

Self-Care


Handout



A PLAYLIST CURATED BY :
@SELF CARE IS FOR EVERYONE

- Books
- Online Toolkits
- Podcasts
- Websites
- Workshops
- Articles & Chapters
- COVID-19 Resources
- Trauma on the Mind, Body, & Soul
Work with Stress & Anxiety
- The 5 Step Self-Holding Exercise
Check Your Battery
- Self-Care Routines
- Rain Meditation

Books

- 
- ♥ *Burnout: The Secret to Unlocking the Stress Cycle.* Amelia Nagoski and Emily Nagoski.
 - ♥ *Burst of Light* by Audre Lorde
 - ♥ *Care Work: Dreaming Disability Justice.* Leah Lakshmi Piepzna-Samarasinha.
 - ♥ *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead.* Brené Brown.
 - ♥ *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Connie Burk and Laura van Dernoot Lipsky
 - ♥ *The Body Is Not an Apology: The Power of Radical Self-Love* by Sonya Renee Taylor
 - ♥ *Trauma and Recovery* by Judith Herman
 - ♥ *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma* by Staci Haines
 - ♥ *Waking the Tiger* by Peter Levine
 - ♥ *The Body Keeps the Score* by Bessel van der Kolk
 - ♥ *Caring for Yourself is A Radical Act: A Self Care Guide for Youth Workers* by Farrah Khan
 - ♥ *Mindfulness Skills for Trauma and PTSD* by Rachel Goldsmith Turow
 - ♥ *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies.* Resmaa Menakem.
 - ♥ *The Boy who was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us about Loss, Love, and Healing.* Bruce D. Perry
 - ♥ *The Body is Not an Apology: The Power of Radical Self-Love.* Sonya Renee Taylor
 - ♥ *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.* Laura van Dernoot Lipsky
 - ♥ *Unfuck Your Brain: Getting Over Anxiety, Depression, Anger, Freak-Outs, and Triggers with Science.* Faith Harper
 - ♥ *What Happened to You? Conversations on Trauma, Resilience and Healing.* Bruce D. Perry & Oprah Winfrey

Online Toolkits

“Caring for Yourself is a Radical Act: Self-Care Guide for Youth Working in Community” by Farrah Kahn. *YouthRex Research & Evaluation eXchange*. [Caring for Yourself is a Radical Act: Self-Care Guide for Youth Working in Community - Youth Research and Evaluation eXchange : Youth Research and Evaluation eXchange \(youthrex.com\)](#)

“A Toolkit for Survivors During COVID-19” *me too*. https://metoomvmt.org/wp-content/uploads/2020/05/MeToo-COVID-Response_TOOLKIT.pdf

“The Trauma Toolkit.” https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

Websites

Crisis and Trauma Resource Institute (CTRI) - <https://ca.ctrinstitute.com/>

Kristen Neff, “Self-Compassion Guided Meditations and Exercises” <https://self-compassion.org/category/exercises/#guided-meditations%E2%80%A6> McMaster University, “Mindfulness & Relaxation” -<https://wellness.mcmaster.ca/topics/mindfulness-and-relaxation/>

Palouse Mindfulness - www.palousemindfulness.com

Ruth King - <https://ruthking.net/>

Tara Brach - www.tarabrach.com

You feel like shit (self-care game) - <https://youfeellikeshit.com/index.html>

Farrah Khan- <https://www.farahkhan.ca/selfcare-resources>



Podcasts

“Brené with Oprah Winfrey and Dr. Bruce D. Perry on Trauma, Resilience, and Healing,” Brené Brown.

<https://brenebrown.com/podcast/brene-with-oprah-winfrey-and-dr-bruce-d-perry-on-trauma-resilience-and-healing/#close-popup>

“Clapp with Jane Clapp with Jane Clapp,” Jane Clapp. <https://clappwithjane.buzzsprout.com> also available on Spotify.

“Finding Our Way,” Prentis Hemphill. <https://podcasts.apple.com/ca/podcast/finding-our-way/id1519965068> or

<https://prentishemphill.com/new-page-4>

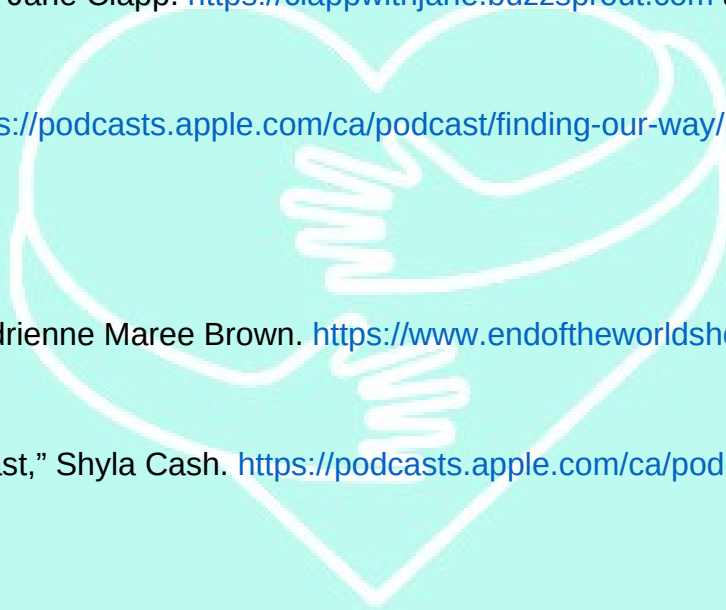
“How to Survive the End of the World,” Adrienne Maree Brown. <https://www.endoftheworldshow.org>

“The Grow Heal Change Coaching Podcast,” Shyla Cash. <https://podcasts.apple.com/ca/podcast/the-grow-heal-change-coaching-podcast/id1479482486>

“Unlocking Us,” Brené Brown. <https://brenebrown.com/podcast/introducing-unlocking-us/>

