

Self-Care Resources

Answer the following questions/prompts:

1. How do you take care of yourself when things get difficult?
2. How do you take care of your community when things get difficult?
3. What are different self- and community-care resources you have? Put important names, phone numbers, or other contacts here.
4. What are the boundaries I want to have around caring for others?
5. How will I communicate my boundaries and limits?

Processing Questions

You can take a self-care assessment here:

<https://www.ncsddc.org/wp-content/uploads/2020/09/Self-Care-Assessment.pdf>

How are you doing

- Emotionally?

- Physically?

- Psychologically?

- Spiritually?

How have you been impacted by recent events? How does your power and privilege inform your response?

What do you need from your community?

What can you offer your community?

How will you take care of yourself? What resources are available to help you do this?

What will you do next? What are some actions you can take to help move forward and impact your immediate community?

Everything is Awful and I'm Not Okay: Questions to Ask Before Giving Up

No two people are the same; you are encouraged to customize this document to your own needs, abilities, and resources.

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Original: <http://eponis.tumblr.com/post/113798088670/everything-is-awful-and-im-not-okay-questions-to>

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?

If not, take a shower right now.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

Have you stretched your legs in the past day?

If not, do so right now. If you don't have the spoons for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?

If not, do so — jog for the length of an EDM song at your favorite BPM, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?

Take a goddamn selfie. Your friends will remind you how great you look, and you'll fight society's restrictions on what beauty can look like.

Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem

is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you been over-exerting yourself lately — physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You've made it this far, and you will make it through.

You are stronger than you think.

