



STRENGTHENING TRAUMA AWARENESS & RESILIENCY SKILLS

Self-Care Strategies

There are many self-care strategies to take care of our mental, emotional, physical and spiritual health! Below are 6 domains of professional resilience¹ with corresponding suggested strategies. Please use this handout to help you think about ways to support you both professionally and personally.

Domain	Focus	Suggested Strategies
Biological	Focus on physical health and well-being	<ul style="list-style-type: none">• Balanced diet and nutrition• Adequate sleep• Exercise• Moderation in alcohol use• Using mental health and health days
Interpersonal	Focus on families and friends	<ul style="list-style-type: none">• Maintain professional boundaries• Healthy work/home balance Using adaptive coping skills• Anxiety reducing strategies• Seek professional help
Organizational	Focus on healthy work habits	<ul style="list-style-type: none">• Seeking organizations that align with your values and aspirations• Ongoing professional development• Active participation in supervision• Supportive relationships with colleagues• Setting realistic goals and objectives• Using breaks for non-work activities• Celebrating work successes• Maintain realistic expectations for client outcomes
Familial	Focus on relationships with friends and family	<ul style="list-style-type: none">• Ongoing support from family and friends• Participation in non-stressful family events• No-tech family time• Participating in childrens' activities• Catch-up with close friends• Caring for family pets

Spiritual	Focus on the non-material aspects of life	<ul style="list-style-type: none"> ● Attending faith-based services ● Engaging in positive forms of self-expression
Recreational	Focus on non-work related activities	<ul style="list-style-type: none"> ● Engage in creative activities ● Cooking ● Sporting activities ● Entertainment (e.g., movies, music) ● Any activities that foster the use of joy, humor and laughter

¹Newell, J. (2019). An ecological systems framework for professional resilience in social work practice. *Social Work*, 65(1), 65-73.