



Healing the Healer



The following are some of the essential ways that have been shown to support healing and transformation in the mind, body, spirit and heart to support your health & well-being. You can incorporate them into your self-care plans if they resonate with you.

MIND (Psychological):

- Mindfulness Practices
- Journaling
- Creativity

BODY (Physical):

- Exercising
- Sleeping Well
- Eating Healthy

SPIRIT (Spiritual):

- Being In Nature
- Meditation/Prayer
- Expressing Gratitude

HEART (Emotional):

- Laugh
- Taking Time Off
- Loving Kindness in Relationship with Self & Others

Learning Objectives

1. Participants will utilize creativity, mindfulness & journaling practices to support rejuvenation & address any secondary traumatic stress (STS) symptoms on cognitive, emotional, and nervous system levels.
2. Participants will use a self-care assessment tool and design self-care plans to support psychological, physical, spiritual and emotional health to enhance work-life resilience.
3. Participants will use a goal setting process to follow through with identified strategies to maintain self-care.

At the CENTER: SELF-LOVE & COMPASSION

Creativity, Self-Love & Compassion are at the heart of this process. Be in curiosity about what works best for you in all these areas...what lights you up or makes you feel better? What do you look forward to doing to support yourself? Could you create daily rituals to move from work to home to leave some stress behind?

To help spark ideas for your unique plan, strategies from the Saakvitne & Pearlman Self-Care Assessment Worksheet (next page) can be incorporated to support health for the mind, body, spirit, and heart.

One suggestion for slowly incorporating new strategies into your daily life is to do the following: Circle the strategies you like; write each one on a piece of paper; place them in a jar; and choose one idea weekly to incorporate something new into your routine.



What is Secondary Traumatic Stress?

Secondary traumatic stress (STS) is the emotional duress that results when an individual hears about the firsthand trauma experiences of another. Its symptoms mimic those of post-traumatic stress disorder (PTSD).

Accordingly, individuals affected by secondary stress may find themselves re-experiencing personal trauma or notice an increase in arousal and avoidance reactions related to the indirect trauma exposure. They may also experience changes in memory and perception, alterations in their sense of self-efficacy, a depletion of personal resources, and disruption in their perceptions of safety, trust, and independence.

A partial list of symptoms and conditions associated with secondary traumatic stress includes:

- | | | | |
|---------------------|--------------------|----------------------|--------------------------|
| • Hypervigilance | • Minimizing | • Fear | • Inability to |
| • Hopelessness | • Anger & Cynicism | • Chronic Exhaustion | embrace complexity |
| • Guilt | • Sleeplessness | • Physical Ailments | • Inability to listen or |
| • Avoidance | • Insensitivity to | • Disconnection | avoidance of clients |
| • Survival Coping | Violence | • Poor Boundaries | • Diminished |
| • Social Withdrawal | • Illness | • Loss of Creativity | Self-Care |

Source: *The National Child Traumatic Stress Network* · <http://www.nctsn.org/resources/topics/secondary-traumatic-stress>

From *Secondary Traumatic Stress & The Child Welfare Professional*: “Figley (1995) defined STS as ‘the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other.’ ... He argued that STS is equivalent to PTSD [Post Traumatic Stress Disorder] with the exception of the etiology; STS comes from the relationship between a traumatized person and a caregiver, family or professional. The cluster of reactions to being a witness to a traumatized person is the same as those of PTSD. The traumatized person shares information of an abnormal experience that is severely distressing, and subsequently, the listener may re-experience the episode through recollection, dreams, intrusive thought, and reminders of the event. Avoidance and emotional numbness may also be reactions. The consequence is avoidance of thoughts and feelings or situations that serve as reminders of the trauma, psychogenic amnesia, withdrawal from others, a loss of interests, feeling flat, and in some cases a loss of a sense of future.” Other possible experiences: trouble sleeping or staying asleep, outbursts of anger, and physical reactions to reminders of the trauma.

Source: Pryce, J., Shackelford, K., & Pryce, D. (2007) *Secondary Traumatic Stress & The Child Welfare Professional*. Chicago: Lyceum Books, at pp. 11-12, citing Figley, C.R. (Ed.) (1995) *Compassion Fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York: Brunner/Mazel.



Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care.