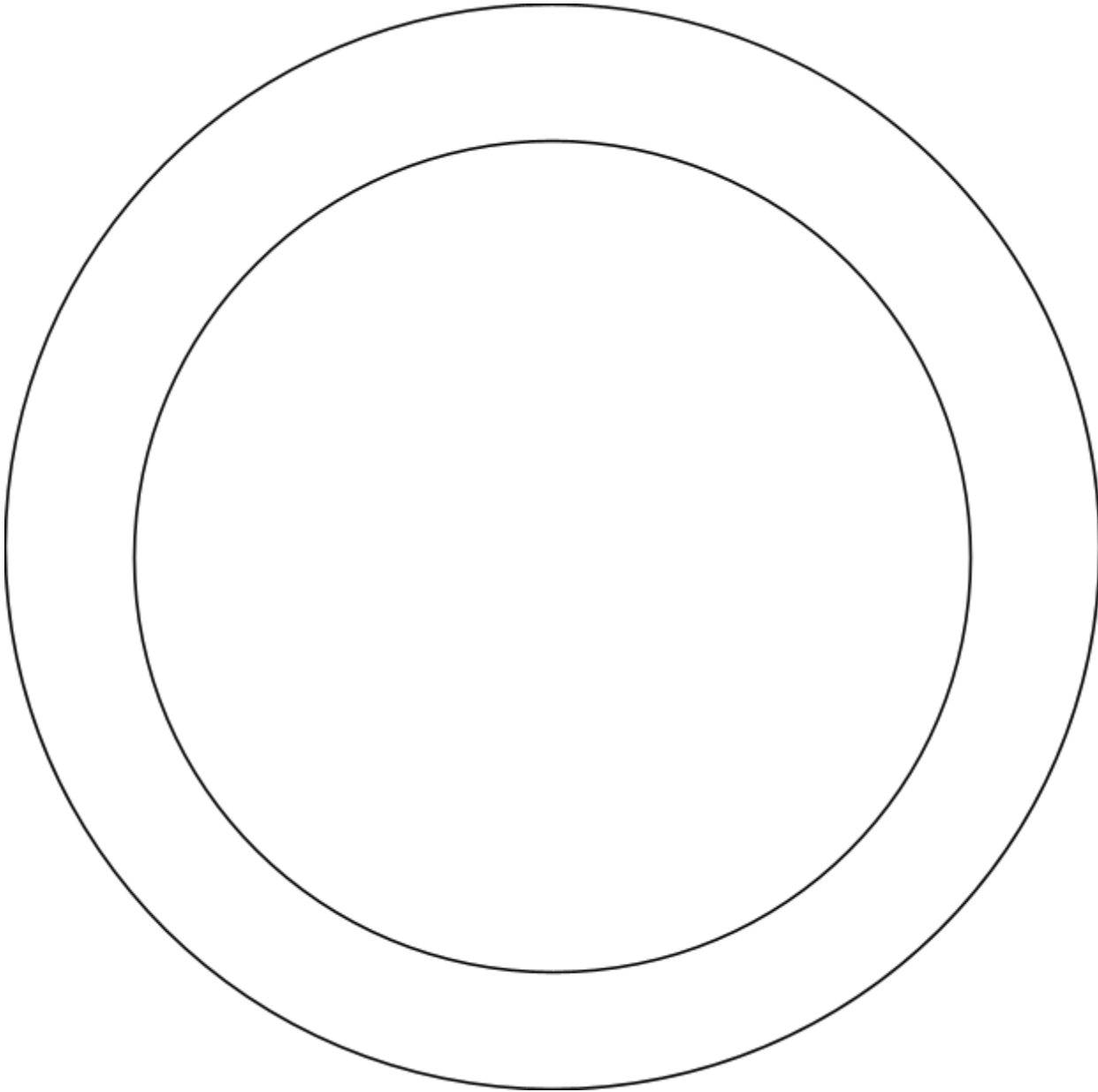
Plotting my resources and support

Use this sheet to plot your resources and support during stressful/challenging times.

<p>Who are three people I can go to for support (with their consent)?</p> <ul style="list-style-type: none">• Person 1:• Person 2:• Person 3:	<p>What are three online resources I can go to for accurate and timeline information?</p> <ul style="list-style-type: none">• Resource 1:• Resource 2:• Resource 3:
<p>What are important skills and talents I have that I can remind myself of when things are difficult?</p> <ul style="list-style-type: none">• Skill/talent 1:• Skill/talent 2:• Skill/talent 3:	<p>What are three affirmations I can remind myself of when things are difficult?</p> <ul style="list-style-type: none">• Affirmation 1:• Affirmation 2:• Affirmation 3:
<p>What are three community resources that I find useful when I need support?</p> <ul style="list-style-type: none">• Resource 1:• Resource 2:• Resource 3:	<p>What are three of your favorite COVID-safe(r) places to go to that lift your spirits?</p> <ul style="list-style-type: none">• Place 1:• Place 2:• Place 3:
<p>What are three activities I can engage in when I need to re-center? (ex. walking, watercolor, breathing, etc.)</p> <ul style="list-style-type: none">• Activity 1:• Activity 2:• Activity 3:	<p>What are three go-to songs, videos, or other forms of media that I can engage with when I need to recenter?</p> <ul style="list-style-type: none">• 1:• 2:• 3:
<p>What are three quotes that will guide my praxis?</p> <ul style="list-style-type: none">• Quote 1:• Quote 2:• Quote 3:	<p>What are three ways I will communicate my boundaries when I need to dis-engage or take time to care for myself?</p> <ul style="list-style-type: none">• 1:• 2:• 3:

What's on your plate?

Use this image to help you assess what's on your "plate" and how you can (re)prioritize what are the most pressing responsibilities.



Debrief questions:

- What are the pieces that take up the most space?
- Are they the most important?
- If you could re-prioritize, how would you?
- What do you want off your plate?
- What would you add to your plate if you could?

(Inspired by katie robinson, 2022)

How to Make Heather's Favorite Self-Care Glitter Jar for Trying Times...

What you need:

- 1 mason jar
- Warm water
- Clear glue
- Glitter
- Food coloring
- Optional:
 - Beads
 - Legos
 - Trinkets

Directions

- Open your mason jar
- Add clear glue (about $\frac{1}{4}$ to $\frac{1}{2}$ inch)
- Pour 2-3 scoops of glitter (mix up colors if you're feeling daring!)
- Add 2-3 drops of your favorite food coloring
- Drop your optional bead/lego/trinket in
- Pour warm water into the mason jar
- Fasten the jar tightly
- Think of one hope/wish/intention you have
- Hold the jar securely and dance/shake/swirl it
- Watch the jar mix and the colors/glitter come together
- Put the jar down and shake it whenever you need a moment of clarity or mindfulness
- (Not suitable for small children- be careful!)

5-4-3-2-1 Grounding Exercise

Using your five senses, notice the things around you. Utilizing breathing and counting can help you ground and center yourself. Some people might not be able to utilize the senses, so feel free to substitute in ways that make sense for you and your abilities.

5: Notice FIVE things you see around you.

It could be a pen, a spot on the ceiling, anything in your surroundings.

4: Notice FOUR things you can touch around you.

It could be your hair, a pillow, or the ground under your feet.

