

# Healing the Healer

Designing  
Creative  
Self-Care  
Plans  
for Work-Life  
Balance



# Healing the Healer

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J.D.



# Overview

- Introduction
- Identify Secondary Traumatic Stress & Symptoms
- Creative Process to Release Symptoms
- **Design Your Creative Self-Care Cards for the Mind, Body, Spirit and Heart**
- Implement Your Plan with a Goal Setting Process

# SUPPLIES

Pen, Pencil or Sharpie

Journal



2 Sheets of Paper (can be watercolor paper if you are using watercolors)

**Optional:** Any art supplies you have, crayons, colored pencils, markers, watercolors.....



Grounding practice

Close your eyes

Take three deep  
breaths

# Self-Care is Crucial

***"It is one of the most beautiful compensations of this life that you cannot sincerely try to help another without helping yourself."***

-Ralph Waldo Emerson



# Impact of Art::

**It's been shown to reduce stress, increase self-reflection and self-awareness, and build stronger resilience – all of which play a key role in life transformation and health.**





## SECONDARY TRAUMATIC STRESS



# What is Secondary Traumatic Stress (STS)?

**“Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another. Its symptoms mimic those of post-traumatic stress disorder (PTSD).”**

The National Child Traumatic Stress Network

<http://www.nctsn.org/resources/topics/secondary-traumatic-stress>

# Symptoms of STS include....

## To name a few...

- Hopelessness
- Chronic exhaustion
- Sleeplessness
- Disconnection
- Illness
- Anger and cynicism
- Survival coping
- Guilt
- Physical ailments
- Loss of creativity...

## Possible Result?

- Overwhelmed, helping professionals leave the field of work they love ...
- **Turnover** has an emotional toll



Open your journal...  
on the left side of the page...


- List any symptoms you get from stress or STS.

For example: stress, anxiety,  
depression, physical  
symptoms, etc...

# Symptoms of STS include....

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Now think about how you would like to feel and write those words next to your symptoms.

For example:

- Stressed -----Relaxed
- Anxious -----Calm
- Depressed-----Happy

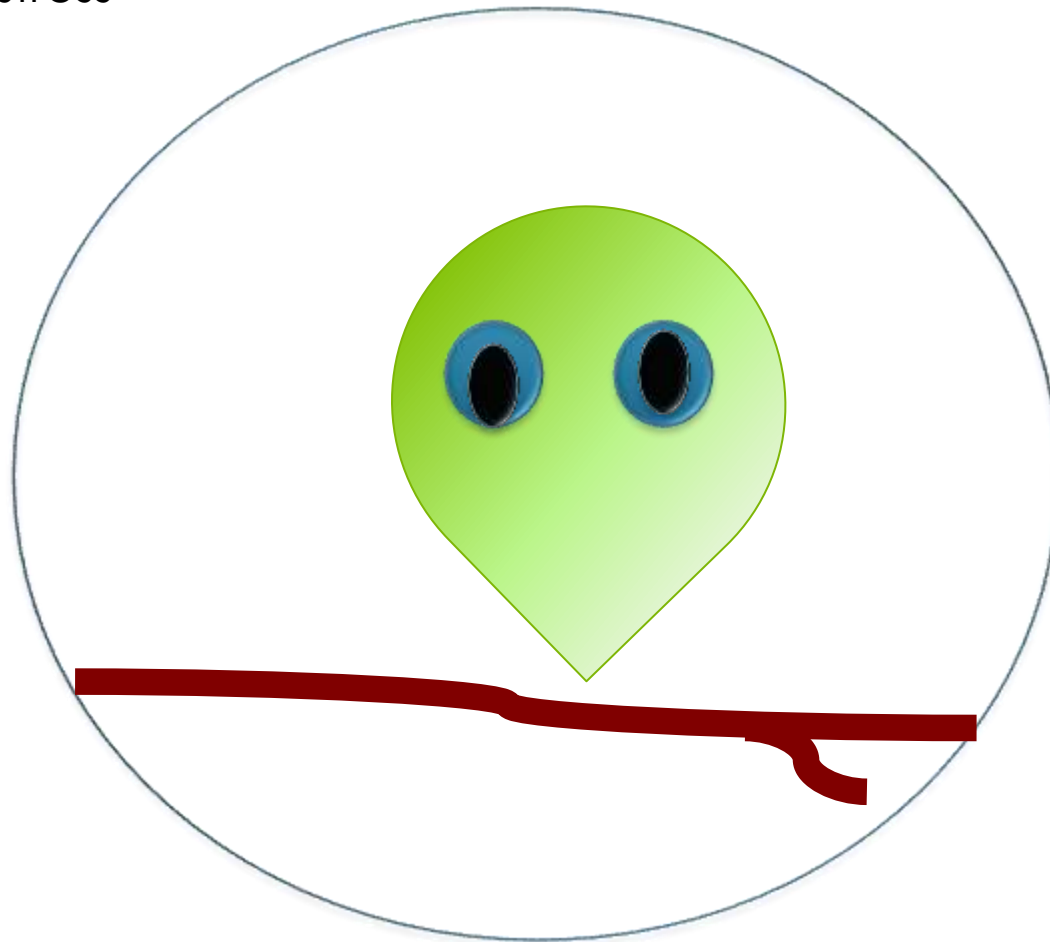
# Take out a pencil or pen & fresh piece of paper