“Therapy For Black Girls,” Dr. Joy Harden Bradford. <https://therapyforblackgirls.com/podcast/>

“You’re Invited to a Care Circle,” irresistible. <https://irresistible.org/circle>



COVID-19 Resources

*Accessible + Inclusive Mental Health Resources for Coping
Through COVID-19*

<https://takecare19.com/?fbclid=IwAR1yyLDHxarw3JT9jQJShAlcgnDmflfzGwPhi1BbEe94tFICJp5UGUy5UU>

Tolerance for Uncertainty: A Covid- 19 Workbook

A guide to accept your feelings, tolerate distress and thrive

https://drive.google.com/file/d/1wVkJHai96zxHP55b4S70FnL7YjnP0Y_fd/view?fbclid=IwAR1Roz0ErrEOPFvx0kDbJ_nxSZN9JlkuMPBvfDqWFKV2cD79LsqCvDYaZJU

Living with Worry and Anxiety Amidst Global Uncertainty

https://4648dcw4pye15w61x1reklps-wpengine.netdna-ssl.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_aainty_en-us.pdf?fbclid=IwAR2JnAlkAo6q91QxTBwtjPfeqsxDMF5x02eRtaRNFZBJSbtK0IS51onU9jM

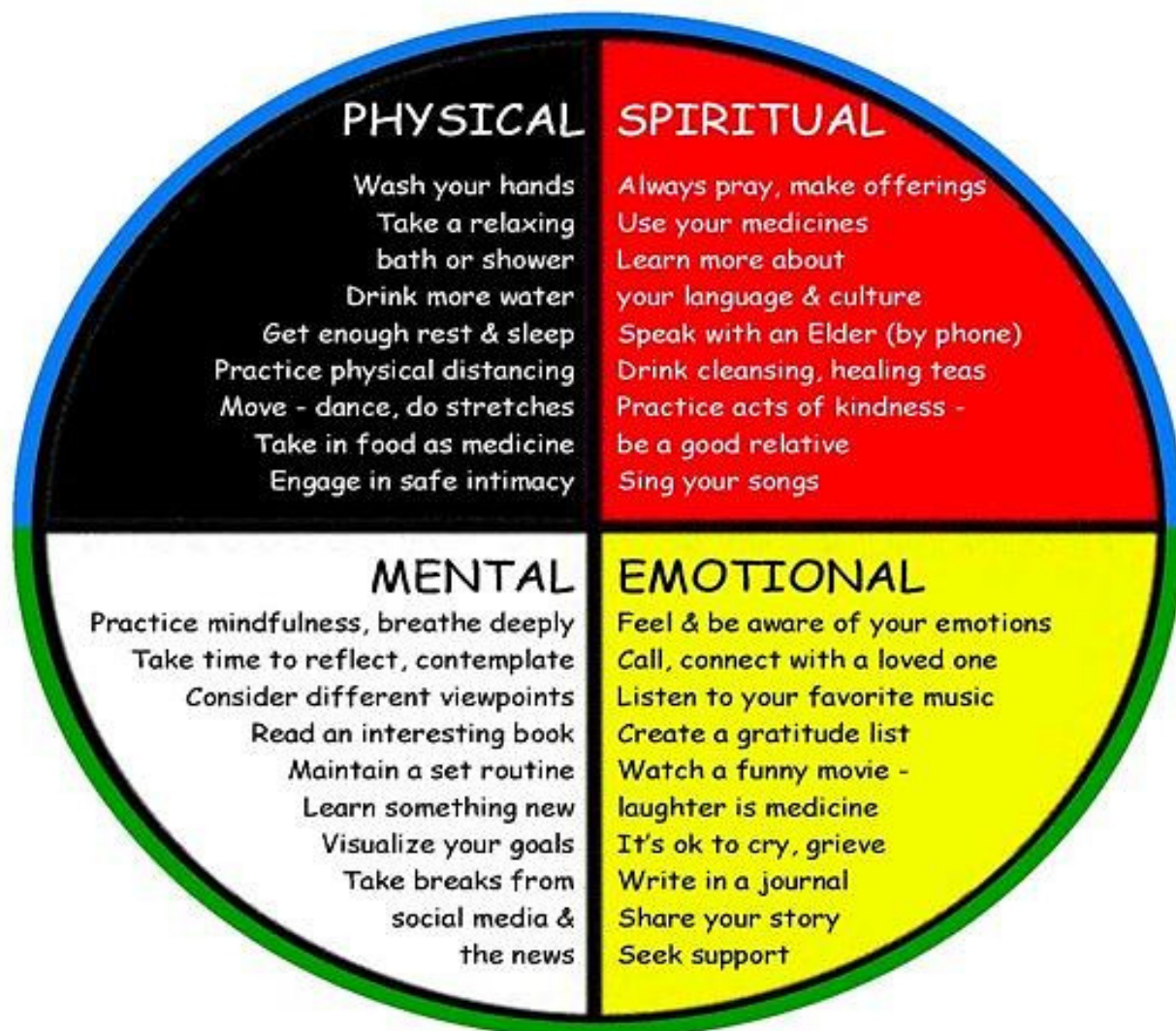
Surviving a Pandemic: Tools for Addressing Isolation, Anxiety, and Grief

https://crimethinc.com/2020/05/07/surviving-a-pandemic-tools-for-addressing-isolation-anxiety-and-grief?fbclid=IwAR2RvNhtyvakoKlpB_Ov1Z3qUVoMRFRaqe1RePbUYfZPxHMIKIkjxUsrZJU



