

Week 9 Journal Entry 4: Self-Care

Purpose

Review self-care cards below. Then please answer all the questions as your journal entry.

Journal Entry 3 asks you to consider what careers interest you in the criminal justice system. Keeping your career goals in mind, consider how your own wellness and self-care practices will need to be considered for the career you may choose.

Tasks

1. Answer part 1 and part 2 questions.
2. Upload your assignment to our course site as Word document, PDF, and/or text entry. Please do not provide a Google doc link or email this assignment to me directly.

Part 1

The following cards are from the Trauma Stewardship Institute (2018). Each card lists actions associated with a key self-care goal.

- [Card #1: Less Attachment, More Curiosity, Less Depletion, More Stamina](#)

Less Attachment, More Curiosity	Less Depletion, More Stamina
<ul style="list-style-type: none">• Cultivate a Beginner’s Mind• Foster Humility	<ul style="list-style-type: none">• Simplify• Admire Art

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<ul style="list-style-type: none"> ● Clarify Intentions ● Be Self-Respecting and Discerning 	<ul style="list-style-type: none"> ● Connect your Mind and Body ● Laugh ● Appreciate Nature ● Engage with Community ● Draw on Spirituality and Religion
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- [Card #2: Less Distraction, More Intention, Disconnect Less, Be Present More](#)

Less Distraction, More Intention	Disconnect Less, Be Present More
<ul style="list-style-type: none"> ● Protect your Morning ● Manage Volume and Intensity of Distractions ● Nurture Gratitude ● Employ Discipline to Help Maintain Perspective 	<ul style="list-style-type: none"> ● Detox ● Engage your Breath: Meditation and Yoga ● Spend Time with Animals ● Be Active ● Go Outside ● Sleep

Part 2

After reviewing the cards above, respond to the following questions. Please provide specific examples of how you incorporate some of these practices into your daily life.

- What daily routines do you have in place to help center yourself if you've had a hard day?
- What do you still need to implement into your self-care practice?
- What indicators do you notice when you have not engaged in consistent enough self-care?

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Criteria for Success

This assignment weighs the same as a discussion post, which total 15% of your final grade. In this assignment you will be graded on the following criteria:

- Demonstrated understanding of the assignment.
- Used the Trauma Stewardship cards provided as reference.

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