

Self Care For The Self Aware A Guide For Highly Sensitive People Empaths Intuitives And Healers

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Self-Care Assessment Worksheet Physical Self-Care ...<https://www.brown.edu/campus-life/health/services/promotion/sites/healthpromo/files...>

Self-Care Assessment Worksheet This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, you can move on to developing a full self-care plan. Using the scale below, rate the following areas in terms of frequency: 5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me Physical Self-Care ...

Self-Care Inventory - NAMI<https://www.nami.org/NAMI/media/Extranet-Education/HF15AR6SelfCare.pdf>

Self-Care Inventory . Rate the following areas in frequency: 5 = frequently . 4 = occasionally . 3 = rarely . 2 = never . 1 = it never occurred to me . Physical Self-Care 5
4 3 2 1 Eat regularly (e.g. breakfast, lunch and dinner) Eat healthy foods Exercise consistently Get regular medical care for prevention Get medical care ...

Self-Care Assessment - University at Buffalo<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care...>

Self-Care Assessment Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton. The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care ...

2. Secondary Traumatic Stress and Self-Care Packet - edhttps://safesupportivelearning.ed.gov/sites/default/files/TSS_Building_Handout_2...

2. Assess your self-care practice. Many strategies are available to support self-care and reduce the signs and symptoms of STS and related conditions. Take some time to complete the self-care self-assessment below. This tool provides ideas about how to practice self-care ...

Three Tiered Model Toward Improved Self-Awareness a...https://www.counseling.org/docs/default-source/vistas/article_30.pdf

approaches for addressing self-care and self-awareness of pre-service counselors, none have become conventional components in counselor preparation. Based on a perceived need for a universal approach to developing self-care strategies and self ...

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