



Self-care, including self soothing and looking after yourself, is helpful for managing everyday stresses. It's particularly important after a traumatic experience, or when doing trauma counselling. Try to engage in self-care

when and if possible. This can look different for everyone, so choose activities that feel right for you and your body. These are just some suggestions to get you started, what works for each person will be different.

Self-Care Wheel



Personal

get "me" time • learn who you are • figure out what you want in life • plan short and long-term goals • make a vision board • help others • foster friendships • go on dates • get out of debt • just relax • spend time with your family • cook • learn something new • chat with a friend



Professional

take time for lunch • set boundaries • take all your vacation and sick days • do not work overtime • leave work at work • do not work during your time off • get support from colleagues and supervisors • take mental health days • learn to say no • plan your next career move • take a class



Spiritual

take time to sit with your thoughts • be inspired • go into nature • self-cherish • find spiritual community • meditate • sing • dance • do yoga • play with children • watch sunsets • pray • find a spiritual mentor • volunteer for a cause • light a candle • watch the stars • practice self-forgiveness



Physical

keep or find safe housing • preserve a calm home or space • get regular medical care • eat healthy • exercise • be sexual • get enough sleep • take a bath • take a walk • turn off your cell phone • engage your senses • rest your legs up on a wall • take deep belly breaths • notice your sensations • take a bike ride • do some gentle stretches • get a massage or acupuncture



Emotional

practice affirmations • cry • learn relaxation or stress management techniques • check your negative self-talk • practice self-compassion • laugh • say "I love you" • find a hobby • flirt • read or watch something funny • buy yourself a present • let out a sigh • give thanks for something big or small • cuddle • ask for nurture



Psychological

therapy • take time for self-reflection • journal • draw • paint • craft • go to the movies or a show • relax in the sun • garden • read a self-help or inspiring book • join a support group • think about your positive qualities • practice asking for and receiving help • sit in nature • buy some flowers • observe and work on your positive and negative self-talk