

BY TARA MORENO, M.A., A.D.S

# THE SELF-CARE *workbook*

**The Eight Dimensions of Wellness**

GREENTARAHOLISTIC.COM



# A NOTE FROM THE CREATOR

WELCOME, MY BEAUTIFUL FRIEND.

Stress is an inevitable part of life and self-care is the necessary counterpart. Often, those in the industry of serving others are prone to burn out, compassion fatigue, and secondary trauma. This workbook will help you identify how these pitfalls impact all facets of your life, in work and at home. In this training we will explore ways to counteract these common issues. We'll learn meditation practices outside of mindfulness, explore the importance of emotional intelligence, and talk about boundaries and why they are crucial to well-being. We'll also create a personalized self-care plan, something you can take back into your organization to use.

A handwritten signature in black ink that reads "Tara Moreno". The signature is fluid and cursive, with the first name "Tara" and last name "Moreno" clearly distinguishable.

Tara Moreno  
Founder of [www.greentaraholistic.com](http://www.greentaraholistic.com)

# INTRODUCTION

## Defining Whole-Person Health

Health is sometimes only viewed through the lens of the physical body when in fact health is so much more. Through Native American traditions it is taught that life is deeply interconnected. When looking from this perspective at the human being, all dimensions of health can be negatively impacted if one of the dimensions isn't functioning properly. If we emotionally feel off this could manifest in physical issues like belly aches. When we are worried about paying bills this can directly impact our mental health.

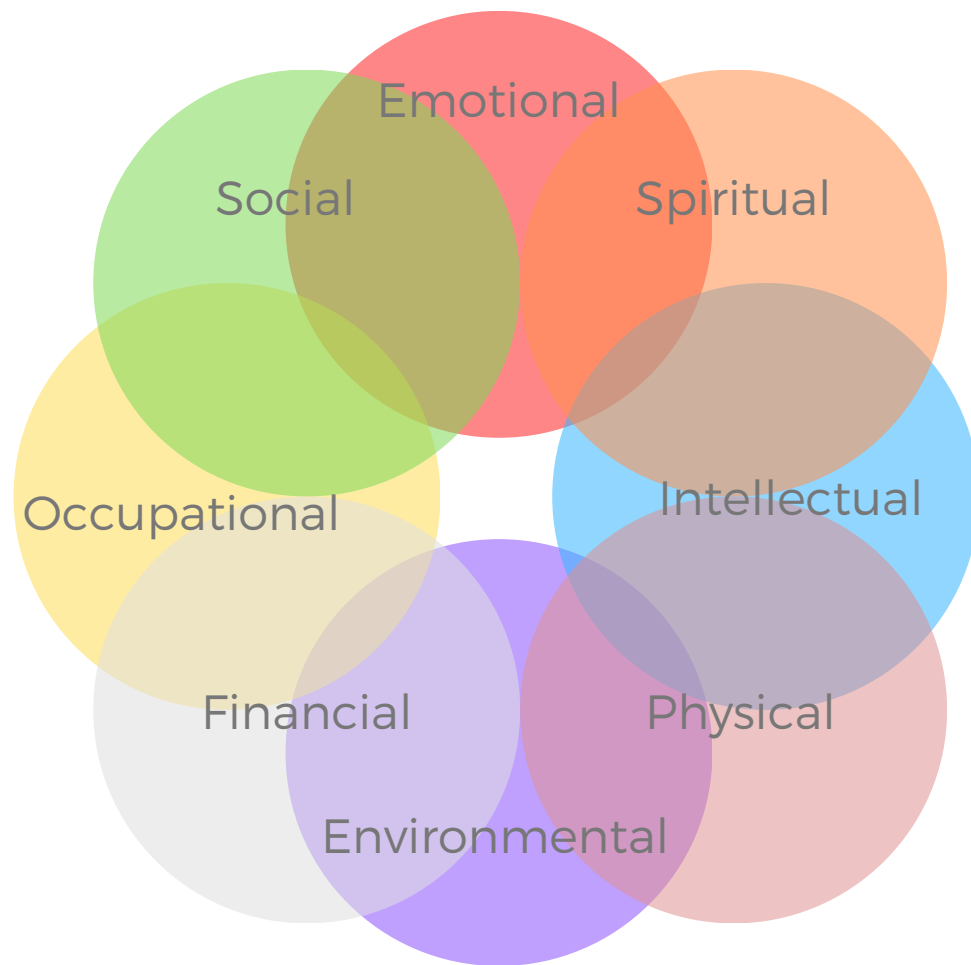
Whole-person health can mean many things to people. The eight dimensions of wellness will differ from person to person making the healing path highly individualized. Self-introspection is a great way to get in touch with what makes you feel well.

Creating balance within our lives can help us to feel really good about our paths and our directions. Working on yourself and the things in your life is just as important as the rest phase. Integration of new things learned helps us to not feel overwhelmed.

Proper support on your healing journey is a key factor in creating whole-person health. Communing with like-minded people can help us to not feel isolated and connected within our communities.

As we move through this workbook you'll have the option to take an honest look at your eight dimensions of wellness, evaluating where you feel well and where you may need some work.

# THE WELLNESS WHEEL



\*Source: Adapted from Swarbrick, M. (2006). A Wellness Approach.  
Psychiatric Rehabilitation Journal, 29(4), 311–314.

# INSTRUCTIONS

## The Journey Back to Self

Before we can heal an issue we first must become aware there is an issue at all. This section of the workbook will help bring your thoughts and feelings about your life and where it is right now to the surface. Once we can sit in an honest perspective the work becomes that much easier.

Having patience with yourself, along with a sense of bravery, will help the process along. As you begin to unravel the signals of burn out, compassion fatigue and secondary trauma, the more they will be easier to spot.

**Compassion Fatigue** refers to the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate.

**Secondary (Vicarious)** trauma was coined by Pearlman & Saakvitne (1995) to describe the profound shift in world view that occurs in helping professionals when they work with clients who have experienced trauma. Helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material.

**Burnout** is a term that has been used since the early 1980s describe the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work. However, burnout does not necessarily mean that our view of the world has been damaged, or that we have lost the ability to feel compassion for others.

