

TRAUMA TIP SHEET

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SELF-CARE IS....

ANY ACTIVITY THAT WE DO TO TAKE CARE OF OUR MENTAL, EMOTIONAL, AND PHYSICAL HEALTH.

SELF-CARE IS NOT...

SOMETHING THAT WE FORCE OURSELVES TO DO, OR SOMETHING WE DON'T ENJOY DOING. SELF-CARE IS SOMETHING THAT REFUELS US, RATHER THAN TAKES FROM US. [Source](#)

Self-Care Tips

for Social Workers and Other Helping Professionals

Key Components

Physical

Emotional

Spiritual

Mental

Physical



Engage in enjoyable exercise
Eat nourishing food
Get enough sleep
Spend time with nature



Emotional



Practice self-compassion
Cultivate supportive family, friends, peers & supervisors
Journal to better understand self and feelings



Spiritual



Meditate, pray and/or engage in yoga
Spend time in nature
Play with a child (own, nephew/niece, grandchild etc.)
Ensure work is good fit for you and your values



Mental



Practice gratitude
Add joy to work/daily activities
Be selective in information consumed
Manage use of technology



Reference:

Grise-Owens, E., Miller, J., & Eaves, M. (2016). The A-to-Z self-care handbook for social workers and other helping professionals. Harrisburg, PA: The New Social Worker Press.

www.SocialWork.Career

Jot it down, make a list, schedule it,
 make it intentional.
 Find a Self-Care Plan that soothes your
 mind, body, and spirit.

IGNACIO's Self Care Plan!

MIND

MEDITATE
TAKE LOTS OF BREAKS
MUSIC
Mind
FUN!
LIFE-LONG LEARNING

BODY

TEA
NOURISHING FOOD
EXERCISE
Body
EVERYTHING IN MODERATION
SLEEP EIGHT HOURS

Supportive People In My Life:

GRETCHEN
MOM
MI VIEJO
ALBERTO
LYNNE
CAROLINE
REED
DEBORAH

SELF-REFLECTION

MEDITATE
HUMAN CONNECTIONS
Spirit
FULFILLMENT THROUGH USING MY AWESOME SKILLS

I want to accomplish:

PEACE
SERENITY
CONTROL
HAPPINESS
GOOD WORK
BE A GOOD PERSON

Source

DAILY SELF CARE CHECKLIST

	M	T	W	T	F	S	S
WAKE UP EARLY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EAT HEALTHY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CLEAN UP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MOVE THE BODY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BE POSITIVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEDITATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GET FRESH AIR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SING OUT LOUD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LISTEN MUSIC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Source