

Wellness Toolkit



Self-care

Pressure Points

Hand Holds

Emotional Tapping

Constructive Rest

Embodied Learning (Art, movement, dance, coloring)

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River of Life

Think about your life as a river or your work life as a river.

What different streams and other rivers helped you get where you are today?

Think about the fast-moving times in your work life and the challenges or rocks you overcame.

Draw these as part of a river.

Use the metaphor to its fullest- are there offshoots, rapids, waterfalls, or still times in ponds?

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River of Life

Draw your journey of service in education



Joyce Selinger, Twitter

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

**For More Information see your supervisor or visit www.istss.org,
www.proqol.org and www.compassionfatigue.org**

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FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

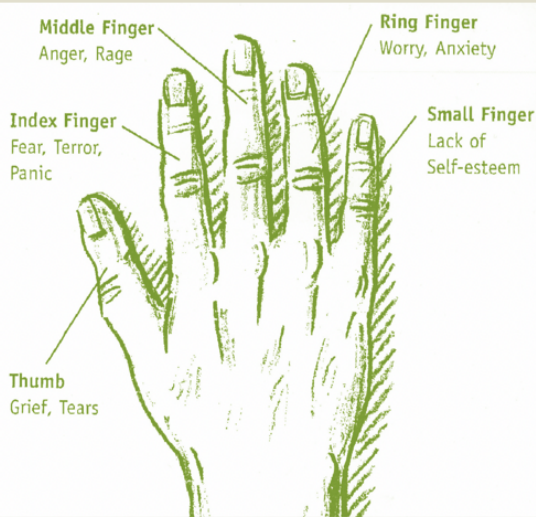
1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

Personal Tools for Difficult Conversations

Practices for our nervous systems

Finger holds- Capacitar.org

Breath observation



What You Can Do To Take Care of Yourself

The same five areas in which you experience the effects of trauma are also areas to focus efforts to help yourself cope. The following are some ideas others have found useful. Add to it those you have found helpful.

Emotional (feelings)	Cognitive (thinking)	Behavioral (doing)	Physical	Spiritual
<ul style="list-style-type: none">Practice moderationAllow yourself to experience what you feel (cry, shake, breathe deeply)Label what you are experiencingSee a counselorBe assertive when needed but check with a trusted person to see if you're overreactingPractice relaxation response exercisesKeep communication open with othersRemember you have choicesDevelop your sense of humorFind a vent-partnerUse "positive" words and languageGo fishing	<ul style="list-style-type: none">Practice moderationWrite things downBe patient with yourselfSee the decisions you are already makingMake small, daily decisionsSee a counselor who does EMDR, (Eye Movement Desensitization and Repressing)Get the most info you can to help make decisionsPlan the futureAnticipate needsRemember you have choicesReview previous successful problem solvingBreak large tasks into smaller onesAsk for help from friends and familyGo bass fishing	<ul style="list-style-type: none">Practice moderationBalance time spent with others with time for yourself/with GodLimit demands on time and energyHelp others with tasksSee a counselorDo activities that were previously enjoyableTake trips or different routes to workRemember you have choicesAsk others how they think you're doingFind new activities that are enjoyable and (mildly) challengingSet goals, have a planDo things that relax you and bring you joyGet involved with others in working for a justice that restoresGo crappie fishing	<ul style="list-style-type: none">Practice moderationSee your doctor and dentistExerciseMaintain regular sleep patternsMinimize caffeineEat well-balanced and regular mealsDrink waterWear less restrictive clothingRemember you have choicesEngage in some physical luxuries-spas, massage, exercise trainers, bathsPractice relaxation response exercisesDanceGo catfish fishing	<ul style="list-style-type: none">Practice moderationDiscuss your beliefs with spiritual leadersPrayMeditatePractice the rituals of your beliefsSee a counselorAttend spiritual retreatsVisit new places of worshipRemember you have choicesAsk the hard questions boldlyPass on or teach your spiritual beliefsRead spiritual literatureRead stories of other survivors who overcame hard timesSingPaintWrite poetryGo trout fishing
• YOUR IDEAS	• YOUR IDEAS	• YOUR IDEAS	• YOUR IDEAS	• YOUR IDEAS



Books:

- Badenoch, Bonnie. *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology* (Norton Series on Interpersonal Neurobiology) . W. W. Norton & Company. Kindle Edition.
- Menakem, R. (2017). *My Grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies*. Central Recovery Press.
- Strategies of Trauma Awareness and Resilience, STAR (2001) [Link](#)
- Substance Abuse and Mental Health Administration (SAMHSA) [Link](#)

More Books:

- There is Nothing Wrong with You, Cheri Huber, 1993
- The Body Keeps the Score, Bessel Van Der Kolk, 2015
- Trauma Stewardship, Laura van Dernoot Lipsky, 2007
- Organizational Trauma Healing, Patricia Vivian and Shana Hormann, 2013

Graphic:

Breaking Cycles of Violence graphic

Strategies of Trauma Awareness and Resilience, STAR (2001)

[Link](#)

STAR:

Checklist for Self-Care, handout (STAR Manual, 2001)

STAR Cycles of Violence

STAR Breaking Free

[Link](#)