Self-Care Medicine Wheel: COVID-19 Era

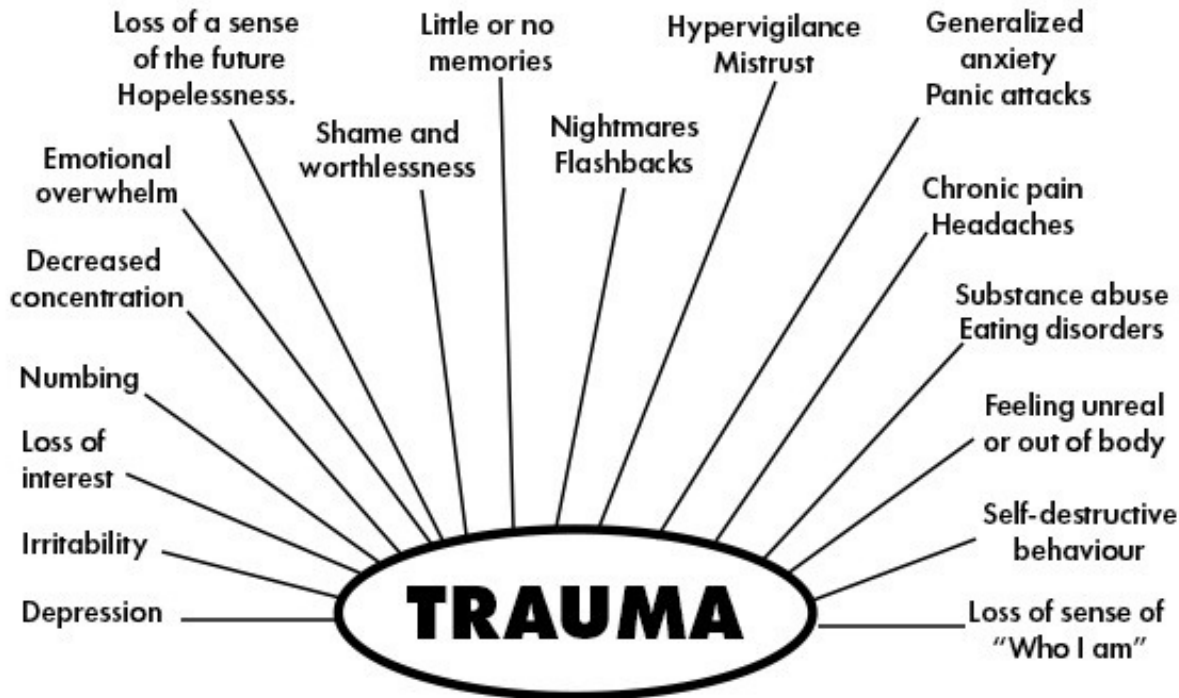
The Medicine Wheel teaches us that all things are interconnected and interdependent.
When we heal ourselves, we heal our families, communities, and nations.*



Adapted from Elsipogtog Health & Wellness Centre's "Self-care during COVID-19 Pandemic."
*Medicine Wheel Teaching from "The Red Road to Wellbriety."

Trauma on the Body, Mind, & Soul

Impacts of Trauma on Our Brains and Bodies



Adapted from, Bremner & Marmer, 1998.

“Trauma is an internal straitjacket created when a devastating moment is frozen in time. It stifles the unfolding of being and strangles our attempts to move forward with our lives. It disconnects us from ourselves, nature, and spirit. When overwhelmed by threat, we are frozen in fear, as though our instinctive survival energies were ‘all dressed up with no place to go.’”

“Trauma originates as a response in the nervous system and does not originate in an event. Trauma is in the nervous system, not in the event.” – Peter Levine

“Trauma is when we have encountered an out of control, frightening experience that has disconnected us from all sense of resourcefulness or safety or coping or love”.
(Tara Brach, 2011)

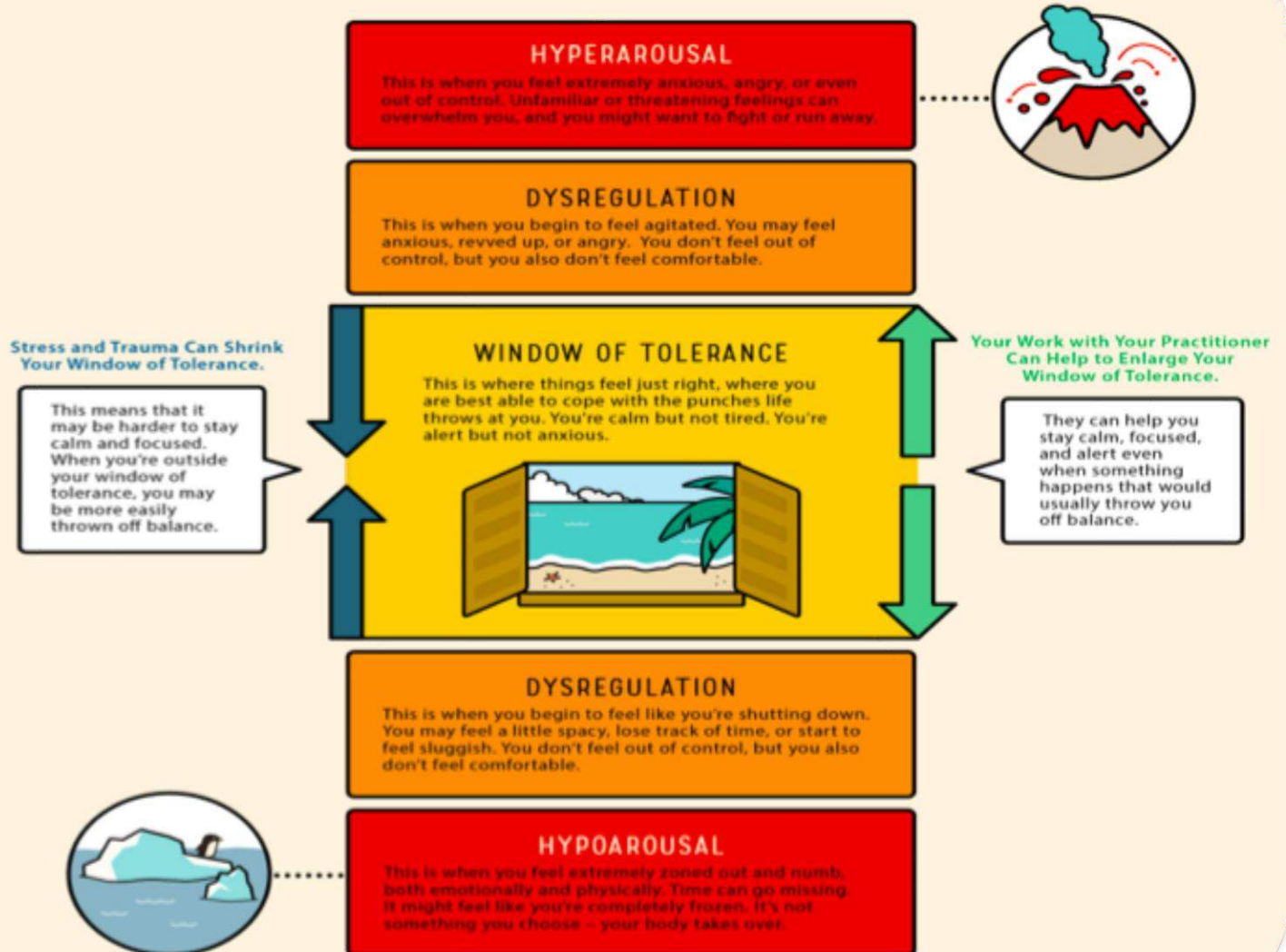
How Trauma Can Affect Your Window of Tolerance

