

# Healthy Self-Care Activities

From Saakvitne and Pearlman (1996) Transforming the Pain: A workbook on Vicarious Trauma

## Physical Self Care:

- ✓ Eat healthy
- ✓ Exercise
- ✓ Get a massage
- ✓ Get medical care when sick
- ✓ Take time to be sexual
- ✓ Get enough sleep
- ✓ Take a vacation

## Psychological Self Care:

- ✓ Take time to reflect
- ✓ Write in a journal
- ✓ Get personal therapy
- ✓ Be curious
- ✓ Try new things
- ✓ Get creative with art
- ✓ Listen to music you like

## Spiritual Self Care:

- ✓ Find a spiritual connection or community
- ✓ Be open to inspiration
- ✓ Be open to ambiguity and mystery
- ✓ Meditate
- ✓ Pray

## Relationship Care:

- ✓ Stay in contact with important people in your life
- ✓ Seek out comforting activities with important people in your life
- ✓ Allow the important people in your life to really get to know you

