

Self-Care Checklist



Take care of yourself

Make 'YOU' a priority! Healthy routines and rituals are an important way to maintain your own emotional, spiritual, physical and psychological health.

Monitor your Stress

Maintain a good work life balance by managing your case load, watching the number of hours you are working, know the symptoms that are problematic for you like loss of sleep, excess eating, intrusive thoughts etc.

Get enough rest!

You are not a 'superhero' set limits and boundaries with yourself to ensure that you maintain a good sleep pattern.

Move your body!

Exercise to relieve stress (yoga, walking, swimming, regular breaks etc.).

Eat a good diet!

Maintain a good diet, watch for stress eating, increased alcohol consumption etc.

Get together with friends & family!

Develop and foster a strong social network to connect with others in a meaningful way (non-related work activities, hobbies, clubs, family activities, game night, movie night, a concert or art show etc).

Get outside!

Enjoy mother nature and get 'out on the land' to reconnect, or practice meditation and visualization exercises regularly. Explore a new trail or ride a bike learn a new sport or join a sports league.



Engage in talk therapy!

Reach out to a friend or colleague you trust to talk, email them or write. Recognize when you need seek a therapist or counsellor for support and guidance when needed to realign and build new skills.

Foster creativity!

Use art, writing in a journal or other artistic endeavors to transform your feelings into creation.

Quiet time!

Learn to sit with yourself, meditate, self-reflection, listening to music or otherwise just be kind to yourself and enjoy the beauty around you. We don't always need to be on the go.

It is important that you invest in yourself, be kind, practice gratitude, reflect on how you have been coping & be gentle with your heart.

Self-Care is Critical

It is about what we choose to do at work and outside of work, to look after our physical, emotional, mental and spiritual wellbeing, so that we can meet our personal and professional commitments with ease.

THE ABCS OF ADDRESSING VICARIOUS TRAUMA

AWARENESS being attuned to one's needs, limits, emotions and resources. Heed all levels of awareness and sources of information, cognitive, intuitive and somatic. Practice mindfulness and acceptance.

BALANCE among activities, especially work, play and rest. Inner balance allow attention to all aspects of oneself.

CONNECTION with oneself, to others and to something larger. Communication is part of connection and breaks the silence of unacknowledged pain. These connections offset isolation and increase validation and hope.

(Trauma-informed: The Trauma Toolkit, Clinic Community Health Centre)





Reaching out to a counsellor or therapist who can make space for you to process.



Excusing yourself and setting boundaries from being around triggering people, experiences and spaces.



Seeking out support from loved ones who are able to make space for you.



Taking time to make space to relax, rest and nourish yourself.

**Adapted from the TYES Frontline Worker's Toolkit*

