**The Four Levels of Self-Care and Support**

Write down the specific practices you utilize in each of the four levels of self-care described below. Use a different color for practices you want to add or consider. How well are you attending to each of these domains of self-care in your practice? Which practices have been most helpful to you in each domain? Where do you feel you need to increase self-care or support at present?

1. **Advance Preparation:** something you do before entering the situation (e.g. mental rehearsal, seeking support, relaxation, visualization)

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2. **“In-the-pocket” strategies**: something you do in the situation (e.g. deep breathing, muscle relaxation, counting, mantra, visualization)

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3. **“Recovery” strategies:** something you do after the situation (e.g. reaching out, taking down time, enjoyable activities)

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4. **Ongoing self-care:** something you do purposefully to increase well-being and decrease stress (e.g. arousal regulating activities like yoga or sports, built-in “me” time, distress tolerance strategies)

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(Adapted from Blaustein & Kinniburgh, ARC, 2010)

\*Finding the Inspiration\*

*Dwelling on the Days that Make You Want to Come Back*

In the midst of chaos and stress, it’s helpful to take the time to step back and remember why you are doing this work and what keeps you going in times of difficulty. We all have bad days at work, but there are also moments and days that remind you why you work in your field.

1. Describe one of the most rewarding moments at your job.

2. What are at least three things that you love about your job?

3. Think about and describe five people whose lives you have touched.

4. Why did you take your current job?

5. What are three compliments that you have received from your co-workers, or three things you think you do well?

*Adapted from “What about you? A Workbook for those who work with others” by Katherine T. Volk, Kathleen Guarino, Megan Edson Grandin, & Rose Clervil (2008). The National Center on Family Homelessness.*