Lesson 3: Self-Care Strategies for Combating Secondary Trauma

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Self-Care Strategies for Combating Secondary Trauma: An overview

Below, please find a few of the possible, positive ways you can address stress. Jot down the things you do (or will begin making a point to do) in order to better care for yourself. List additional items within each column.

Physical	Psychological	Emotional	Workplace
Sleep well	Self-reflect	See friends	Take breaks
Eat well	Read for pleasure	Cry	Set limits
Exercise	Say "No"!	Laugh	Get peer support
Walk/Jog	Smile	Praise yourself	Get supervision
Dance	Solitude	Meditate	Use vacations
Others:	Others:	Others:	Others:

It will also be useful to think about some of the less-than-healthy ways that you or others you know typically attempt to combat stress. Jot down some of these unhealthy methods within each category and consider the ramifications. It's much easier to give up a bad habit if you replace it with something -- just make sure it isn't another bad habit! Make a conscious effort to put yourself first and replace any unhealthy coping methods you may be relying on with more positive, healthy strategies.