



## Trauma-Informed Self-Care Resources

- Self-Assessments
  - Professional Quality of life (PROQoL-5) <https://proqol.org>
  - Self-care Assessment [Resilience Balance and Meaning \(tendacademy.ca\)](https://tendacademy.ca)
  - National Wellness Institute [NWI Focus Survey Tool.pdf \(nationalwellness.org\)](https://nationalwellness.org)
  - Trauma-informed self-care measure [trauma informed self care.pdf \(usf.edu\)](https://usf.edu)
- Wellness and Self-Care
  - DoDD Wellness Project [The Wellness Project \(ohio.gov\)](https://ohio.gov)
  - National Wellness Institute [NWI Tools Download \(informz.net\)](https://informz.net)
  - [National Association of Social Workers \(NASW\) Code of Ethics \(CoE\) 2021 Updates Include Self-Care: Celebrations and Crucial Caveats - SocialWorker.com](https://socialworker.com)
- Occupational Self-Care
  - Make a Budget worksheet [pdf-1020-make-budget-worksheet.pdf \(ftc.gov\)](https://ftc.gov)
  - Credit union locator: [Credit Union Locator | MyCreditUnion.gov](https://mycreditunion.gov)
  - Savings tips: [54 Ways to Save Money | America Saves](https://americasaves.com)
  - Resources on paying off debt: [Resource Center | America Saves](https://americasaves.com)
  - Discounts for COVID workers and first responders: [Discounts for Healthcare Workers and First Responders - Heroes Health Initiative \(unc.edu\)](https://unc.edu); NASW member discounts: [Discounts for Members \(socialworkers.org\)](https://socialworkers.org)
- Physical Self-Care
  - Tabitha Brown [COME ON IN THE ROOM \(iamtabithabrown.com\)](https://iamtabithabrown.com)
  - Yoga with Adriene <https://yogawithadriene.com>
  - Down Dog yoga app [Down Dog | Great Yoga Anywhere \(downdogapp.com\)](https://downdogapp.com)
  - Free community yoga [Classes, Events, and Trainings | World Peace Yoga - World Peace Earth / Heärt \(xn--hert-moa.com\)](https://worldpeaceyoga.com)
  - Free yoga and meditation [Jewel Never Broken https://www.jewelneverbroken.com/posts/22469167](https://www.jewelneverbroken.com/posts/22469167)
- Social Self-Care
  - Gthx app gthx weekly gratitude circles
  - CPTSD Foundation Safe Support Groups (\$5/month) [Safe Support Groups | CPTSDfoundation.org](https://cptsd.org)
  - Bumble app to meet platonic friends
- Intellectual Self-Care
  - Dan Siegel Healthy Mind Platter [Healthy Mind Platter - Dr. Dan Siegel \(drdansiegel.com\)](https://drdansiegel.com)
  - Darryl Edwards Primal Play [Primal Play](https://primalplay.com) and Ted Talk [Darryl Edwards - TED Talk \(primalplay.com\)](https://ted.com)
- Emotional Self-Care
  - Dr. Kristen Neff [Self-Compassion \(self-compassion.org\)](https://self-compassion.org)
  - Action for Happiness [www.actionforhappiness.org](https://www.actionforhappiness.org)
  - Yale The Science of Well-being [The Science of Well-Being | Coursera](https://coursera.org)
  - Meddy Teddy Smile Guide [Smile Guide – Meddy Teddy](https://meddyteddy.com)
  - Gthx app [gthx](https://gthx.com)
  - Acknowledge, Accept, Welcome: Oakley Ogden
    - <https://oakleyogden.com/audio/a-technique-to-manage-tough-feelings-part-1/>
    - <https://oakleyogden.com/audio/a-technique-to-manage-tough-feelings-part-2/>
  - Tara Brach's RAIN: [Resources ~ RAIN: Recognize, Allow, Investigate, Nurture - Tara Brach](https://tara.brach.com)
  - Find a mental health professional: [Find A Listing – Mindpeace \(mindpeacecincinnati.com\)](https://mindpeace.com)
  - Find a Black mental health professional: [Therapy For Black Girls](https://therapyforblackgirls.com) or [Home - Therapy for Black Men](https://home-therapyforblackmen.com)
  - Find an LGBTQ+ friendly provider: [Find an LGBTQ+ Friendly Doctor or Healthcare Provider Near You \(outcarehealth.org\)](https://outcarehealth.org) or [GLMA - Find a Provider](https://glma.com)
- Spiritual Self-Care
  - [VIA Character Strengths Survey & Character Profile Reports | VIA Institute](https://viainstitute.com)
  - Headspace Guide to Meditation on Netflix



- Ten Percent Happier app – free for mental health professionals for one year [www.tenpercent.com/mentalhealth](http://www.tenpercent.com/mentalhealth)
- *Ten Percent Happier* app, free Live meditations weekdays at 3pm EST
- *iChill* app
- Podcasts [Podcast — Truth's Table](#); [Cultivating H.E.R Space Podcast](#); [Introducing: Unlocking Us | Brené Brown \(brenebrown.com\)](#); [Home | Teri Wellbrock | Hope For Healing Start Your Healing Journey Here](#)
- Mindfulness-Based Stress Reduction course [Online MBSR/Mindfulness \(Free\) \(palousemindfulness.com\)](#)
- Loving Kindness Meditation: [Loving-Kindness Meditation – The Center for Contemplative Mind in Society](#); [Loving-Kindness Meditation | Practice | Greater Good in Action \(berkeley.edu\)](#)
- Beginning a Self-Care Practice
  - *Atomic Habits* by James Clear
  - *Tiny Habits* by BJ Figg
  - *The Habit Loop* by Charles Duhigg
  - [9 Best Goal Setting & Tracking Apps for 2021 \(developgoodhabits.com\)](#)
- Recommended books/resources on Trauma, Burnout, Secondary Trauma
  - *Trauma Stewardship* by Laura van Dernoot Lipsky & Connie Burk
  - *Beyond the Cliff* [beyond the cliff laura van dernoot lipsky - Search \(bing.com\)](#)
  - *The Age of Overwhelm* by Laura van Dernoot Lipsky
  - *What Happened to You?* By Bruce Perry and Oprah Winfrey
  - *The Deepest Well* by Nadine Burke-Harris
  - *Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski and Amelia Nagoski
  - *The Body Keeps the Score* by Bessel van der Kolk
  - *Waking the Tiger* by Peter Levine

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