

# FUNDAMENTALS OF PROVIDING SERVICES TO SURVIVORS OF TORTURE



## SELF-CARE

### LIFESTYLE

Relaxation  
Nature  
Humor  
Music  
Fulfilling work



### PHYSICAL

Nutrition  
Sleep  
Exercise  
Breathing  
Touch



### SPIRITUAL

Meditation  
Inspirational texts  
Self-forgiveness  
Purpose & meaning  
Spiritual vommunity



## 5 AREAS OF SELF-CARE

### EMOTIONAL

Positive self-talk  
Gratitude  
Optimism  
Affirmations  
Tame the inner critic



### SOCIAL

Family  
Friends  
Pets  
Community  
Volunteer work



### BURNOUT FACTORS

- Peer conflict
- Frustration
- Isolation from co-workers
- Lack of satisfaction or recognition
- Overwork
- Insufficient resources

### VICARIOUS TRAUMA FACTORS

- Cynicism/pessimism
- Nightmares/sleep difficulties
- Social withdrawal/isolation
- Generalized anxiety/sadness/despair
- Physical symptoms like aches & pains
- Reduced compassion or interest
- Questioning the meaning of life or purpose



MyFitnessPal  
SleepBot  
StartStretching



Fooducate  
TrailLink  
AboutHerbs



Calm  
Happify  
Headspace



GratitudeJournal  
LiveHappy  
ThankfulFor



Facebook  
Instagram  
Call a friend!