3: Notice THREE things you hear.

This could be any external sound. If you can hear your belly rumbling that counts!

Focus on things you can hear outside of your body.

2: Notice TWO things you can smell.

Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Notice ONE thing you can taste.

What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

Loving Kindness Meditation

May I be safe and protected.

May I be happy, peaceful, and calm.

May I be strong and healthy.

May I live with joy and ease.

May I be filled with loving kindness.

Adapted from Mindfulness Based Stress Reduction (MBSR) (Carrie Noble, 2020)

Noticing Pleasant Events

Our brains tend to hold on to extreme moments of happiness, excitement, anxiety, and depression. This is not inherently a bad thing and may be a carryover from an ancestral need to pay attention to extreme and immediate danger. However, it can block out the warmth and positive feelings that can come from very ordinary, gentle, pleasant moments.

This is a tracking tool to re-focus on pleasant events which may be small or less noticeable unless we lift them up. Each day, find a pleasant event to reflect on and work through the questions in the exercise. You can copy and paste this matrix into your own word document, or write it down by hand.

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
Monday:				
Tuesday:				
Wednesday:				
Thursday:				
Friday:				
Saturday:				
Sunday:				

Adapted from Mindfulness Based Stress Reduction (MBSR) (Carrie Noble, 2020)

Inhale and Exhale Intentions

Something that helps me is having a breathing meditation/exercise when I'm feeling stressed or overwhelmed with the world around me. Here's some an activity that might help you.

As you inhale through your nose, say to yourself: "inhale centering, hope, and healing."

Send the air and those words to the parts of yourself that need it the most.

Let it settle in. As you exhale through your mouth, push the parts and energies that hurt or feel heavy to the surface and outward, and say to yourself "exhale anxiety, pain, and fears."

Do this once. Do it many times. Do this with the same words. Or change up the words or phrases. Make it work for you in ways that you need it or ways that fit your need/purpose.

Sending love and hope to you and whenever you need it. Share this with whoever needs it.



image description: text that reads "inhale... centering, hope, healing. exhale... anxiety, pain, fears."

Self-Care Bingo

Feeling a bit stuck on ways to take care? Try out this self-care bingo card to get you started.

B	I	N	G	O
drink a glass of water	inhale for 8 seconds, hold for 4 seconds, exhale for 8 seconds	text your best friend forever	do the 5-4-3-2-1 grounding activity in this packet	watch a puppy video
find some lotion or oil and rub it into your hands, fingers, and fingernails	stand in the sun for a few minutes	make a list of five of your favorite things	eat a meal	make a plan to do something fun or safely see a loved one in the next week
color a page from this self-care packet	stretch break	start the pleasant events tracker in this packet	draw a large heart on a piece of paper and fill it with words, drawings, and quotes that ground you	stop everything you're doing... and have a dance party
play a game (animal crossing, or https://www.google.com/doodles/halloween-2020 for example)	think of one treat or nice thing you are going to do TODAY!	start a playlist with your favorite feel good songs	have a coffee or tea zoom date with a friend	give yourself a hug for three inhales & exhales
draw a turkey using the outline of your hand	make a wish for our global community and the earth	take a shower	write down one thing you like about yourself on a piece of paper and put it on your bathroom mirror	take a screen break for 10 minutes

it's okay

to go

at
your
own



pace!