A. Complete the full assessment by rating each item in terms of frequency:

5 = Frequently, 4 = Occasionally, 3 = Rarely, 2 = Never, 1 = It never occurred to me

B. Please circle three self-care strategies from each area to add to your self-care plan.

Physical (Body) Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off when needed
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ☐ Take time to be sexual—with yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones
- ☐ Other:

Psychological (Mind) Self-Care

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge
- ☐ Decrease stress in your life
- ☐ Let others know different aspects of you
- ☐ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ☐ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ☐ Practice receiving from others
- ☐ Be curious
- ☐ Say “no” to extra responsibilities sometimes
- ☐ Other:

Emotional (Heart) Self-Care

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Give yourself affirmations, praise yourself
- ☐ Love yourself
- ☐ Re-read favorite books, re-view favorite movies
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in social action, letters and donations, marches, protests
- ☐ Play with children
- ☐ Other:

Spiritual (Spirit) Self-Care

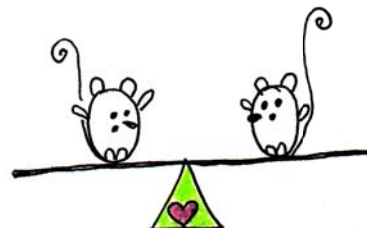
- ☐ Make time for reflection
- ☐ Spend time with nature
- ☐ Find a spiritual connection or community
- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be aware of nonmaterial aspects of life
- ☐ Try at times not to be in charge or the expert
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Meditate
- ☐ Pray
- ☐ Sing
- ☐ Spend time with children
- ☐ Have experiences of awe
- ☐ Contribute to causes in which you believe
- ☐ Read inspirational literature (talks, music, etc.)
- ☐ Other:

Workplace or Professional Self-Care

- ☐ Take a break during the workday (e.g. lunch)
- ☐ Take time to chat with co-workers
- ☐ Make quiet time to complete tasks
- ☐ Identify projects or tasks that are exciting and rewarding
- ☐ Set limits with your clients and colleagues
- ☐ Balance your caseload so that no one day or part of a day is “too much”
- ☐ Arrange your work space so it is comfortable and comforting
- ☐ Get regular supervision or consultation
- ☐ Negotiate for your needs (benefits, pay raise)
- ☐ Have a peer support group
- ☐ Develop a non-trauma area of professional interest
- ☐ Other:

Balance

- ☐ Strive for balance within your work-life and workday
- ☐ Strive for balance among work, family, relationships, play and rest





WOOP Exercise

Before you start with the WOOP exercise, please bring to mind that WOOP is different from other exercises: it involves your thoughts and images rather than rational or effortful thinking.

Take a deep breath and make yourself comfortable. It is critical that no interruptions occur during the exercise. Phones and electronic devices should be shut off and put away. Start the WOOP session when you feel calm and comfortable.

WISH

Think about the next four weeks*. What self-care strategy (wish) do you want to implement in the next 28 days? Pick a strategy that you can reasonably fulfill within the next four weeks.

Note your Wish in 3-6 words: _____

*You can also set another timeframe (e.g., 24 hours, 12 months).

OUTCOME

What would be the best thing, the best outcome about fulfilling your self-care strategy (wish)? How would fulfilling your self-care strategy (wish) make you feel?

Note your best Outcome in 3-6 words: _____



Now take a moment and imagine this best outcome. Imagine it as fully as you can. Write your thoughts down:

OBSTACLE

What is it within you that holds you back from fulfilling your self-care strategy (wish)? It might be an emotion, an irrational belief, or a bad habit. Think more deeply—what is it really? Identify your main inner obstacle.

Note your Obstacle in 3-6 words: _____



Now take a moment and imagine your main inner obstacle. Imagine it as fully as you can. Write your thoughts down:

PLAN

What can you do to overcome your obstacle? Identify one effective action you can take or one effective thought you can think to overcome your obstacle.

Note your action or thought in 3-6 words: _____

Make the following Plan:

If... (obstacle you named), then I will ... (action or thought you named).

Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Slowly repeat and imagine this if-then plan one more time.

For further information refer to:

- The book (Rethinking Positive Thinking: Inside the New Science of Motivation)
- The website (www.woopmylife.org)
- The free mobile app (WOOP app)





Watercolor Mixing Chart

	Red	Orange	Yellow	Green	Blue	Violet	Brown	Black
Red								
Orange								
Yellow								
Green								
Blue								
Violet								
Brown								
Black								



