

A Handful

of M&Ms



Purpose:

This reflective activity encourages workers or carers to consider self-care strategies they use to care for themselves amidst working with and/or around trauma.



What you will need:

- Enough M&Ms for each worker or carer to have a handful.



What you might say and do:

Working in the trauma field can be tricky and it will have an affect on us. This activity encourages us to investigate and share things we do to care for ourselves.

1. Provide a handful of M&Ms to everyone
2. Encourage people to reflect upon and then share with a partner self-care strategies they engage in related to the theme associated with the colours of M&Ms they have in their hand
3. People might like to share their self-care strategies with the broader group if in a group setting
4. Enjoy eating your handful of m&ms.



Things to enquire about:

- Did you prefer to respond to some colour M&Ms more than others?
- Did you avoid any colours in preference for other coloured M&Ms? Any ideas why?
- Can you identify any growing edges associated with any of the areas of self-care?



Share one thing you do for yourself emotionally



Share one thing you do for yourself mentally



Share one thing you do for yourself physically



Share one thing you do for yourself professionally



Share one thing you do for yourself spiritually



Share one thing you do for yourself relationally

Message

in a Bottle



Purpose:

This activity is an invitation to record a message of self-care or validation that can be preserved and accompanied by sparkly representations of hope and affirmation.



Who might use this activity:

This activity may be useful for anyone working with or around trauma.



What you will need:

- A small bottle or organza bag from craft stores or \$2 shops
- A piece of paper small enough to be rolled up and slid inside
- Pen or Texta
- Glitter and/or gem stones from craft stores or \$2 shops



What you might say and do:

You might like to write a sentence or two to yourself as a message of care or validation on your little piece of paper before you slip it into your bottle. This message is just for you and won't be shared with anyone. You might like to sprinkle a little glitter or add some gemstones into your bottle, as a representation of the hope and care that you bring to your work with children and families. Is there a place you might like to keep your bottle of care and hope?

