

Self Care- What is it?

Self Care, defined by Agnes Wainman is “something that refuels us, rather than takes from us.” Self-care is about considering our needs and knowing what we need to do in order to take care of ourselves, being subsequently, able to take care of others as well. That is, if I don’t take enough care of myself, I won’t be in the place to give to my loved ones either.

Start with basic things like what makes you feel happy and that you can implement into every day. Self care is a planned out event and not random. It is time you set aside for you. An example of self care can be I feel refueled after walking outside. So, I may plan with myself, after this meeting at work, I am going to take 10 minutes to go on a walk on a new path from my work. Identify, plan, execute and you have taken care of yourself.

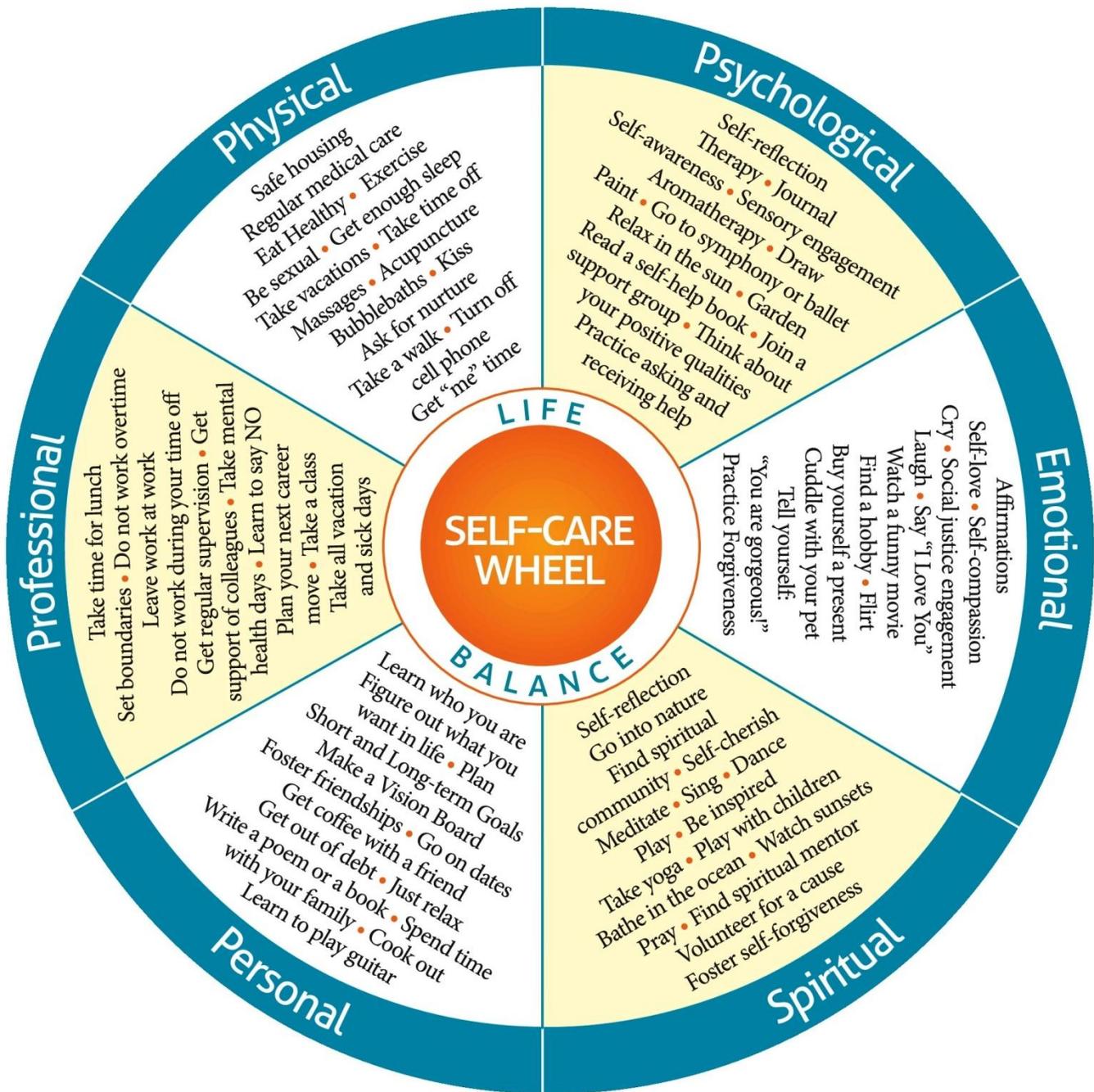
Remember, this may seem small, but as you get the hang of it, these small breaks become a big part of keeping you healthy and happy. Here is a basic checklist to help you get started or on the other side is a circle chart with some ideas:

- Create a “no” list, with things you know you don’t like or you no longer want to do. Examples might include: Not checking emails at night, not attending gatherings you don’t like, not answering your phone during lunch/dinner.
- Eat and check in with your body. How do you feel after you eat?
- Sleep matters! Adults usually need 7-8 hours of sleep each night.
- Move your body! Movement increases serotonin levels, leading to improved mood and energy. Dance, walk, zumba, mix fit, etc.
- Learn to breathe. Did you know that when you are stressed or in a panic, you shorten or hold in your breathe? Try apps with support or even just take a moment to check in on how your breathing is.
- Who you spend your time with matter! Hanging out with people who lift you up are helpful to your mental and emotional well being.
- Do at least one relaxing activity every day, whether it’s taking a walk or spending 30 minutes unwinding. This includes coloring, knitting, beading, reading books or comics.
- Do at least one pleasurable activity every day; from going to see a movie, to cooking or meeting up with friends.
- Look for opportunities to laugh!

Never forget: As with everything, self-care takes practice and fine tuning! What works one day, may not work the next. Having multiple options for each day is key!



SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

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's Self-Care Plan!

MIND

BODY

SPIRIT

SUPPORTIVE PEOPLE
IN MY LIFE

I WANT TO ACCOMPLISH

**SOCIAL
WORK
TECH**

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be good to yourself

30 MIN Self-care

I NEED...

