



Dr. Jayne Payne

Complex Trauma Aftercare

Self- Care

Spiritual		Physical	Psychological
S	Self-Reflection	Exercise	Be Creative
M	Find a spiritual community	Regular medical care	Breathing exercises
T	Volunteer or Help others	Eat healthy	Practice asking for help
W	Foster Self-Forgiveness	Go for a walk	Enjoy your hobbies
TH	Spend time in nature	Get enough sleep	Connect with nature
F	Pray or Meditate	Safe housing	Read a book
S	Do good deeds	Take breaks	Practice mindfulness

<i>Emotional</i>		<i>Personal</i>	<i>Professional</i>
S	Self-Love	Get creative	Use your vacation time
M	Empathy	Find your passion	Take time to recharge
T	Laugh	Learn a new hobby	Forget multitasking
W	Connect with others	Make a vision board	Learn to say no
TH	Set boundaries	Plan goals	Practice patience
F	Positive Affirmations	Try something new	Envision your future
S	Buy yourself a present	Spa day	Congratulate yourself

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