- Draw a circle in the middle of the piece of paper.
- Select one to three symptoms & write those words on the outside of the circle
- **Next, we are going to draw a simple wise owl guide inside the circle as a reminder to trust our inner intuition and wisdom**

stress

anxiety

depression



# Now on your piece of paper...

- As an antidote to the symptoms, write the qualities you want to nurture on the inside of the circle
- You can paint/color these in after the session





stress

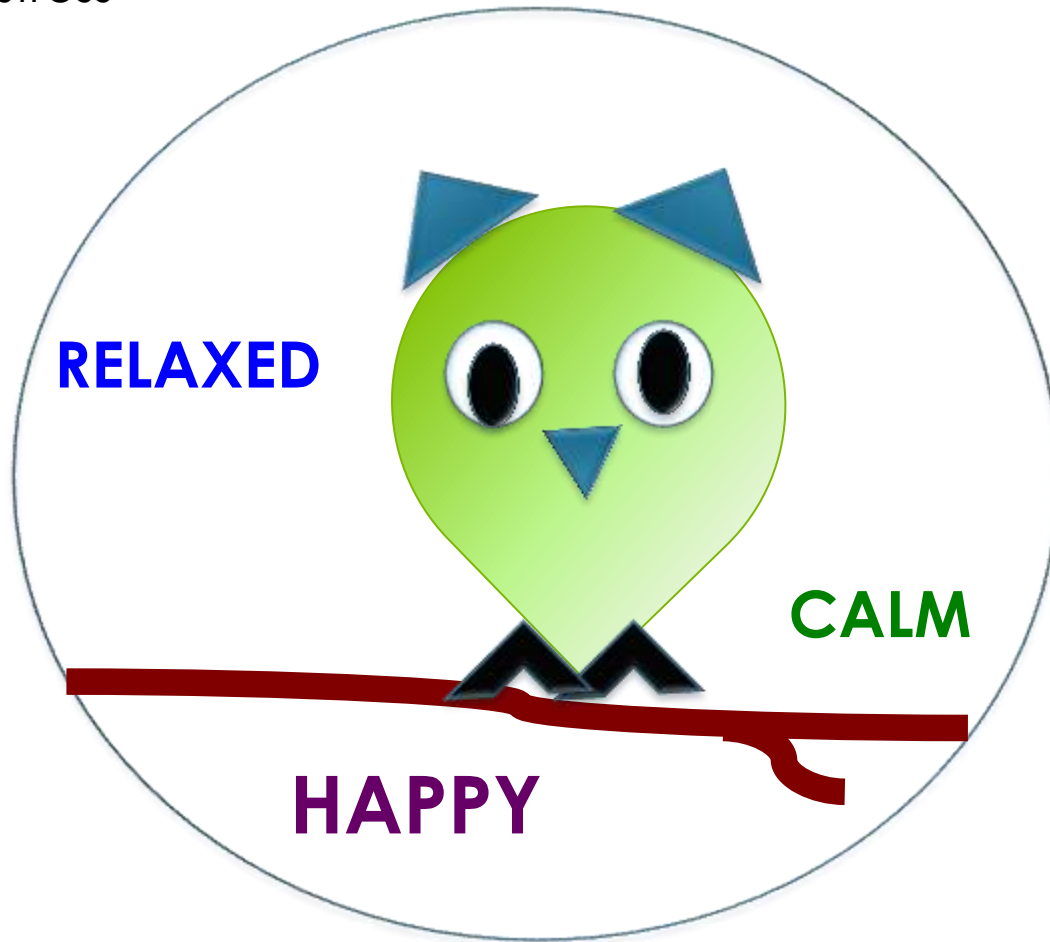
anxiety

**RELAXED**

**CALM**

**HAPPY**

depression



# CREATIVE SELF-CARE PLAN



It is important to focus on these four areas to help cope with and decrease STS symptoms & support healing:

- Psychological (**MIND**)
- Physical (**BODY**)
- Spiritual (**SPIRIT**)
- Emotional (**HEART**)



Pryce, et al., 2007, pp. 61-71.

## Awareness:::

First let us discover how you  
are doing in these realms of self-care

Realms of Resilience::: in the following four  
slides, we'll pick numbers between 1 & 10:

1-not so fab

10-amazing

- MIND
- BODY
- SPIRIT
- HEART

## **MIND:::**

In general, how would you score your MIND's well-being on a scale of 1 to 10?

- Do you have healthy thoughts that shape your life & action?
- Do you regularly express gratitude for the good things in your life?
- Do you love and appreciate yourself?

