

**Self-Awareness and Self-Care Activities:**

1. Check-In: know your warning signs (physical, thoughts, feelings, behaviours, relationships)
2. Note what are you are already doing that is supporting you in living well and balance: body, mind, emotion, spirit
3. Remember the basics: Rest, sleep, nutrition, exercise, sex
4. Everyday spend some time in quiet and nourishing activities
5. Develop coping skills
6. Limit trauma input
7. Journal/ Reflective Writing: Narrative medicine
8. Relaxation
9. Yoga: body awareness
10. Walking in nature
11. Gratitude practice
12. Five daily habits that make people happier – Shawn Achor
  - Write 3 new things you're grateful for daily
  - Write best thing that happened to you in the last 24 hrs
  - Conduct one act of kindness (praising or thanking someone)
  - Exercise for 10 minutes
  - Meditate for 2 minutes
13. Practice mindfulness
14. Water your joy seeds! – Thich Nhat Hanh

**Professional/ organizational strategies**

15. Acknowledge this exists-use the language
16. Diversify workload
17. Develop 'role shedding' rituals
18. Make time to honour your work
19. Take breaks/ check-in during the day
20. Get and use your vault
21. Take care of each other
22. Ongoing training
23. Ask for help ...please....
24. Eat Gelato...lots of it!!!

Remember: "We are all just walking each other home" - Ram Dass