FUNDAMENTALS OF PROVIDING SERVICES TO SURVIVORS OF TORTURE

SELF-CARE

5 AREAS OF SELF-CARE

PHYSICAL
- Nutrition
- Sleep
- Exercise
- Breathing
- Touch

LIFESTYLE
- Relaxation
- Nature
- Humor
- Music
- Fulfilling work

EMOTIONAL
- Positive self-talk
- Gratitude
- Optimism
- Affirmations
- Tame the inner critic

SPIRITUAL
- Meditation
- Inspirational texts
- Self-forgiveness
- Purpose & meaning
- Spiritual vommunity

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/dispair
- Physical symptoms like aches & pains
- Reduced compassion or interest
- Questioning the meaning of life or purpose

Emerging from trauma, we are all survivors of torture.