# IDENTIFYING BURN OUT

THIS IS A PLACE TO FREE WRITE YOUR THOUGHTS AND FEELINGS ABOUT  
TIMES IN YOUR LIFE WHERE YOU STARTED TO BURN OUT

# IDENTIFYING COMPASSION FATIGUE

THIS IS A PLACE TO FREE WRITE YOUR THOUGHTS AND FEELINGS ABOUT  
THE TIMES YOU'VE HAD COMPASSION FATIGUE

# IDENTIFYING SECONDARY TRAUMA

THIS IS A PLACE TO FREE WRITE YOUR THOUGHTS AND FEELINGS ABOUT  
HOW YOU'VE ACQUIRED TRAUMA THROUGH HELPING OTHERS



# THE SELF-CARE INQUIRY

## Self-Care Strategy

This personalized self-care plan is based off the 8 dimensions of wellness according to SAMHSA (2019).

Below please list your current self-care process or any area you are currently working on or would like to work on as a part of your self-care, according to each dimension.

Please feel free to complete this portion as you see fit. If an area of this plan does not pertain to you, then you may leave the area blank.





# SELF-CARE CAPITAL

## CHECKLIST

**QUESTION #1:** How is your self-care process going at this time?

**QUESTION #2:** Do you have any self-care goals? If so, please list.

**QUESTION #3:** What more could you do to reach your self-care vision?



# SELF-CARE CAPITAL

CHECKLIST

**QUESTION #4:** Where will you be in five years from now if you make the changes you want to make?

**Additional Comments:**



# SELF-CARE SETBACK

## INVENTORY

**QUESTION #1:** In the event of a set back within your self-care process, what steps would you take to re-stabilize?

**QUESTION #2:** Can you identify the signals in your life that occur before your self-care has a setback? Please describe the signals.

**QUESTION #3:** Further elaborate on your support system? Where do you feel you need more support? Where can you set more boundaries?



# SELF-CARE SETBACK

CHECKLIST

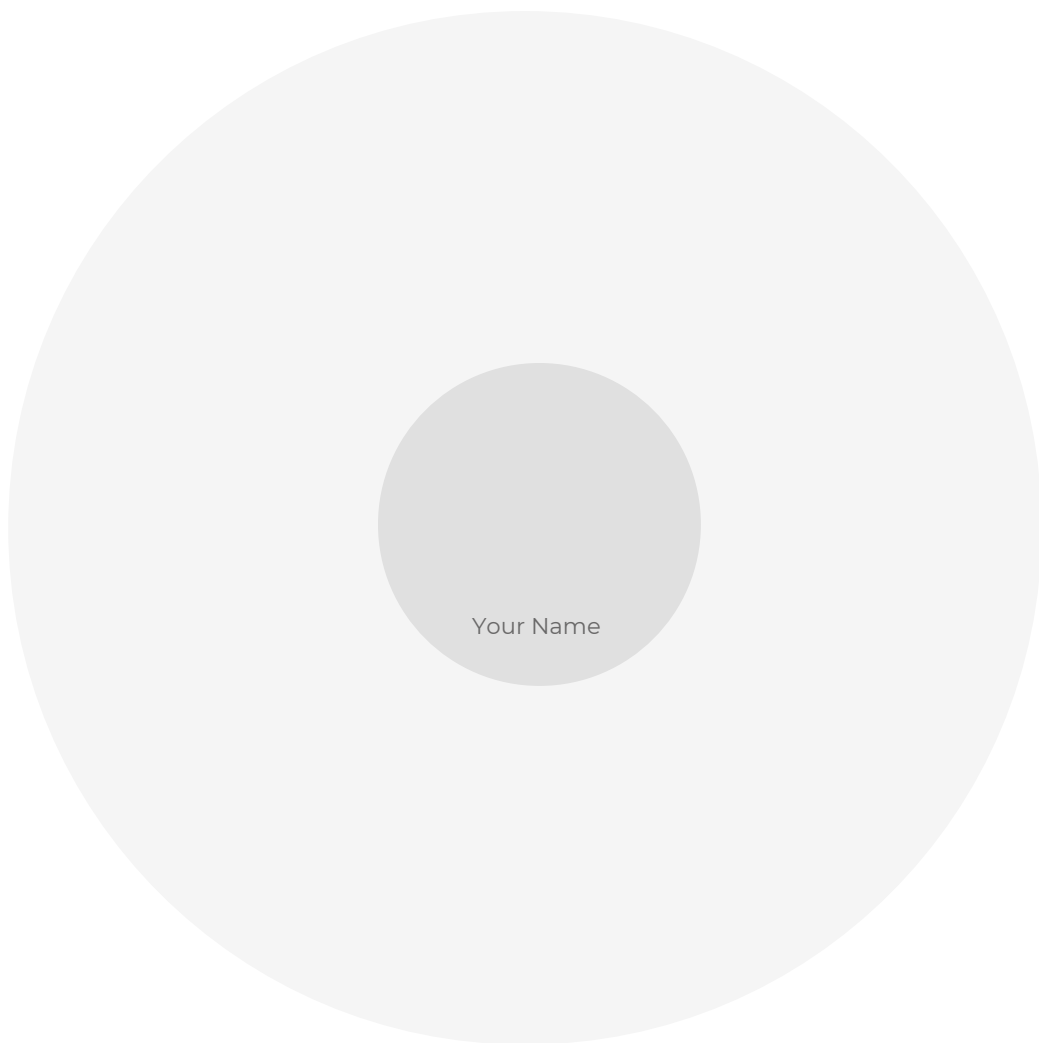
**QUESTION #4:** Do you have a self-care plan in place right now? (if yes, please explain)

**Additional Comments:**



# SUPPORT SYSTEM

**INSTRUCTIONS:** Intentify your support system as it is today. Draw your name in the middle and extend your supports from there.



