

8 QUICK AND EASY SELF-CARE WINS

SMILE GENTLY:

A SOFT, WARM SMILE TELLS THE BRAIN,
IT'S TIME TO FEEL HAPPIER.



USE YOUR RESET BUTTON:

ANNOUNCE "PLOT TWIST!" OR "DO OVER!"
THEN, RESTART WITH A POSITIVE ATTITUDE.



SIP YOUR COFFEE SLOWLY:

PAUSE TO SAVOR A FAVORITE BEVERAGE.
THOROUGHLY ENJOY THE MOMENT.



GET ACTIVE:

AEROBIC ACTIVITY REDUCES SYMPTOMS
OF ANXIETY AND DEPRESSION.



SQUASH A.N.T.S. FAST:

IDENTIFY AUTOMATIC NEGATIVE THOUGHTS.
REPLACE THEM WITH REALISTIC
ALTERNATIVES.



SELF-CARE IS AN
OXYGEN MASK.
IT EQUIPS YOU TO CARE FOR
THOSE WHO MATTER MOST.
REMEMBER, YOU CANNOT
IMPART TO OTHERS WHAT YOU
DO NOT POSSESS YOURSELF

BREATHE DEEPLY:

DEEP BREATHS TURN OFF THE BODY'S EMERGENCY
RESPONSE SYSTEM. THEY ALLOW US TO
EXIT FIGHT OR FLIGHT MODE.



PHONE A CHEERFUL FRIEND:

ATTITUDES ARE CONTAGIOUS. ASSOCIATE WITH PEOPLE WHO
CARRY AN INFECTIOUS ENTHUSIASM FOR LIFE.



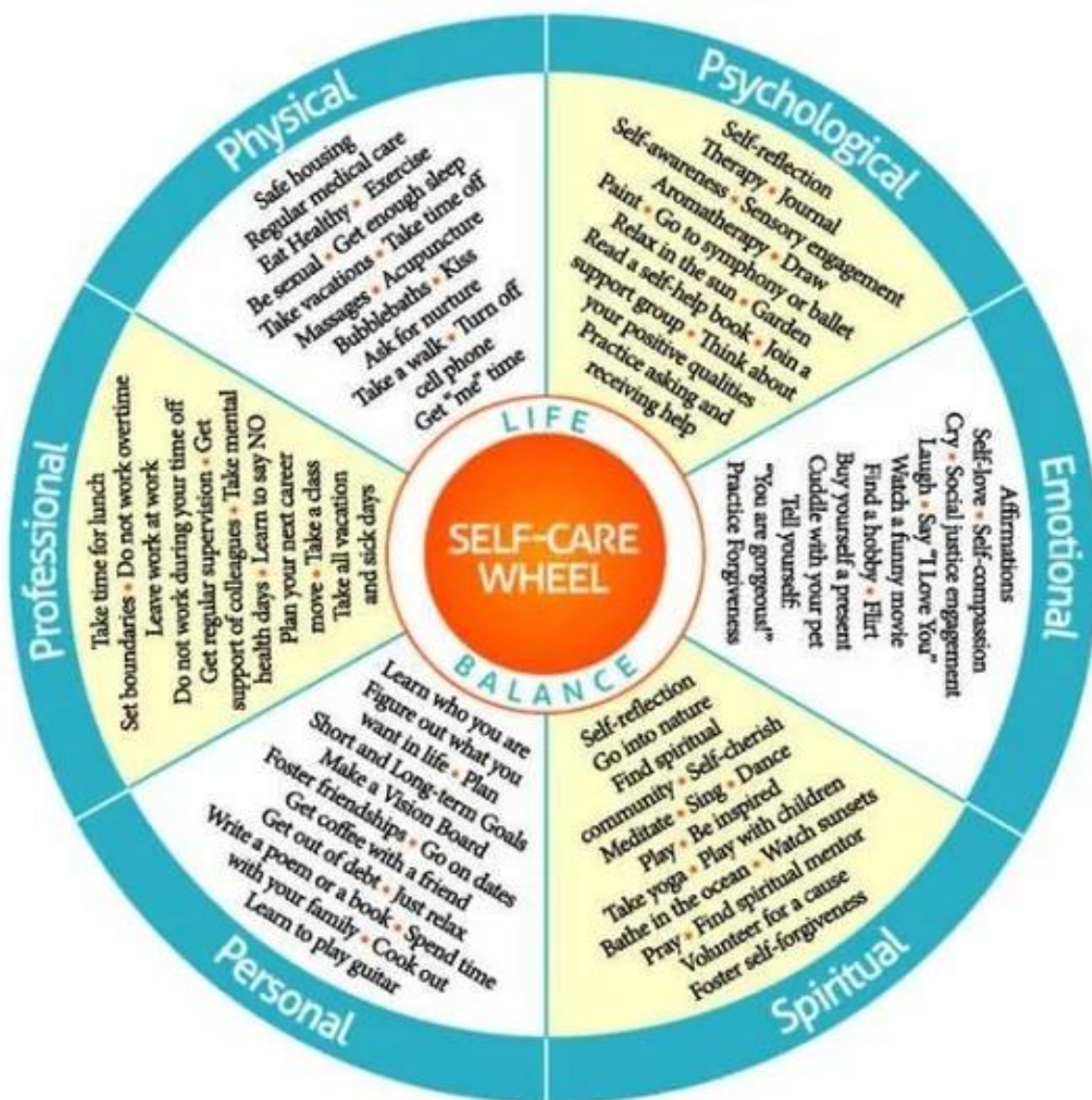
PAY YOUR SLEEP DEBT:

CATCHING UP ON SLEEP MAKES EVERYTHING
FEEL BRIGHTER.



THERE ARE TWO TYPES OF PEOPLE IN THE WORLD. THOSE WHO GENERATE
ENERGY AND THOSE WHO CONSUME ENERGY. PRACTICE HEALTHY SELF-CARE TO
GENERATE ENERGY FOR YOURSELF AND THOSE WHO MATTER MOST.

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).

Dedicated to all trauma professionals worldwide.

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