Fermata • Consulting

Sustain your People, Sustain your Mission

Develop a personalized self- and collective-care plan

Emotional

What are your healthy practices? Examples: Time in community, activism, self-reflection, finding your "Zen center", quiet time and an opportunity to process what comes up, therapy, going to movies/watching TV, visiting museums, going to shows, concerts, listening to music, hobbies, journaling, vacations, weekends away, time to process strong emotions (anger, anxiety, deep sadness, fear, confusion), limiting trauma-related media

Areas for improvement?

Make them SMART:

Physical

What are your healthy practices? Examples: Nutrition, exercise, hiking, biking, walking, making love, medical appointments, massage, regular sleep/rest schedule, sleep hygiene, lifting weights, play sports, limited consumption of alcohol/drugs/nicotine, dance, Progressive Muscle Relaxation

Areas for improvement?

Make them SMART:

Beth Sperber Richie, Ph.D. FermataConsult@gmail.com 301-523-8882 http://www.fermataconsult.com/

Spiritual

What are your healthy practices? Examples: Religious practices, religious community participation, meditation, reading poetry, spending time in nature, yoga, listen to or make music, make art, dance, deep breathing, guided imagery

Areas for improvement?

Make them SMART:

Intellectual

What are your healthy practices? Examples: Depth and breadth of your reading, reading for work vs. reading for fun/non-work intellectual stimulation, continuing education, research, book group, take a class, crossword puzzles/Sudoku, travel

Areas for improvement?

Make them SMART:

Financial

What are your healthy practices? Examples: Making/keeping a budget, developing an emergency fund, investigating external emergency resources, regularly balancing your checkbook/checking your on-line balances, saving for retirement, saving for a "rainy day", setting financial goals in-line with your values, getting a financial advisor

Areas for improvement?

Make them SMART:

Beth Sperber Richie, Ph.D. FermataConsult@gmail.com 301-523-8882 http://www.fermataconsult.com/

Interpersonal

What are your healthy practices? Examples: Mutual aid work, community involvement, leisure time with: partner/spouse/significant other, children, parents, other family members, friends, phone calls to people you enjoy, taking care of your social support structure, chances to expand your network, surround yourself with people who support you, meet-up groups, join a club

Areas for improvement?

Make them SMAR**T**:

Beth Sperber Richie, Ph.D. FermataConsult@gmail.com 301-523-8882 http://www.fermataconsult.com/