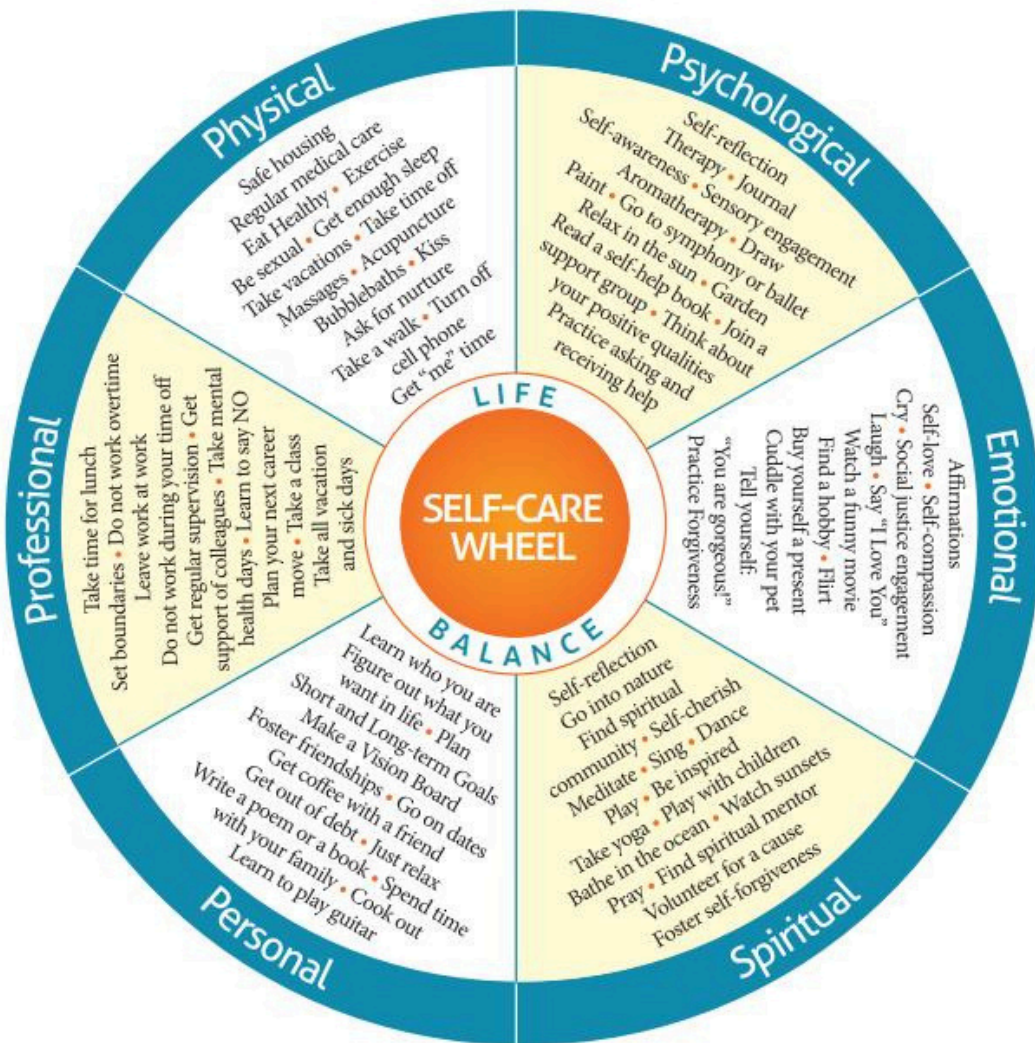

**TAKE CARE OF
YOURSELF!**



SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

EXERCISE

SELF-CARE CUP

Adapted from the Dandelion Training and Development "Self-Care Cup" Worksheet

Signs that I'm exhausted or overwhelmed (empty cup)

