



## Online Resources and Activities:

There is a Name for the Blah You're Feeling: It's Called Languishing:

<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>

[www.selfcare.ca](http://www.selfcare.ca)

<https://www.blessingmanifesting.com/>

<https://blog.calm.com/>

Self-Care in Uncertain Times (includes mentee ideas!):

<https://seedlingmentors.org/self-care-in-uncertain-times/>

Self-Care Assessment: [https://www.mentoring.org/wp-content/uploads/2020/03/MARCH\\_2015\\_Self\\_Care\\_Assessment.pdf](https://www.mentoring.org/wp-content/uploads/2020/03/MARCH_2015_Self_Care_Assessment.pdf)

How to Practice Self-Care (10+ Worksheets and Activities):

<https://positivepsychology.com/self-care-worksheets/>

## Instagram Accounts:

Rupikaur\_  
drjodycarrington  
blessingmanifesting  
the.doodle.project  
thelatestkate  
jangandfox  
positivelypresent  
selfcareexpress  
brenebrown  
dinosandcomics  
walktheearthwriter  
gmf.designs  
the.med.collective

## Apps in Ascending Order:

The Daily Difference  
The LifeLine  
Slumber  
Calm  
Colorfly  
Headspace  
Noon (Subscription required)

## YouTube Videos:

Headspace YouTube Channel: <https://www.youtube.com/c/headspace>

Yoga with Bird YouTube Channel:  
<https://www.youtube.com/c/YogaWithBird>

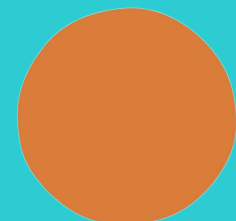
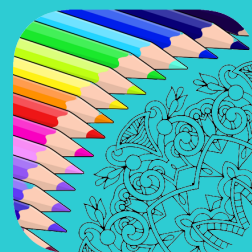
Boundaries with Brene Brown: <https://www.youtube.com/watch?v=-WpdsRPzKco>

What is Self-Care? : [https://www.youtube.com/watch?v=EguDLVf5x\\_U](https://www.youtube.com/watch?v=EguDLVf5x_U)

Brene Brown – What is Empathy?: <https://www.youtube.com/watch?v=1Evwgu369Jw>

The Power of Vulnerability – Brene Brown - TEDTalk:  
<https://www.youtube.com/watch?v=iCvmsMzIF7o>

Listening To Shame – Brene Brown – TEDTalk:  
<https://www.youtube.com/watch?v=psN1DORYYVog>

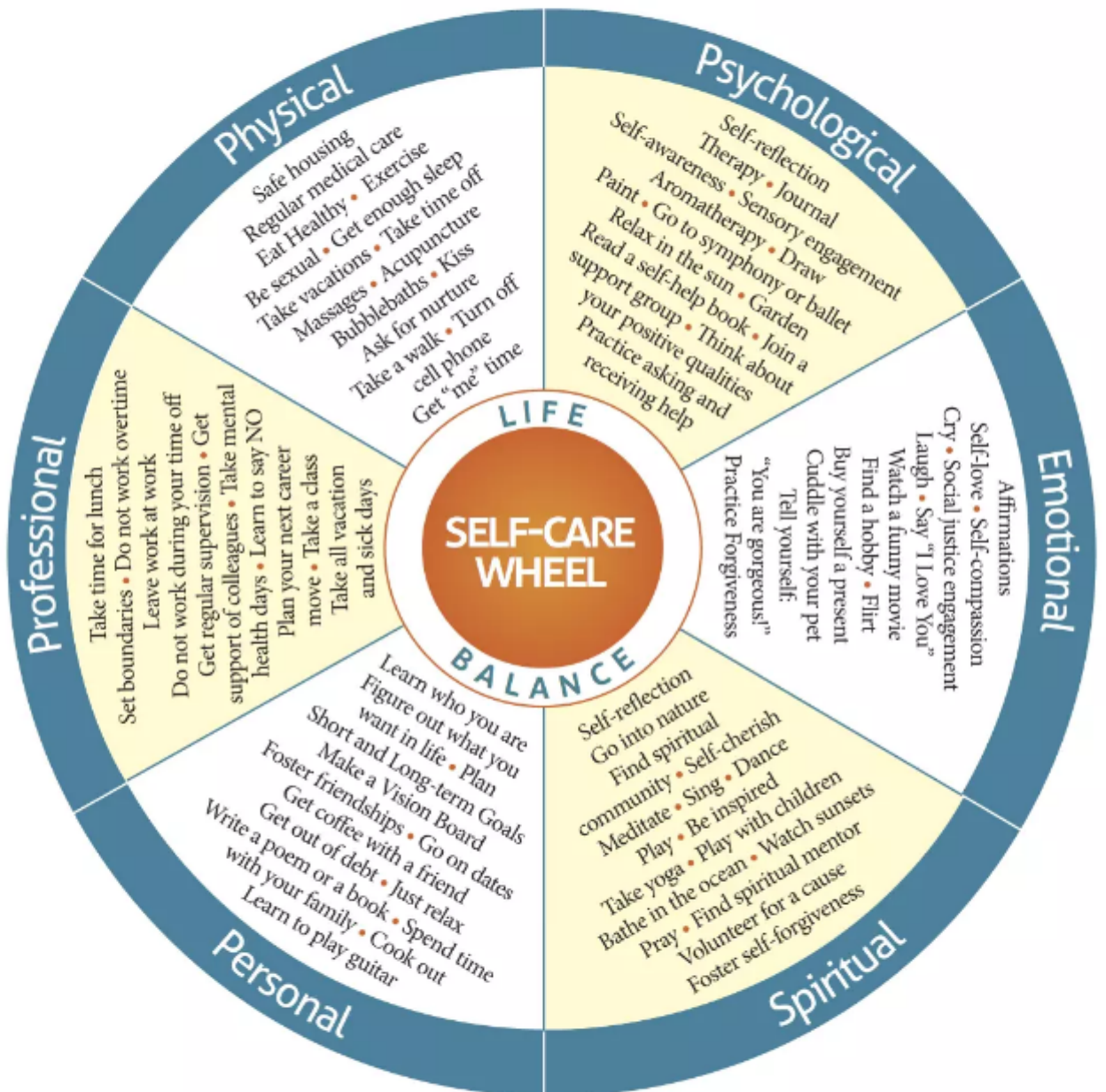


HEADSPACE



# TAKE CARE OUT THERE!

## SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)



# Types of Self-Care

## Physical



Sleep  
Stretching  
Walking  
Exercise  
Nutrition  
Yoga

## Emotional



Stress Management  
Coping Skills  
Compassion  
Therapy  
Journaling

## Social



Boundaries  
Support System  
Positive Social Media  
Communication  
Friends

## Spiritual



Time Alone  
Meditation  
Prayer  
Nature  
Sacred Space

## Personal



Hobbies  
Creativity  
Goals  
Identity  
Authenticity

## Space



Safety  
Healthy Environment  
Stability  
Clean Space

## Financial



Saving  
Budgeting  
Money Management  
Paying Bills  
Boundaries

## Work



Time Management  
Work Boundaries  
Breaks

BlessingManifesting