Ask yourself:

Who do you connect with when you are feeling off balance, or at the edge of your window?

Now take a moment to jot down things that have helped you when you are out of your window of tolerance?

*Can you identify when you are out of your window?
How do you know?
What brings you back?*



Working with Stress & Anxiety: Grounding Techniques

Grounding is a technique that helps keep someone in the present. They help reorient a person to the here-and-now. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. They help someone to regain their mental focus from an often intensely emotional state.

Tools for Orienting or Grounding

- Focus your attention fully on each breath, on the way in and on the way out. Say number of the breath to yourself as you exhale.
- Splash some water on your face. Notice how it feels. Notice how the towel feels as you dry.
- Sip a cool drink of water.
- Hold a cold can or bottle of soft drink in your hands. Feel the coldness, and the wetness on the outside. Note the bubbles and taste as you drink.
- Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them. Notice how
 - your feet feel to be encased in shoes or socks.
- If you are sitting, feel the chair under you and the weight of your body and legs pressing down onto it. Notice the pressure of the chair, or floor, or table against your body and limbs.
- If you are lying down, feel the contact between your head, your body, and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part of your body feels, all the way down to your feet, on the soft or hard surface.
- Stop and listen. Notice and name what sounds you can hear nearby. Gradually move your awareness of sounds outward, so you are focusing on what you can hear in the distance.
- Hold a mug of tea in both hands and feel its warmth. Do not rush drinking it; take small sips, and take your time tasting each mouthful.



- Look around you, notice what is front of you and to each side. Name and notice the qualities of large objects and then smaller ones.
- Get up and walk around. Take your time to notice each step as you take one, then another.
- Stamp your feet and notice the sensation and sound as you connect with the ground.
- Clap and rub your hands together. Hear the noise and feel the sensation in your hands and arms.
- Wear an elastic band on your wrist (not tight) and flick it gently, so that you feel it spring back on your wrist.
- If you can, step outside, notice the temperature of the air and how much it is different or like where you have just come from.
- Notice five things you can see, five things you can hear, five things you can feel, taste, or smell.
- Run your hands over something with an interesting texture.
- Get a sultana, a nut, or some seeds, etc. Focus on how it looks, feels, and smells. Put it in your mouth and notice how that feels, before chewing mindfully and noticing how it feels to swallow.
- Put on a piece of instrumental music. Give it all your attention.

Self-Soothing Techniques

- Self-soothing activities are a source of decreased arousal, pleasurable sensations, and calming feelings. They are characterized by slow, gentle or rhythmical movements; softness in texture, tone and hues; quietness in volume. They include but are not limited to the following:
 - Calming breathing
 - Gentle holding and rocking
 - Calming self-talk
- Accessing calming sensations: e.g. warm baths and showers, warm drinks, soft textiles (blankets, soft toys, hot water bottles), calming music, soft lighting walking, or gardening.

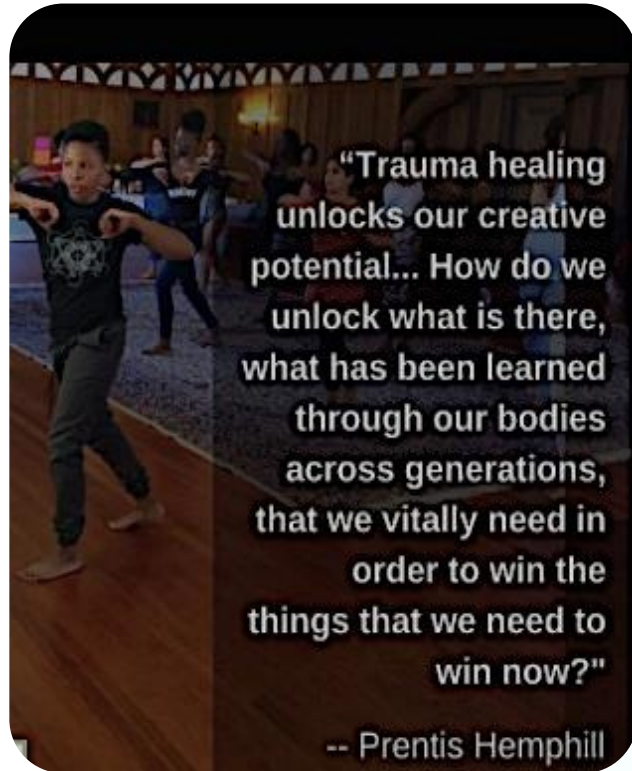
Body Based Techniques

- Power poses • Yoga
- Standing like a tree grounding exercise • Running/walking
- Hand on heart, other on belly • Stretching and noticing different parts of the body
- Controlled breathing (in for 4, hold for 4, out for 4) • Squeezing large muscle groups
- Meditation • Self-touch holds