- 1
- 2
- 3
- 4
- 5

People who help me

- 1
- 2
- 3
- 4
- 5



Places that calm me

- 1
- 2
- 3
- 4
- 5

Things that empty my cup

- 1
- 2
- 3
- 4
- 5

Activities/things that fill my cup

- 1
- 2
- 3
- 4
- 5

GROUNDING WITH THE 5 SENSES



5

THINGS YOU CAN
SEE

4

THINGS YOU CAN
FEEL

3

THINGS YOU CAN
HEAR

2

THINGS YOU CAN
SMELL

1

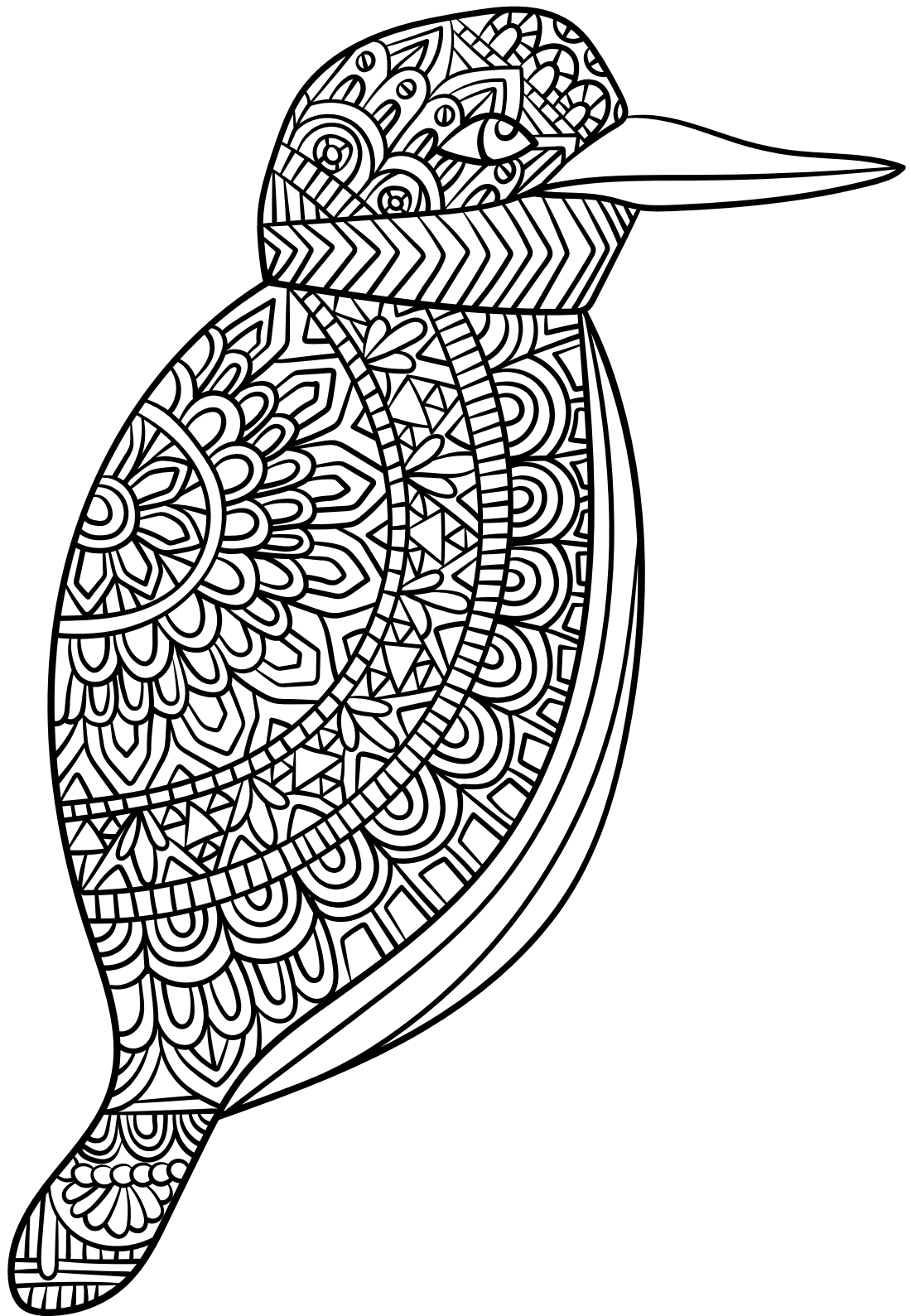
THING YOU CAN
TASTE



Coloring Page Flower

HYDRANGEA





THE CIRCLE CHALLENGE

Directions: What are you able to make out of a circle? You have 3 minutes to turn as many circles as you can into an object

