive strategies
- I journal about my gratitude or sometime take the time to write down three things I'm grateful for
- _____
- _____
- _____

Cognitive care:

- I read books that make me feel good
- I journal
- I am seeing a therapist/counsellor/Helping Relationship worker
- I take the time to look within and reflect
- I adventure myself into things that take me out of my safe zone
- I sometimes take part in creative or artistic activities
- I try to maintain my connection with beautiful, intelligent things that inspire me
- I strengthen my tolerance to human imperfection
- I strengthen my tolerance to life's uncertainty
- I give myself the right to be more flexible and open in my perceptions
- I feel in compliance with my values, my community, and my way of life
- _____
- _____
- _____

Spiritual care:

- I spend time in nature
- I maintain my optimism and sense of hope
- I contribute to causes dear to me
- I take the time to meditate, pray, reconnect
- I try to consider non-material aspects of life
- I have bewilderment experiences
- I maintain my spiritual practice
- I spend time with young children or Elders
- I take the time to be thankful
- I maintain the inter-connections with my surroundings (ex: smile or hold the door for a stranger, take care of animals, pick up litter in nature, etc.)
- I volunteer for a cause close to my heart
- _____
- _____

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Care for my Professional life:

- I take breaks in my work days
- I take the time to discuss and share with colleagues
- I organize my time in order to complete my tasks
- I've invested my workspace for it to be welcoming and pleasant
- I take advantage of my supervisions
- I regularly take part in trainings
- I maintain my team spirit by participating in social activities
- I set limits and boundaries
- I participate in the decision-making process
- I make sure not to get overwhelmed, or on edge
- I invest in stimulating and interesting projects
- _____
- _____
- _____