The 5 Step Self-Holding Exercise

for Self-Regulation of PTSD Symptoms





Glimmers and Triggers By: Andrea Glik

The dorsal is our submit/freeze response. It is where our nervous system goes when we have perceived that fight or flight isn't safe. It is the "giving up", hopelessness, "if I am so still maybe no one will see me response". It's like the hurt animal we try and help on the side of the road who is listless, and we can't even tell if they are alive. It's playing dead.

The ventral vagal is where we go when we feel safe and connected. Our glimmers take us here. It is the feeling of being known and understood, seen, and validated. It is feeling cozy and safe and secure, in a space or with a person.

As Deb Dana talks about, our goal is to not be here all the time. We are meant to fluctuate between states, with flexibility. It's when we get stuck in a survival state and can't access the safe & connected place that we need help coming home to the ventral vagal state.

So back to triggers & glimmers, Certain smells, places, and people and so on activate us into a sympathetic response (our fight or flight response) or the parasympathetic response connected to the dorsal vagal (our freeze or collapse response).

Certain smells, places and people and so on can activate us into our ventral vagal, the safe and connected zone of our parasympathetic nervous system.

Those are our glimmers!

The sympathetic is our fight or flight response, it's our nervous system's call to action. It calls us to fight back, or run away, depending on what feels like is going to be more successful, or what has worked for us in the past. This is also known as a hyper aroused state, a state of the body with more stress hormones like adrenaline and cortisol, increasing our heart rate and suspending our appetite so we are more ready for the fight to run. This can also show up as anxiety, anger, not being able to sleep, loss of appetite, and so on when we get stuck in this state.

The parasympathetic branch has two separate parts, the dorsal vagal and the ventral vagal.



Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

BlessingManifesting



Feeling good!

How can you maintain the levels you're currently at?

Meh.

How can you love on your self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

Where do you put
your *time* &
energy?

Reflect on how you currently use your time
Where does your energy go?

Envision shifting your time to create space for practices that nourish you



AT TIMES SELF-CARE CAN LOOK LIKE:

@knicolewriting

1. Turning off your phone notifications for the day
2. Sitting in the car listening to your favorite music
3. Blocking people who trigger you
4. Leaving situations that drain you
5. Reaching out for support when you need it
6. Releasing the urge to have control over everything
7. Doing frequent check-in's with yourself
8. Using your PTO for (rest & mental health days)
9. Choosing not to overextend or overcommit
10. Being intentional with who & what you give time to



Eight Questions To Help Start Your Day

@knicolewriting

- What is one thing I learned yesterday?
- What are three things I'm most grateful for?
- How do I feel in this moment?
- What am I looking forward to today?
- How can I incorporate rest into my day?
- How do I want my day to go?
- Who can I connect with if I need help?
- What's one small goal I will aim to accomplish today?



Gratitude

Journaling Prompts

What life experience has had the biggest positive impact on you?

What are some things you can be thankful for on your hardest days?

Which stress-relieving items are you grateful for?


What do you find yourself taking for granted?

What's something positive that happened to you today?

What qualities or talents are you thankful you have?

BlessingManifesting

Beginning of the Month Self-Care Check-In @knicolewriting

1. Am I satisfied with how last month went?
2. What worked and what didn't work well last month for me?
3. What am I most proud of about myself right now?
4. Are there any expectations I place on myself that need to be let go?
5. What am I needing to make more space for this month?
6. Have I developed any new healthy habits I can carry into April?
7. Who showed up for me last month that I'm most grateful for?
8. Where do I see myself by the end of this month?
9. What are three things I love about myself?
10. What's one thing I can do today to nourish my mind,  body, and soul?

End of the Month Self-Care Check-In

@knicolewriting

1. How would I best describe the month of April?
2. What was I able to achieve in April (big or small) that I'm most proud of?
3. Where did I focus my energy on the most & least in April?
4. In what way(s) have I been showing up for myself?
5. What am I needing to let in & release in my life?
6. In what way(s) will I prioritize my mental health during the month of May?
7. On my worst days I will remind myself that (fill in the blank)?
8. Who can I connect with if I'm in need of support?
9. What do I value most in my life right now?
10. What can I do to nourish myself today?

Rain Meditation



Feeling Overwhelmed?
Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience



"When Experiencing overwhelm and Trauma"
 by the Trauma Stewardship Institute

"Map of Managing Some One's Day"
 By the Trauma Stewardship Institute

The Trauma Stewardship Institute's MAP FOR MANAGING ONE'S LIFE

DAY

When I wake up, I will protect my morning. I won't reach for News, social media, work/school updates anyone who needs me for anything. This helps me avoid being flooded by cortisol first thing.

Pema Chodron says, "Death is certain, your time of death is uncertain. How do you want to spend your time?" Ask myself once a day, am I spending my time - in life - how I want to be? If so, how can I further support myself? If not, what concrete changes can I make?

6 days a week (unless medically advised against it), I'm getting my heart rate up and breaking a sweat. Thinking to myself, "Anything that has accumulated in my nervous system over the past 24 hours may be completely released so I can show up for this next 24 hours..."

Look outside, be outside. When I'm in a meeting, during a class, to work, to play, when I have a few mins. for a break, if even for a moment or two, feel the unassailable power nature has on my health - on all levels.

Decision fatigue & cognitive overload can be debilitating. Simplify my surroundings & my routines. Be mindful of hydration + glucose levels. Track when my mental acuity is high and maximize those times.