SUPPORT CIRCLE

# SELF *plan* CARE



# THE SELF-CARE PLAN

**Question #1:** First Name

**Question #2:** Last Name

**Question #3:** Email Address

**Question #4:** Date of Birth

**Question #5:** Phone Number

**Question #6:** Emergency Contact

**Question #7:** Current Address

**Question #8:** Occupational Description

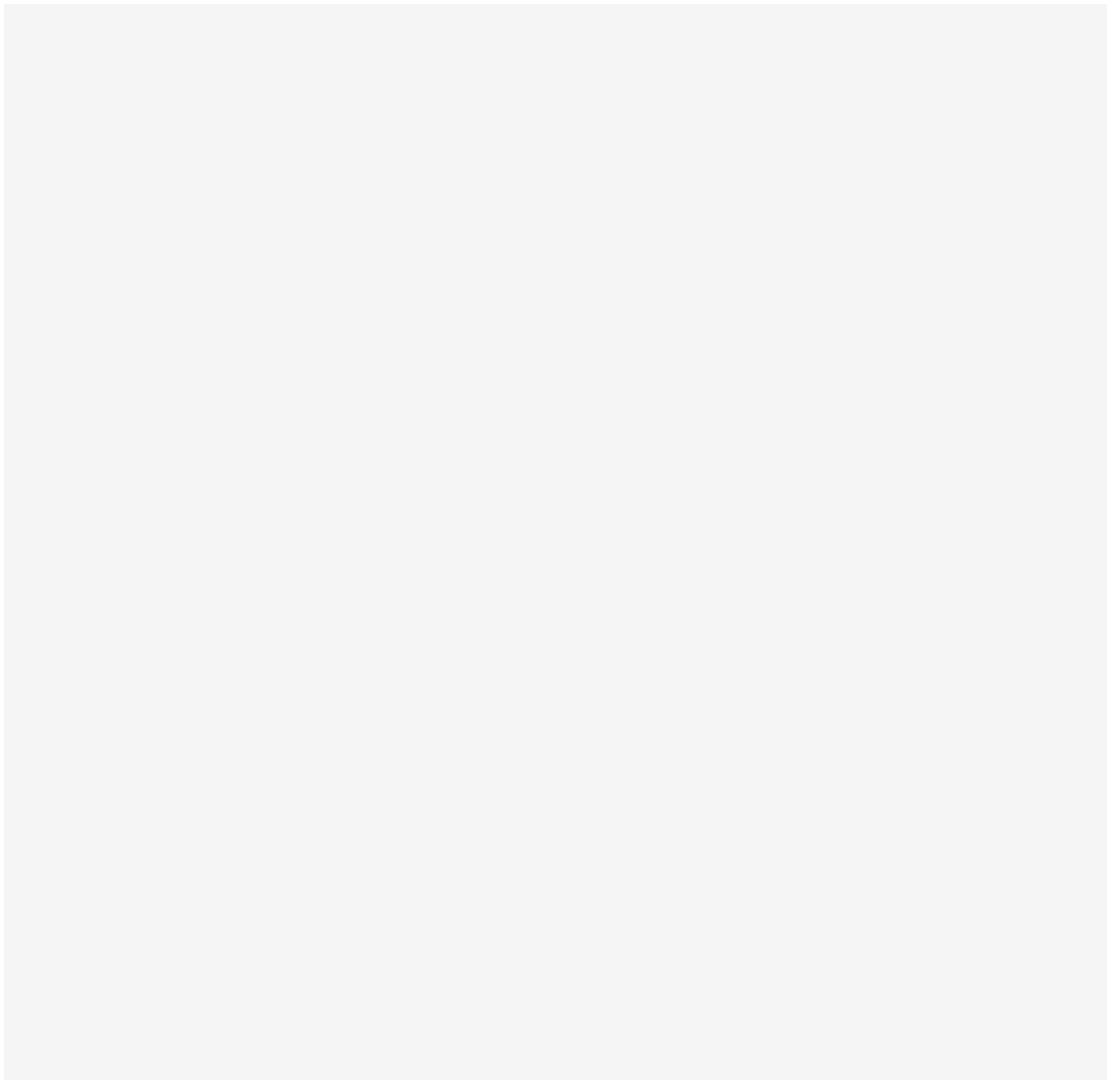
