

# Peaceful Activities

Preventing and addressing vicarious trauma and the responses we talked about. Research has found that socializing with friends and family, being involved in creative activities, and being physically active helps maintain a sense of personal identity and maintain feeling “like yourself.” For example, we can make sure we do not withdraw from social interactions by setting a standing date with friends each month.

Write down as many enjoyable activities for each box. Once you have a few items, select one that that is the most exciting to you. Write that activity in the second set of boxes and write down a time you will commit to enjoying this activity. You can even share this with a friend or colleague and ask them to check in with you from time to time about how things are going.

<b>Connecting or socializing with others</b>	<b>Creativity</b>
<b>Moving or being physically active</b>	<b>Wild Card!</b>

<b>Connecting or socializing with others</b>          Daily? Weekly? Monthly?	<b>Creativity</b>          Daily? Weekly? Monthly?	<b>Moving or being physically active</b>          Daily? Weekly? Monthly?
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# Self-Care Resource List

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## Books

*Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*

Laura van Dernoot Lipsky with Connie Burk

*Help for the Helper: Self-Care Strategies for Managing Burnout and Stress*

Babette Rothschild with Marjorie Rand

*The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization*

Françoise Mathieu

## Online

### **Trauma Stewardship Institute**

Interview recordings with Laura van Dernoot Lipsky

<http://traumastewardship.com/listen-watch/listen/>

### **University of Buffalo School of Social Work – Self-Care Starter Kit**

The University of Buffalo School of Social Work developed a starter kit on self-care for students that might be of some use to other beginning social work professionals.

While the kit does not address all that goes into developing the skill of professional self-care, it does begin the journey.

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>