Too much going on!

My brain feels broken!

What's going well? What am I grateful for? What am I psyched about? Who can I thank? Repeat a-l-l day.

Understand that every day I may be influenced by moments small & large, mundane and significant, that continuously arise. Like waves, these waves, and how I experience them, may have deep undercurrents from what has come before me via intergenerational oppression, intergenerational trauma, and epigenetics. Sometimes it may make sense, or not, but I love it if it's not my strong suit, getting with self-respect and compassion, towards myself, is essential. Historical, forces beyond what meet the eye can impact me in ways I may not understand or be conscious of and I will remember Jack Kornfield saying, "If your compassion does not include yourself, it is incomplete."

Have I done anything edifying for myself today? Actually connected with someone I care about? Taken a moment to laugh or find levity in a nourishing way? Be transported by art?

Engage in mindfulness to assist my nervous system in staying regulated and countless other health and mental health benefits. Tai chi, qi gong, yoga, meditation. All portable and accessible and even a few minutes here or there can provide the right scaffolding.

REACTIVITY vs INTENTIONALITY
 In the spirit of striving to do No Harm, I will pause and think before I speak/post/ tweet/reply/engage. Despite the negativity bias headlines throughout society today, I will practice extending grace and humanity, over & over - remember the merit of approaching life with a beginner's mind.

Sleep - critical. What is my bedtime tonight? How can I sequence my evening so I can shut it down by then & not get into sleep-debt?
 Set a reminder to: Give all my electronics and screens their own bed time, an hour before mine.

When and where possible, be around animals and take a moment to notice the reduction in stress hormones and how regenerating even a moment or two can be.

With news and social media, be deliberate and mindful. If/when, both what I'm taking in and what I'm putting out.
 Reminder: the degree to which I'm dedicated to social, and environmental, justice does not equal time spent digitally dialed in.

For optimal coping, I must tend to my nervous system. Given it's continuously anticipating & reacting to my surroundings, I need conditions in place that prevent me from becoming saturated and, ultimately, rupturing.
 Tactic #1 - Limit exposure to anything unnecessary that adversely affects my nervous system.
 Tactic #2 - Hebeilize, efficiently, anything that starts to accumulate in my nervous system.
 Note: to self: While I have my own nervous system, it may be helpful to consider the nervous system of my home, of where my loved ones spend time, of my community, etc, and how those nervous systems, too, can become saturated, and rupture, over time.

When navigating a pandemic and systematic oppression and structural supremacy and the climate crisis and democracies in peril and my job/school and caretaking and my life in general...

My day begins



And if it's been one of those days, I'll remember Jeff Li's mantra: "Forgive yourself every night, recommit every morning."

Our systems & structures have a moral, mandate & an ethical obligation to create sustainable environments within which we work, learn, and engage. When they do, let us pause, notice & give thanks. When that's not the case, we can decide if/when/how to engage. While these choices may be fraught and complex, I hope refuge can be found in Howard Thurman's offering: "Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that, because what the world needs, is people who have come alive."

© The Trauma Stewardship Institute 2021

Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.


 **GO OUTSIDE**
[or look outside]
perspective, context +
something larger than this. 


BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now,
that is going well?


 **DETOX**
if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort. 

 **METABOLIZE ALL YOU ARE EXPERIENCING**
re-regulate your nervous
system.

SIMPLIFY
[less is more]
be aware of decision
fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.

 **LAUGH**
pure humor = a sustaining force.

**FOSTER HUMILITY
& EXTEND GRACE**
self-righteousness
+ hubris = unhelpful.

SLEEP 
to cleanse + repair brain + body.

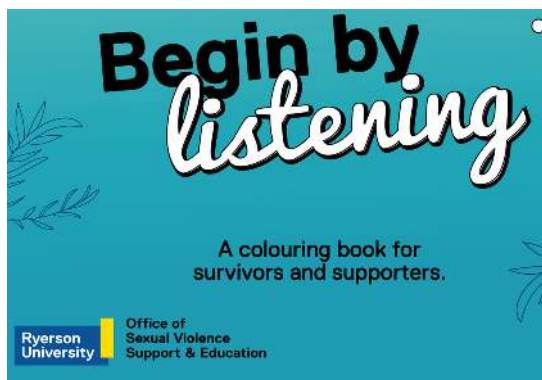
CLARIFY INTENTIONS
how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE
[with yourself]
be mindful of the quality of your
presence. it means so much
to others.

© The Trauma Stewardship Institute 2020

"A Tiny Survival Guide" By the Trauma Stewardship Institute

Workbooks



By the Toronto Metropolitan University Office of
Sexual Violence Support + Education