**Signature:**





# THE SELF-CARE PLAN

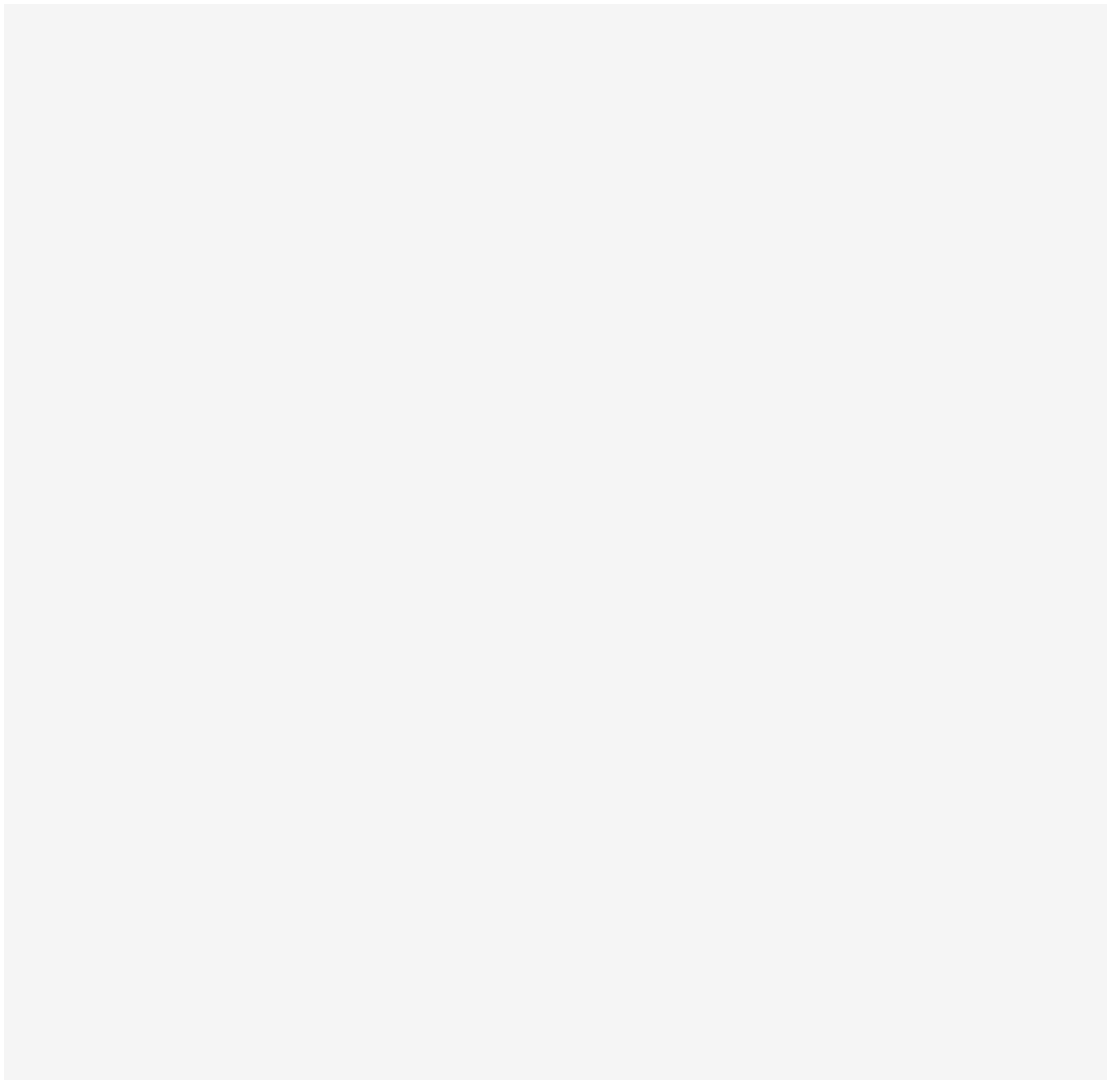
PHYSICAL





# THE SELF-CARE PLAN

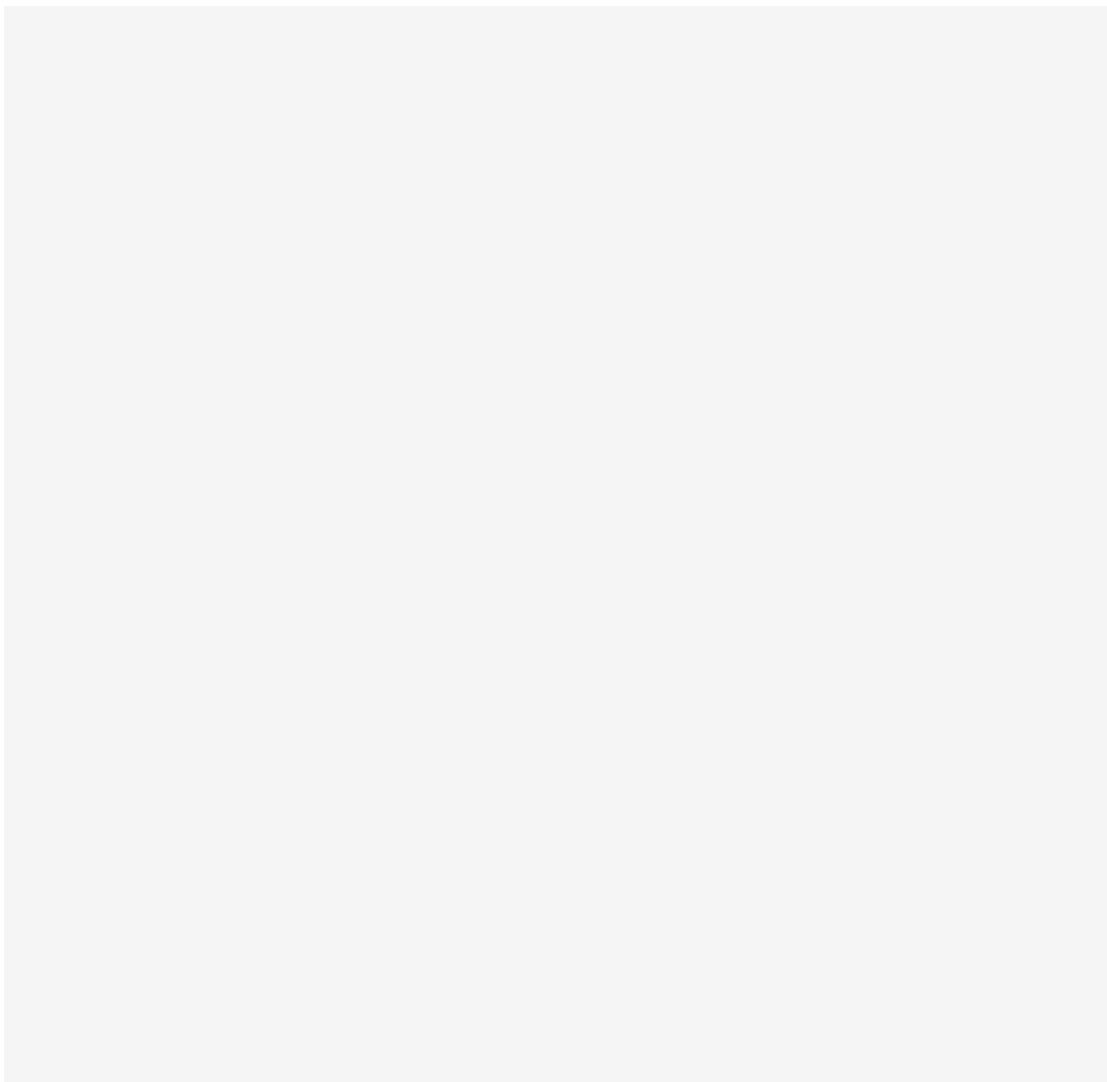
EMOTIONAL





# THE SELF-CARE PLAN

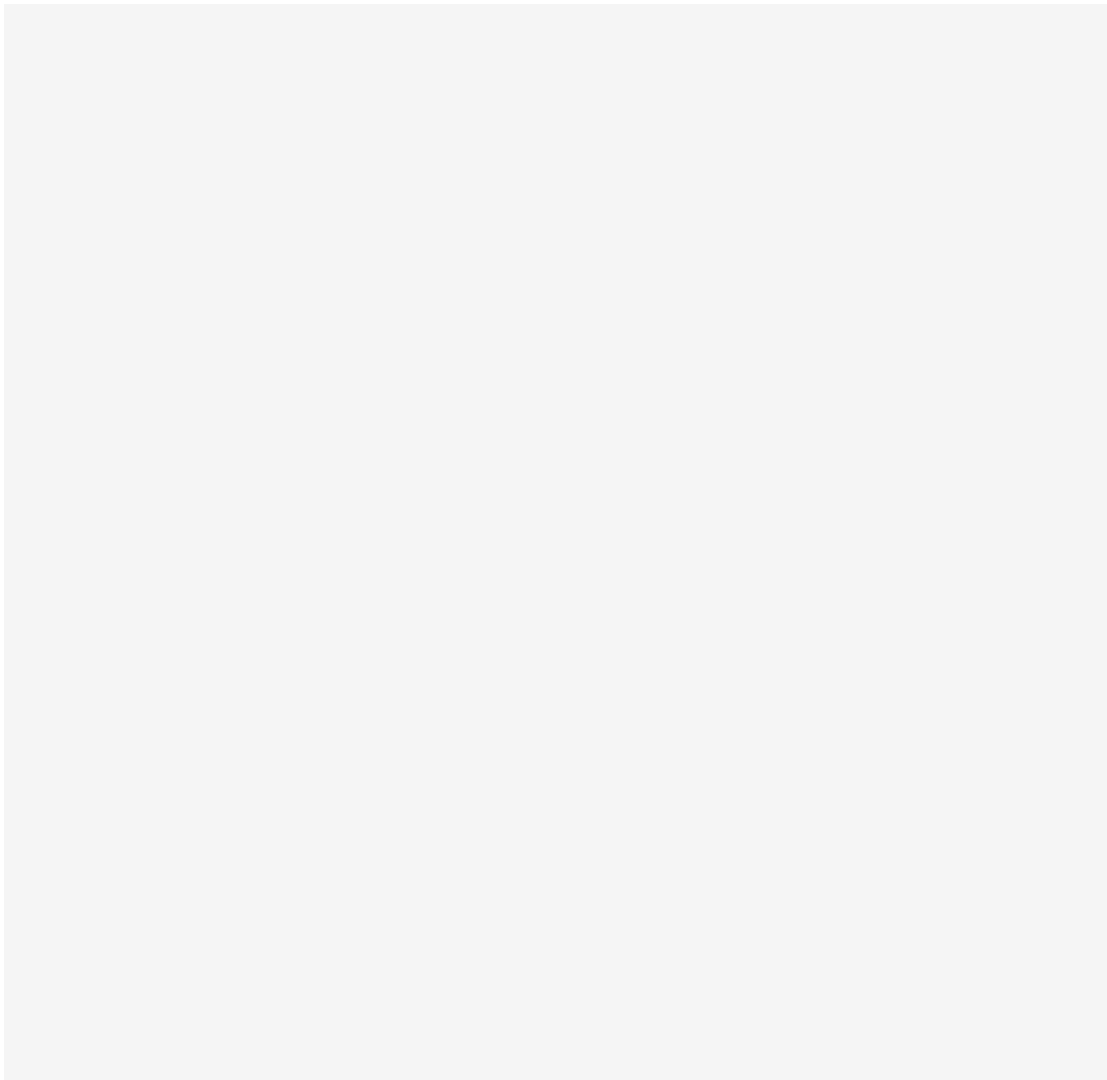
SPIRITUAL





# THE SELF-CARE PLAN

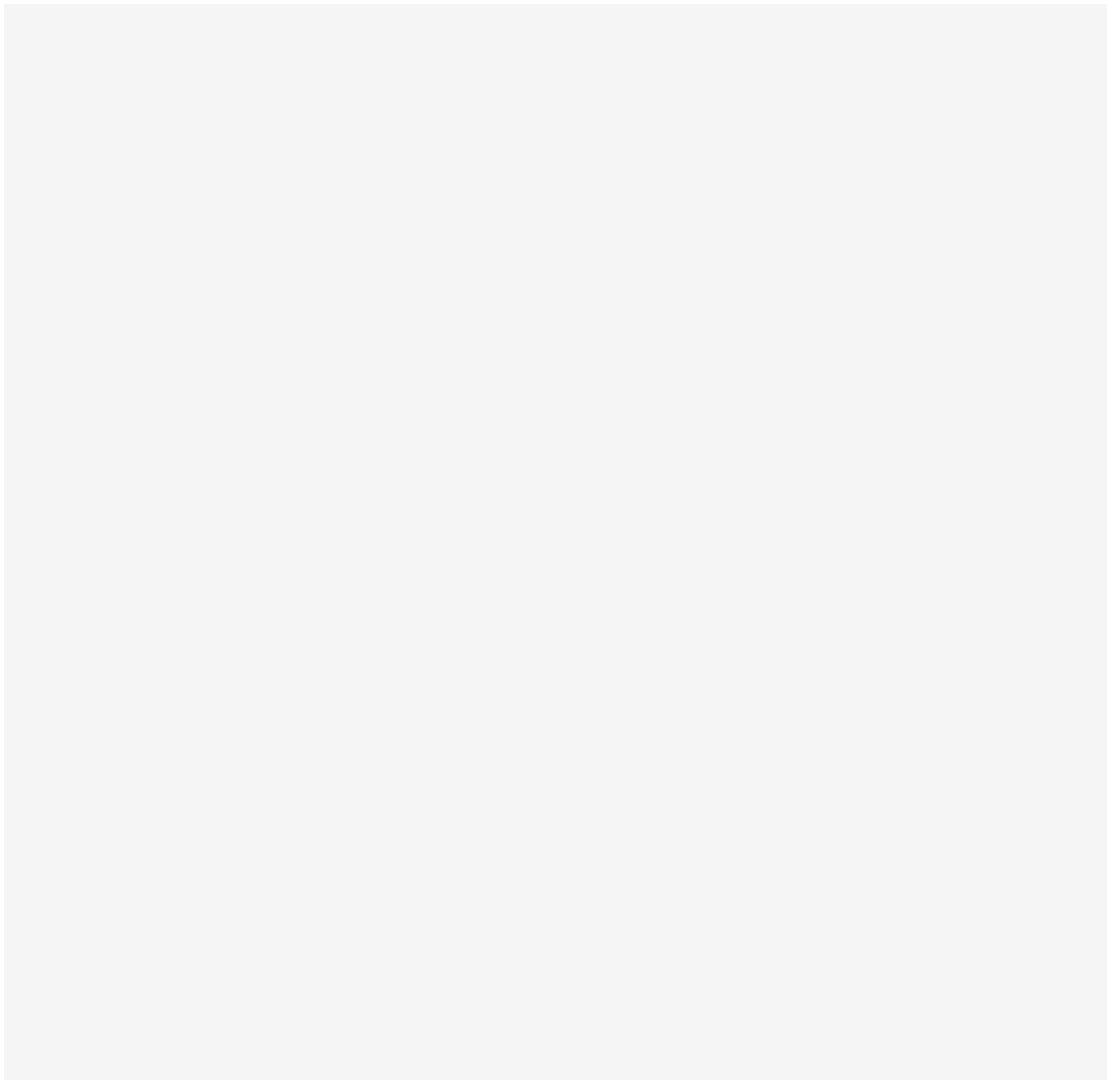
