

# Self-Care for Trauma

Experiencing trauma can leave you feeling overwhelmed, vulnerable, and disconnected. **Prioritizing self-care is a crucial step in your healing journey, helping you to regain a sense of control, safety, and well-being.** A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you. This worksheet is designed to guide you through various self-care practices that can support your mental, emotional, and physical health. Self-care is any technique that enhances your well-being and replenishes your mind and body.

You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

## Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

### 1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body’s needs, such as stretching when tense or resting when tired.



# Self-Care for Trauma

1 2 3



**Emotional Self-Care:** Processing & expressing your emotions.

  


Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

  


Spending time with friends and family to build support and reduce feelings of isolation.

  


Practicing mindfulness to stay present and manage negative thoughts.

  


Writing down thoughts and feelings to process emotions and gain insights.

  


Keeping a gratitude journal or reflecting on things you are thankful for.

  


Using positive affirmations to counter negative self-talk and build self-esteem.

  


Using music to relax, uplift your mood, or express your emotions.

  


Expressing your emotions through art, music, writing, or other creative outlets.

  


Set achievable goals and celebrate your progress, no matter how small.

  


Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



**Social Self-Care:** Fostering & maintaining healthy relationships.

  


Spending time with people you like and make you feel good about yourself.

  


Asking for help from friends or family when you're feeling down or overwhelmed.

  


Learning to say no and establishing boundaries to protect your emotional well-being.

  


Participating in support groups to gain insight and emotional support from others.

  


Participating in clubs or organizations that align with your interests to meet new people.

  


Giving your time to help others in your community to foster connection and purpose.

  


Going to social gatherings, parties, or community events to build your social network.

  


Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

  


Actively listening when talking with others, which helps strengthen your relationships.

  


Scheduling intentional alone time with your romantic partner.



# Self-Care for Trauma

1 2 3



**Professional Self-Care:** Maintaining a healthy work-life balance and pursuing career development opportunities.

  


Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

  


Stepping away from work to recharge, through daily short breaks and using vacation time.

  


Talking to a supervisor or HR about mental health challenges (if it feels safe).

  


Exploring available support options, such as employee assistance programs (EAP).

  


Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

  


Ensuring your work environment is comfortable and conducive to productivity.

  


Establishing achievable work goals and celebrating small accomplishments.

  


Being kind to yourself during work and avoiding excessive self-criticism.

  


Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



**Spiritual Self-Care:** Nurturing your spirit and providing purpose.

  


Practicing meditation to connect with your inner self and find peace and clarity.

  


Engaging in prayer or other forms of communication with a higher power.

  


Spending time in nature to experience connection to the world around you.

  


Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

  


Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

  


Participating in spiritual or religious community activities.

  


Engaging in artistic activities, such as painting, music, or writing.

  


Performing acts of kindness and service to others, fostering a sense of purpose.

  


Acting in accordance with your morals to create a sense of integrity in your life.

  


Spending time with the people who give your life meaning.