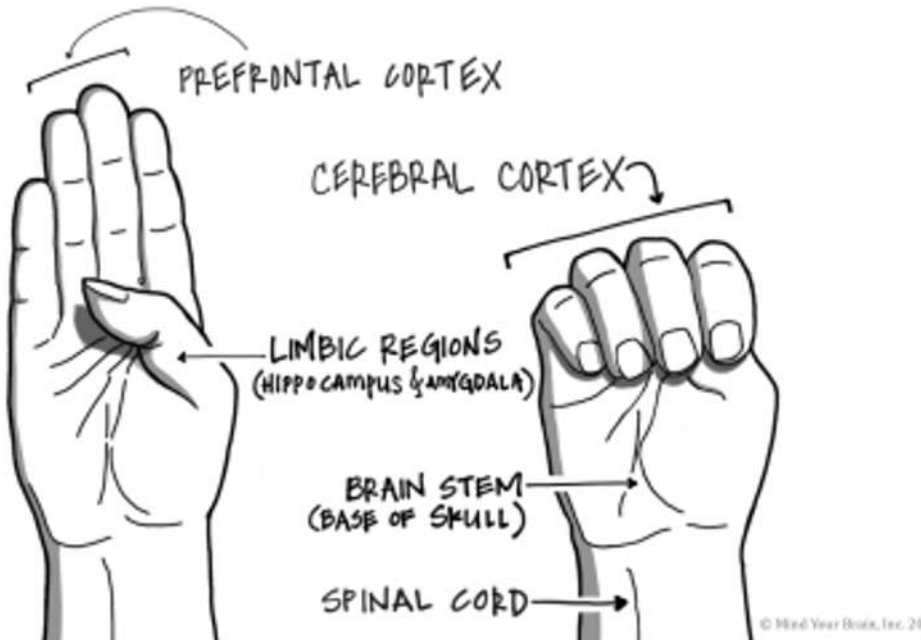
ZONE OF
FABULOUSNESS
RESISTING BURNOUT & SHOULDERING EACH OTHER UP



By Vikki Reynolds
Therapist, Activists, Instructor

Psychoeducational Graphics

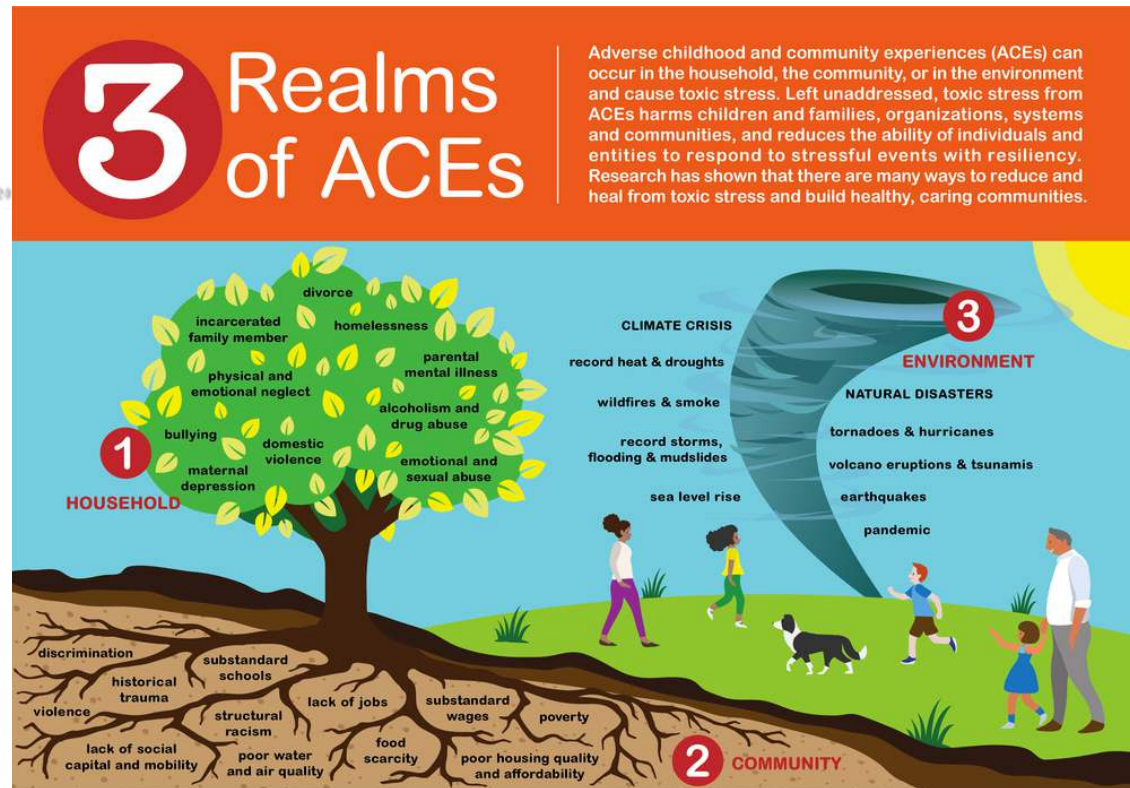
Hand Model of the Brain



"3 Realms of Adverse Childhood Experiences"