## SOCIAL





# THE SELF-CARE PLAN

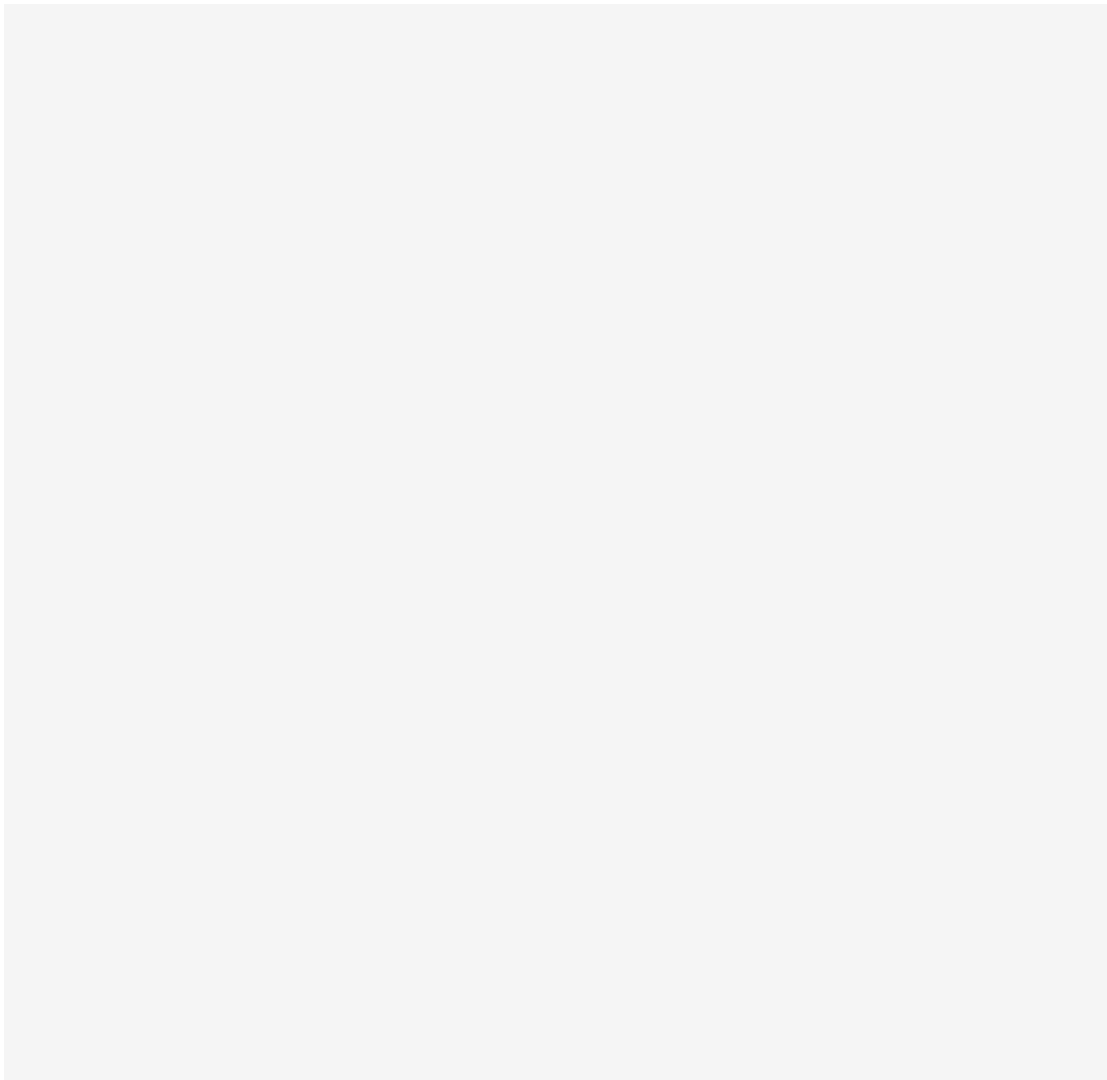
OCCUPATIONAL





# THE SELF-CARE PLAN

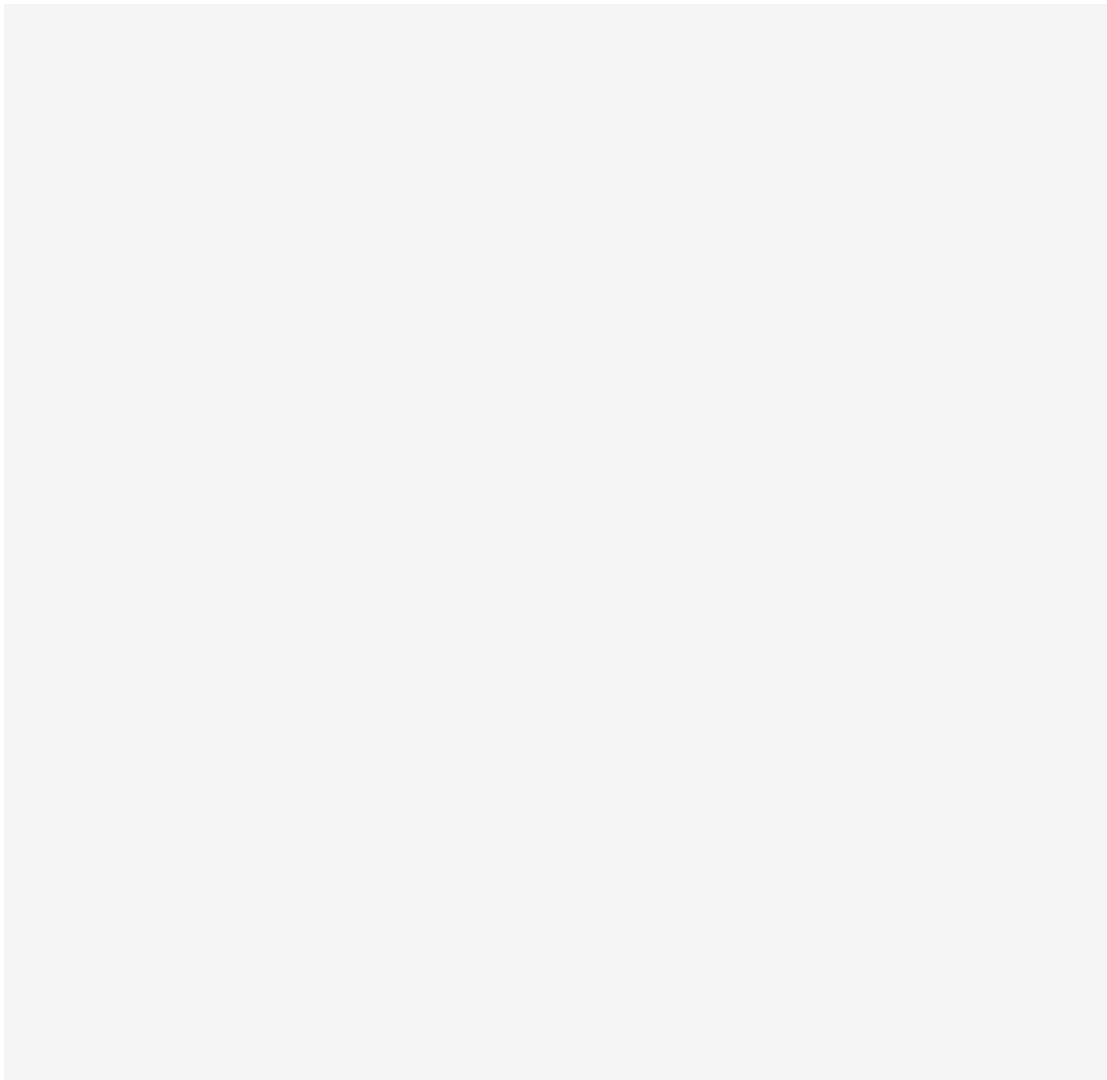
ENVIRONMENTAL





# THE SELF-CARE PLAN

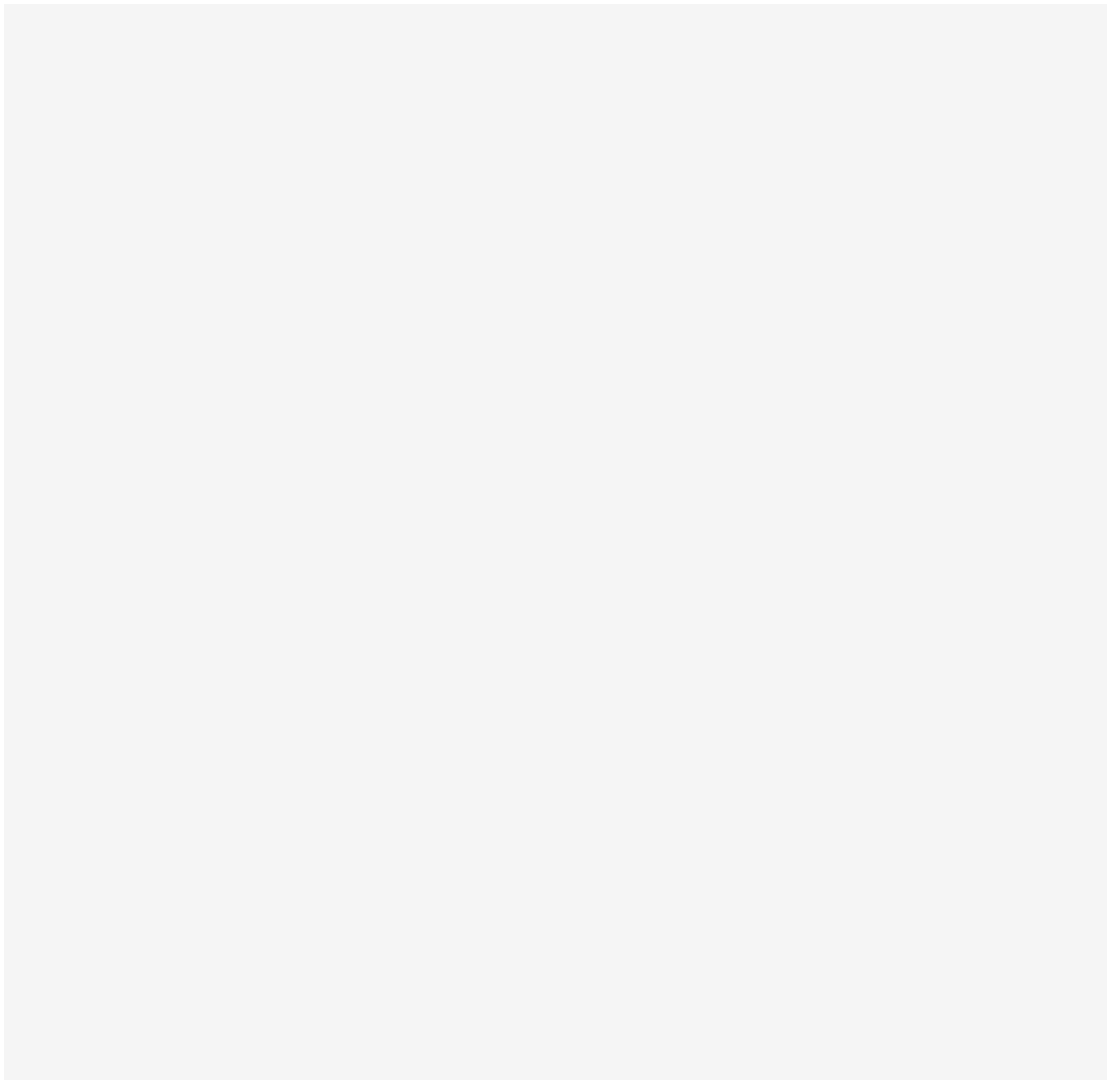
INTELLECTUAL





# THE SELF-CARE PLAN

## FINANCIAL

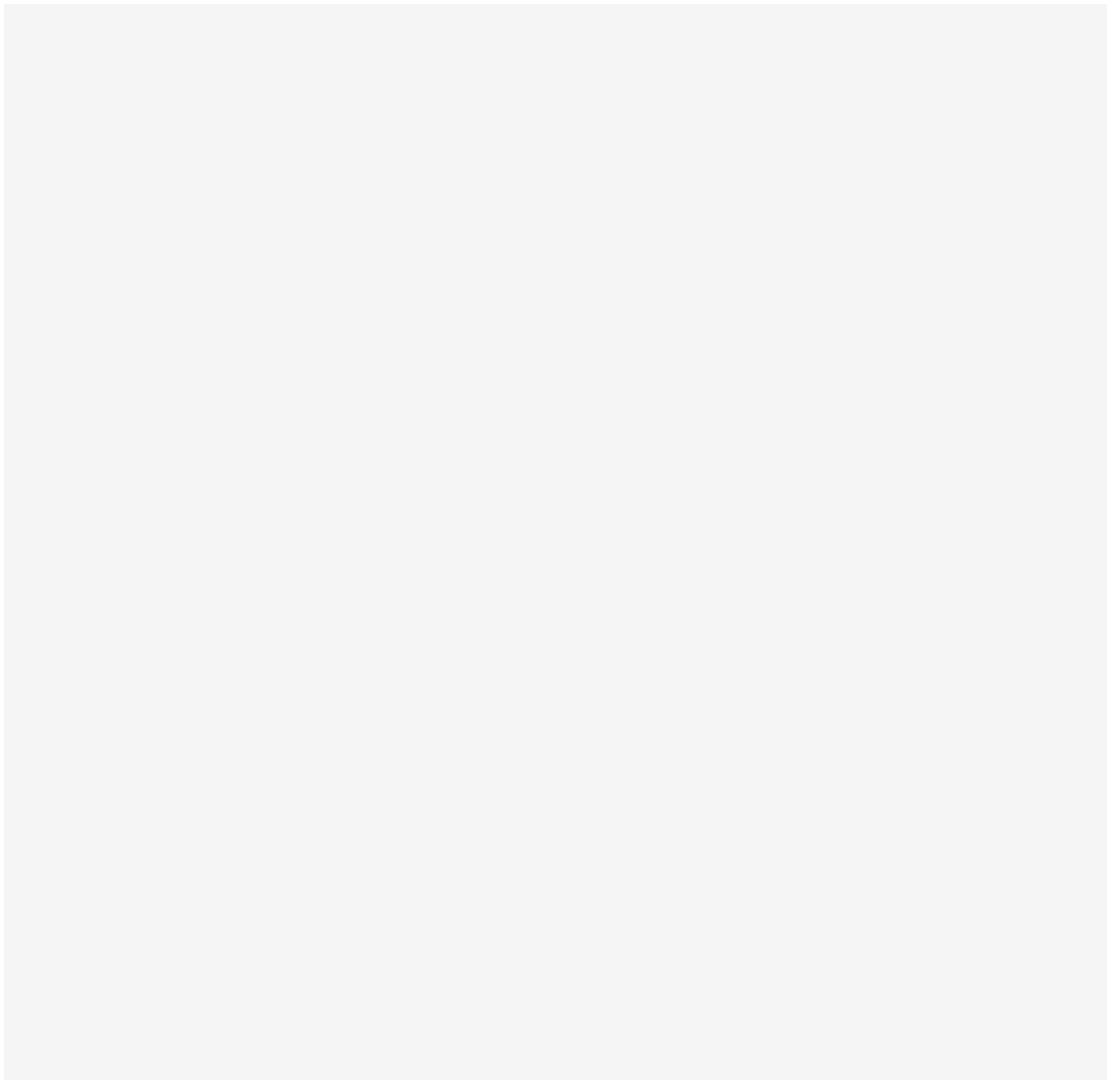






# THE SELF-CARE PLAN

OTHER PRIORITIES





## MEET THE CREATOR

TARA MORENO

Hi! I'm Tara. I've been a Holistic Practitioner and entrepreneur in the United States for the past six years. Since I embarked on a holistic healing journey I've helped thousands of people overcome obstacles in their lives. I'm a trained Reiki Master and Acudetox (auricular acupuncture) specialist. I'm also a trained Recovery Coach and the Founder and Executive Director Serenity House Communities, a Recovery Community Organization in Flint, Michigan geared at helping individuals and communities overcome adversities related to addiction, codependency, and trauma.

*"She has taught me to see things through a whole new lens and I am beyond excited to continue working with her" ~Meghan Bade*

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**"INSIDE MYSELF  
IS A PLACE  
WHERE I LIVE  
ALL ALONE AND  
THAT'S WHERE  
YOU RENEW  
YOUR SPRINGS  
THAT NEVER  
DRY UP."**

PEARL S. BUCK