

SELFCARE ACTIVITIES

The goal of all self care is to care for the self! Self-care activities should cover a spectrum of areas including physical, emotional, psychological, spiritual and professional. The activities that are most effective for you will depend partly on your personality and individual preference, and partly on the level of impact your work/life environment is currently having on you.

| BRAIN REGION | ACTIVITIES |
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| Brain Stem | <ul style="list-style-type: none"> Soothing activities in your preferred sensory modality. Massage (face, hands, feet, or whole body) Aromatherapy Grooming; brushing hair, painting nails Cuddling, physical affection, Take time to be sexual Singing Eating regularly and healthily Get enough sleep Take holidays Make time for prayer, meditation and reflection Nurture others Arrange your workspace so it is comfortable and comforting |
| Midbrain (Diencephalon & Cerebellum) | <ul style="list-style-type: none"> Exercise, go to the gym, Lift weights participate in team sports Practice martial arts Do physical activity that is fun for you Take holidays Say no to extra responsibilities sometimes Yoga |
| Limbic | <ul style="list-style-type: none"> participate in team sports Take time off when you are sick Wear clothes you like Take holidays Go to see a counsellor or psychotherapist for yourself Write in a journal Take a step to decrease stress in your life Spend time with others whose company you enjoy Stay in contact with important people in your life Treat yourself kindly (supportive inner dialogue or self-talk) Feel proud of yourself Re-read favourite books or re-watch favourite movies Identify comforting activities, objects, people, relationships, places- and seek them out Allow yourself to cry Find things that make you laugh Express your outrage in a constructive way Play with children Make time for prayer, meditation and reflection Be open to inspiration Cherish your optimism and hope Be open to mystery and not knowing Remember and celebrate loved ones who are dead Have awe-ful experiences Contribute to or participate in causes you believe in Read inspirational literature and listen to inspiring music Take time to chat to co-workers Identify projects or tasks that are exciting, promote growth and are rewarding to you Arrange your workspace so it is comfortable and comforting Get regular supervision or consultation Have a peer support group |
| Cortex | <ul style="list-style-type: none"> Participate in team sports Practice martial arts Get regular medical care for prevention and treatment Take holidays Get away from stressful technology such as email, mobile phones Make time for self reflection Go to see a counselor or psychotherapist for yourself Write in a journal Engage your intelligence in a new area- go to an art museum, performance, sports event, exhibit or other event Notice your inner experience- your dreams, thoughts, imagery, feelings Say no to extra responsibilities sometimes Make time for prayer, meditation and reflection Identify what is meaningful to you and notice its place in your life Be open to mystery and not knowing Express gratitude Celebrate milestones with rituals that are meaningful to you Remember and celebrate loved ones who are dead Nurture others Contribute to or participate in causes you believe in Read inspirational literature and listen to inspiring music Make time to complete tasks Identify projects or tasks that are exciting, promote growth and are rewarding to you Set limits with clients and colleagues Balance your caseload so no one day is "too much"! Get regular supervision or consultation Negotiate for your needs (benefits, pay raise etc) Have a peer support group Develop a non-trauma area of professional competence |