By PACEs Connections

"Hand Model of the Brain" Created by Dan Siegel

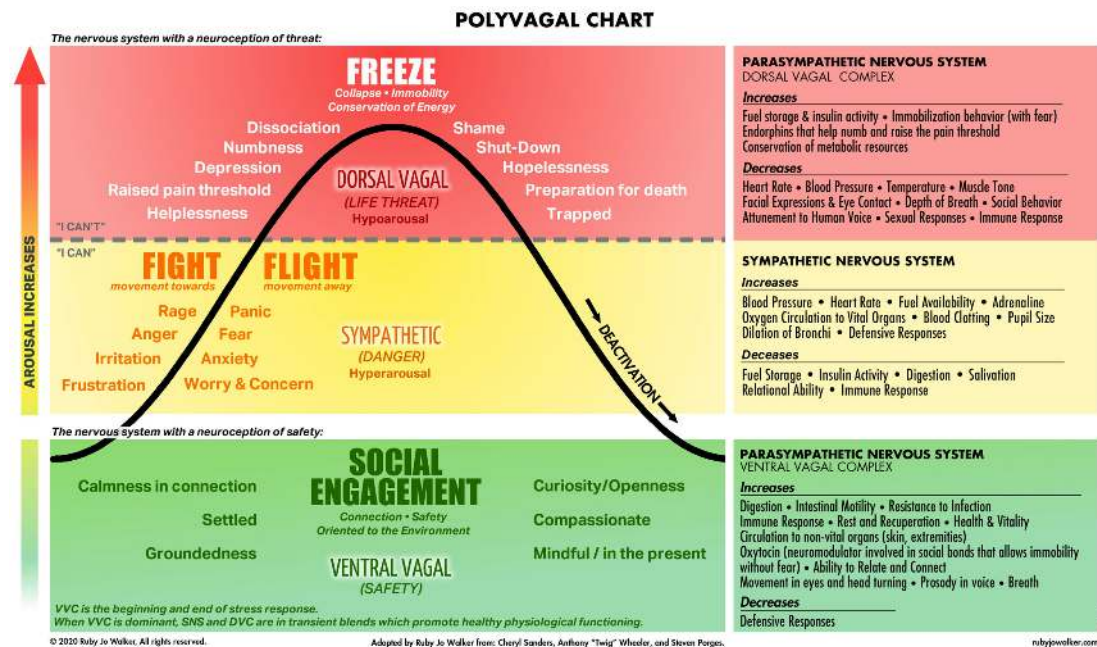


Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

Psychoeducational Graphics



"Trauma Responses"
 -Graphic by Dr. Justine Grosso



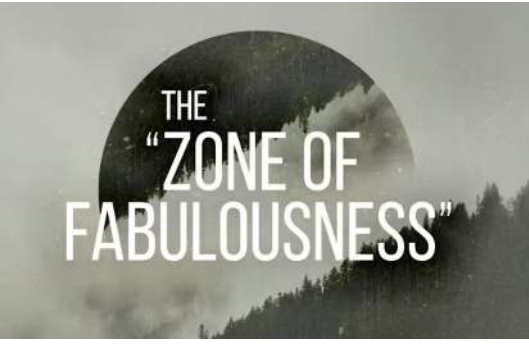
Tip: Remember to double click the image to maximize and download them



"Polyvagal Chart"

-Adapted from Ruby Jo Walker

Vikki Reynolds on the "Zone of Fabulousness" an Resisting Burn Out



THE ZONE OF FABULOUSNESS
Alternative way to look at worker burnout

Psychoeducational Videos



Resisting Burnout With Justice-Doing Part 1: Collective Care & Ethical Pain
12K views • 4 years ago
AMSSA
Part 1 of Vikki Reynolds' (PhD RCC) professional development presentation for the BC Settlement and Language



Resisting Burnout With Justice-Doing Part 2: "Trauma" & Resistance
5.7K views • 4 years ago
AMSSA
Part 2 of Vikki Reynolds' (PhD RCC) professional development presentation for the BC Settlement and Language

Tip: Remember to double click the image to open and watch them



The Most Radical Way to Heal: Internal Family Systems with Dr. Becky Kennedy
We Can Do Hard Things with Glennon Doyle

Another World is Possible

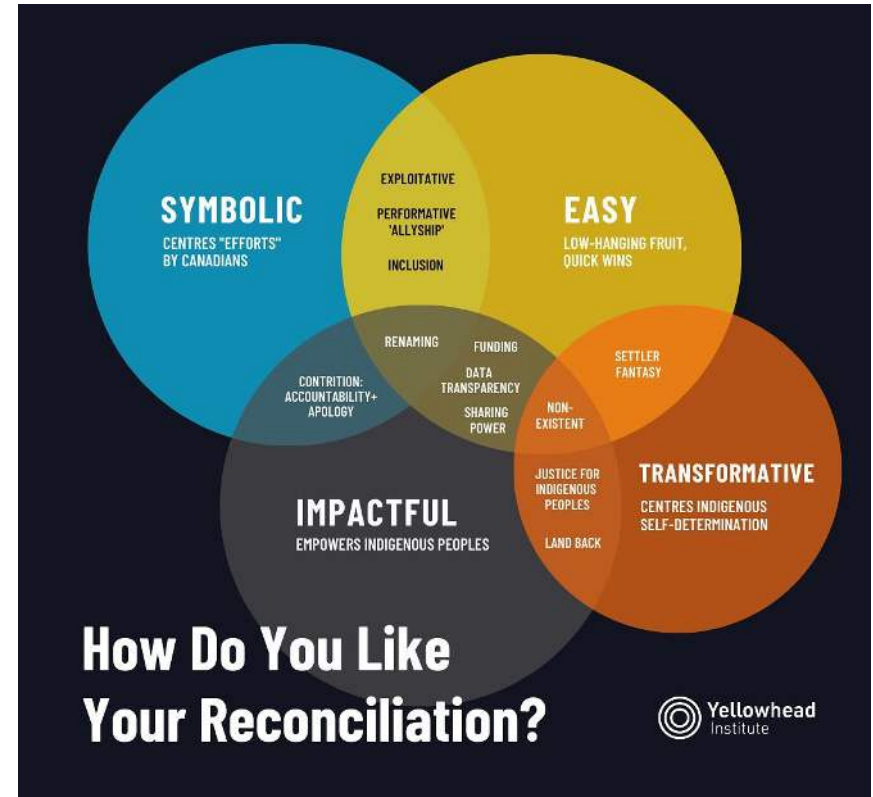
The Social Change Ecosystem Map



@deepaviyer
@BuildingMovementProject

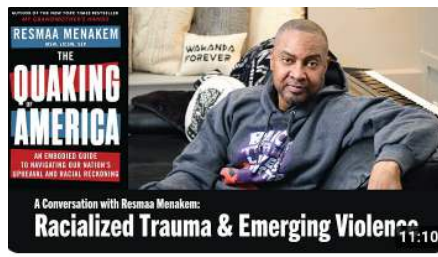
Attribution: Deepa Iyer, Building Movement Project.
SM, © 2018 Deepa Iyer.
All rights reserved. All prior licenses revoked.

@dviyer
@BldingMovement



*"What is your dream of a liberated future?"
Reflections with Lama Rod Owens*

*A Conversation with Resmaa Menakem:
Racialized Trauma + Emerging Violence*



A Conversation with Resmaa Menakem: Racialized Trauma & Emerging Violence

955 views · 9 months ago

Resmaa Menakem

Fourth in a series of four videos where Resmaa talks about this new book, The Quaking of America. Resmaa addresses the issues

Join my mailing list by
clicking the envelope
below!



See more of the work I do at:

karinesilverwoman.com