

TRAUMA STEWARDSHIP

North - Insight (Why?)

Why am I doing what I am doing? Reminder: It's my choice.

Do I need support/consultation from a trusted person?

Where is my trauma mastery/specialism today? Can I tend to it elsewhere?

How does what I do work for me (x5)? Assess how this serves me and my clients.

East - Focus (Plan B? What else is there?)

Challenging situation: What's challenging? What do I appreciate? Where's my focus?

What is my running commentary today? Half-empty or half-full?

3 loving things about me?

If not this work then what?

Nurture plan B with friends too.

South - Compassion and Community (My community?)

What did my ancestors do to heal?

Who is in my microculture (hopefulness, accountability, integrity)?

Examine the connection between my surroundings and my inner states.

Remember the person who showed me compassion - that feeling.

What is a compassionate response to my inner critic right now?

How can I be an ally in my privilege here? How can I work towards system change?

West - Finding Balance (How can I move the energy through?)

Plan time off and activities to rest - do I stick to the schedule to make time for myself?

Breath in with hands up and breath out with hands down

Do one exercise today

Talk to a friend, co-therapist

Express gratitude to one close person in my life

Centring myself:

What is my intention for the day?

What is one thing I can let go off?

When is my next rest day this week?

SELF-CARE

Gratitude and Grace

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(Self)Care actions

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How am I SILENT/LISTEN to my Self?

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The *five* Directions