## **BODY:::**

In general, how would you score your BODY's well-being on a scale of 1 to 10?

- Do you make choices to support healthy habits and practice behaviors that support your physical health and safety?
- Do you feel you have a good diet, sleep & exercise habits for your unique needs?
- Do you take care of your body in a way that supports your happiness and health?

## **SPIRIT:::**

In general, how would you score your MIND's well-being on a scale of 1 to 10?

- Do you have beliefs and values that provide you with a sense of purpose and act in alignment with those beliefs?
- Do you find ways to nurture your spiritual self – i.e. mindfulness practices, prayer, spending time in silence, spending time in nature, etc.?
- Do you feel spiritually connected in a way that is meaningful to you?

# HEART:::

In general, how would you score your HEART's well-being on a scale of 1 to 10?

- Do you feel you understand and are aware of your feelings and express your emotions in a constructive way?
- How well do you feel connected to your inner authentic self?
- Are you trying new experiences and seeking to learn more about personal growth?



# Create Your Plan

- Take a new piece of blank paper and fold in half and half again...to create four sections
- Tear it into quarters to make four pieces of paper
- We are going to create cards for each realm

# Self-Care Cards

- On one side we are going to sketch a symbol and the word for the realm
- On the other side, write 1-3 practices you'd like to implement to support each realm of self-care

Given our time today, choose one of the four you want to focus on right now.

# Example! 😊



# If you want to start with Psychological (**MIND**)::

Practices that have been shown to support well-being:

- Mindfulness Practices
- Journaling
- Creativity



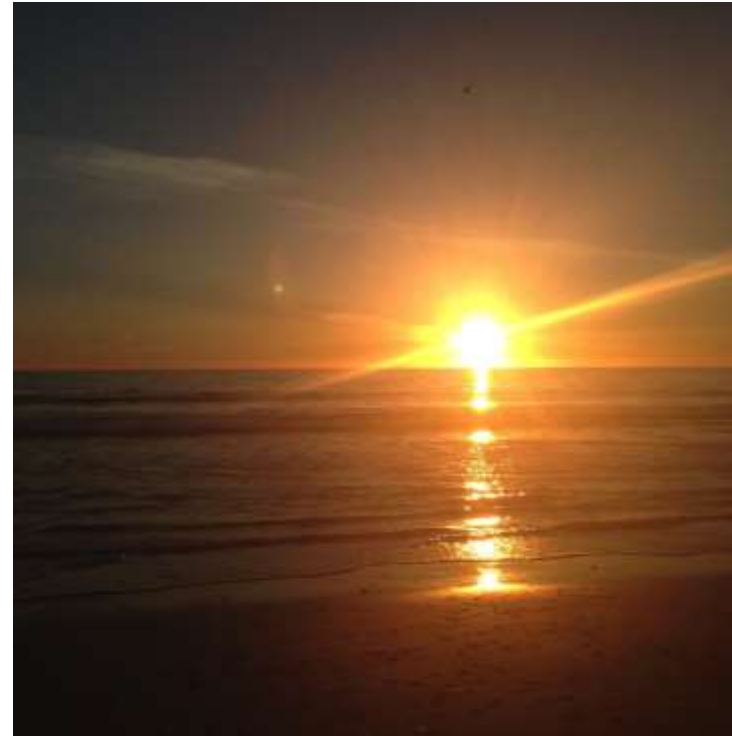
# Physical (**BODY**)



- Exercising
- Sleeping Well
- Eating Healthy

# Spiritual (**SPIRIT**)

- Being in Nature
- Meditation/Prayer
- Expressing Gratitude



# Emotional (**HEART**)



- Laugh
- Taking Time Off
- Loving Kindness in Relationship to Self & Others

# GOAL SETTING PROCESS



Let's use Gabriele Oettingen's WOOP process from her book *Rethinking Positive Thinking: Inside the New Science of Motivation*



# WOOP: Goal Setting Process

Next 30 days pick one self-care strategy to implement

**W**ISH \_\_\_\_\_

**O**UTCOME \_\_\_\_\_

**O**BSTACLE \_\_\_\_\_

**P**LAN \_\_\_\_\_

# WOOP: Goal Setting Process

For instance...

**WISH** meditate 10 minutes each morning.

**OUTCOME** feel more relaxed & connected  
to self

**OBSTACLE** want to sleep more and fear of  
connection to depression

**PLAN** use my free insight timer meditation app



Thank you for the sacred work you are doing to support healing.

***"I've come to believe that each of us has a personal calling that's as unique as a fingerprint – and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you."***

–Oprah Winfrey

***“Today you are you! That is truer than True!  
There is no one alive who is you-er than you!”***

—Dr. Seuss





Contact us here for free self-care resources & free art videos:::

- [rachelbavis@gmail.com](mailto:rachelbavis@gmail.com)
- sign up for our newsletter with our new Gratitude Reflection Coloring Book here: [www.rachelbavis.com](http://www.rachelbavis.com)

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# Resource List

# Thank you for joining Healing the Healer

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