



PHYSICAL

- Exercise • Walking • Nature • Sleep
- Bubble Baths • Massage
- Eating family dinner together
- Listen to music
- Take a nap



PSYCHOLOGICAL

- Therapy • Journal • Participating in theater, music, art, dance programs
- Play with children (own or relatives)
- Take time off • Volunteer
- Time alone • Change out of work clothes when arrive home
- Small acts of kindness
- Positive self talk



EMOTIONAL

- Meditation • Music
- Organized religion • Practice gratitude
- Pets • Deep breathing • Nature walks
- Church group • Daily devotionals
- Yoga • Beach • Living in the Moment
- Turn off phone
- Self-compassion



PROFESSIONAL

- Taking a lunch break
- Taking vacation days
- Not checking email after-hours/ weekend/vacations
- Attending vicarious trauma training
- Professional development – finding a new project/idea/topic to learn about



PERSONAL

- Bubble bath • Movies • Cooking
- Gardening • Time with Friends
- Music • Date Night • Read
- Adult coloring books
- Relaxing scents • Mindful eating
- Say "No" to additional responsibilities



PHYSICAL



PSYCHOLOGICAL



EMOTIONAL



PROFESSIONAL



PERSONAL