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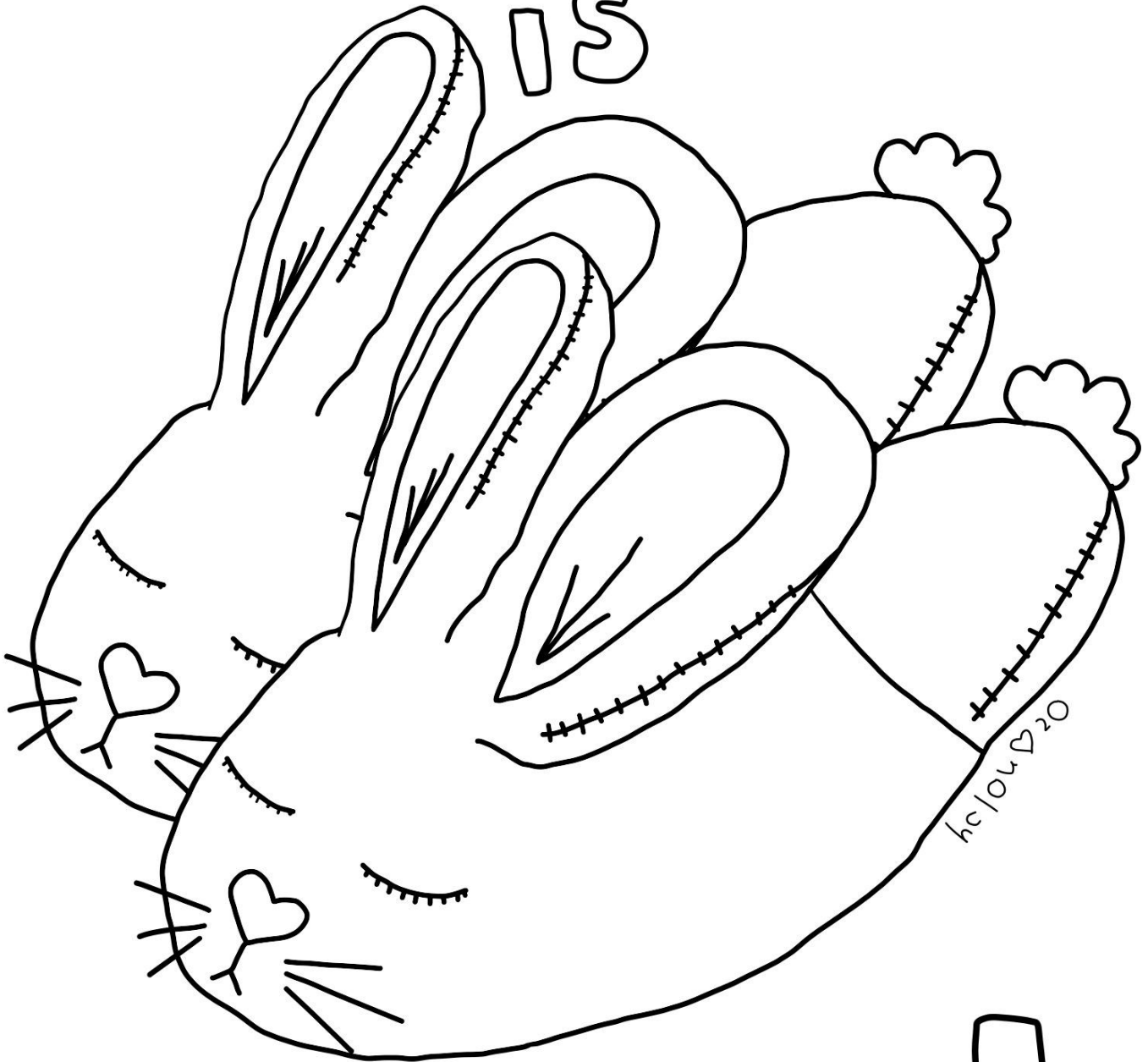
i am
deliberate
and
afraid
of
nothing!

audre lorde

hc lou ♡19

self care

is



hc/04/20

radical.



hc|ou ♡ 20

Supporting people in distress

(by Emily O'Hara, 2021)

1. Reach out
 - a. Worry less about saying the right thing and say something. There are lots of ways to reach out without asking "How are you?"
 - b. Share something that made you thinking of them
 - c. Remind them they are not alone
 - d. Ask if you can help or support in any way
 - e. Acknowledge things haven't been asy
 - f. Send a funny meme
 - g. Acknowledge how strong they are
2. Listen
 - a. Listen without judgment
 - b. Seek to understand
 - c. Try not to interrupt
 - d. Show you are listening by giving eye contact, nodding, and summarizing what they are sharing
3. Empathize
 - a. Feel with people
 - b. Take the perspective of the other person
 - c. You could say "That sounds really hard." "You are going through so much." "I don't know what to say, I'm just glad you are here talking to me."
4. Offer help connecting them to additional support
 - a. Sometimes the best way we can help is by connecting someone to community or campus resources and supports
 - b. Try to normalize help seeking
5. Engage in your own self-care
 - a. How do you nurture your own mind, body, and spirit?
 - b. How can you show compassion for yourself?

Great resources for trauma informed care and practices

- Trauma Informed Education with [Mays Imad](#)
- American Library Association [Trauma-Informed Teaching and Learning Practices](#)
- [SAMHA's Approach](#) to Trauma Informed Care
- Recruiting, hiring, and [retaining trauma informed workforces](#)
- How to Survive the End of the World [Podcast](#)
- Addressing Race and Trauma in the [Classroom PDF](#)