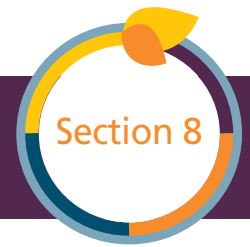


# Wellness and Resilience Strategies: Mindful Self-Awareness



## The Wellness and Resilience Strategies Reflection

“Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.” – Tami Forman

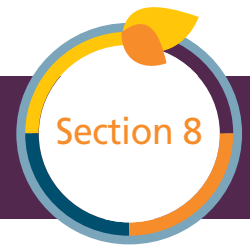
The following worksheet is meant to be a reflection tool on how you care for yourself. It has many wellness practice options for your consideration. Feel free to add areas of self-care that are relevant for you, your family, and community culture and mark those that are not with N/A. When you are finished, look for patterns in your responses that are clues about how you have been taking care of yourself recently. Are you more active in some areas of self-care but ignore others? Pay attention to your likes and dislikes. What items did you find interesting that you might want to try or do more of? Celebrate your areas of strength in your self-care. What do you say to yourself about making yourself a priority? Consider who you might talk to about this self-assessment that would listen to your reflections and reinforce your chosen self-care practices.




Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)	0 = I never do this
2 = I do this OK (e.g., occasionally)	? = This never occurred to me. I might be interested
1 = I barely or rarely do this	N/A = doesn't apply or it's not of interest to me

	<p>Mindful Self-Awareness</p>	<ul style="list-style-type: none"> <li>_____ Notice my inner experience – my thoughts, beliefs, attitudes, feelings</li> <li>_____ Practice being mindfully present</li> <li>_____ Allow myself to cry</li> <li>_____ Do something that makes me laugh</li> <li>_____ Practice self-compassion</li> <li>_____ Make time away from my phone, email, and the Internet</li> <li>_____ Make time for self-reflection</li> <li>_____ Have my own personal support – professional or peer</li> <li>_____ Write in a journal</li> <li>_____ Do something without being an expert or in charge</li> <li>_____ Learn something new</li> <li>_____ Say no to extra responsibilities sometimes</li> <li>_____ Practice accepting discomfort</li> <li>_____ Practice gratitude</li> <li>_____ Make quiet time to complete tasks</li> <li>_____ Make a budget and keep track of how I spend my money</li> <li>_____ Use a calendar to plan my day, week, month, year</li> <li>_____ Prioritize how I spend my time</li> <li>_____ Other:</li> </ul>	
--	-------------------------------	--	--

# Wellness and Resilience Strategies: Mindful Self-Awareness



	<p>Core Values</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify what is meaningful and notice its place in my life</li> <li><input type="checkbox"/> Find a connection/community that shares my values</li> <li><input type="checkbox"/> Have experiences of awe</li> <li><input type="checkbox"/> Contribute my time or other resources to causes I believe in</li> <li><input type="checkbox"/> Read books or listen to talks/music that inspire me</li> <li><input type="checkbox"/> Choose to focus my attention on ideas, people and situations that nurture my optimism and hope</li> <li><input type="checkbox"/> Be aware of the non-material aspects of life that I value</li> <li><input type="checkbox"/> Be curious and engage in conversations with other people about their values</li> <li><input type="checkbox"/> Express my outrage in social action, letters, donations, marches, protests</li> <li><input type="checkbox"/> Explore how to maintain balance in my work and non-work life</li> <li><input type="checkbox"/> Make time for reflection to balance time spent doing</li> <li><input type="checkbox"/> Take vacations</li> <li><input type="checkbox"/> Take day trips or mini-vacations</li> <li><input type="checkbox"/> Take rest breaks in the day – a walk at work, brief nap, etc.</li> <li><input type="checkbox"/> Spend time in nature</li> <li><input type="checkbox"/> Sing</li> <li><input type="checkbox"/> Meditate</li> <li><input type="checkbox"/> Other:</li> </ul> 
	<p>Physical Wellness</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat regularly (e.g., breakfast, lunch, and dinner)</li> <li><input type="checkbox"/> Eat healthily</li> <li><input type="checkbox"/> Dance, swim, walk/run, play sports, or other physical activities on a regular basis</li> <li><input type="checkbox"/> Explore new ways to exercise</li> <li><input type="checkbox"/> Get regular medical care for prevention</li> <li><input type="checkbox"/> Get medical care when needed</li> <li><input type="checkbox"/> Take time off when sick</li> <li><input type="checkbox"/> Get regular comforting, relaxing and/or healing touch</li> <li><input type="checkbox"/> If relevant, take time to be sexual – with myself, with a partner</li> <li><input type="checkbox"/> Get enough sleep</li> <li><input type="checkbox"/> Wear clothes I like</li> <li><input type="checkbox"/> Prioritize minimizing stress in my life</li> <li><input type="checkbox"/> Make healthy decisions around use of alcohol, tobacco, and other drugs</li> <li><input type="checkbox"/> Take a break during the workday to move, hydrate, and eat healthy food</li> <li><input type="checkbox"/> Take brain breaks during intense work times</li> <li><input type="checkbox"/> Other:</li> </ul>

# Wellness and Resilience Strategies: Mindful Self-Awareness

## Section 8



### Healthy Relationships

- \_\_\_\_\_ Spend time with others whose company I enjoy
- \_\_\_\_\_ Stay in contact with important people in my life
- \_\_\_\_\_ Make time to reply to personal emails/letters; send holiday cards
- \_\_\_\_\_ Allow others to do things for me
- \_\_\_\_\_ Enlarge my social circle
- \_\_\_\_\_ Ask for help when I need it
- \_\_\_\_\_ Share a fear, hope, or secret with someone I trust
- \_\_\_\_\_ Resolve a conflict with people in a productive way
- \_\_\_\_\_ If relevant, spend time with my companion animals
- \_\_\_\_\_ If relevant, schedule regular dates with my partner or spouse
- \_\_\_\_\_ If relevant, schedule regular activities with my children
- \_\_\_\_\_ Give myself affirmations, praise myself
- \_\_\_\_\_ Use emotional regulation strategies
- \_\_\_\_\_ Have intentional conversations with friends, family and co-workers
- \_\_\_\_\_ Set limits/boundaries in your personal and work life
- \_\_\_\_\_ Negotiate for my needs
- \_\_\_\_\_ Have a peer support group
- \_\_\_\_\_ Other:



In which areas of well-being do you have effective habits that best serve you?

Are there any areas that you would like to focus on building new habits or reviving some ones you have found helpful before?

If yes, which areas and what habits appeal to you to add?

Overall balance: What do you notice about the balance between the four areas of well-being in your life?

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton. The compass model is adapted from the work of [The Samaritan Family Wellness Foundation](#).