**Micro & Macro Self Care Flip Charts**

**Symptoms**

Dissociation

Comfort Eating

Drinking

Questioning yourself

Worrying you have forgotten something

Not sleeping very well

Lack of concentration/pre-occupation

Headaches

Constantly tired

Crying

Weird dreams

Speech disrupted

Over talking or silence

Sore shoulders

Stiff neck

Snappy

Aches and pains

Feel too much or too little

IBS

Gurgling stomach

Illnesses

Do fewer things enjoy – i.e. socialising, exercise

Gripping fists

Sweaty palms

Leave

Restless legs, agitation

Pissed off at home

Co-ordination affected

Flight

**Micro**

Write an email but don’t send it

Eat something proper

Write things down

Phone call to boss

Take a break while driving

Colouring in

Space

Go for a walk

Tidy desk

Music

Body scan

Coffee

Breathing

Chocolate

Cry

Cleaning

Stop

Play a game on phone

Phone family

Know where the public toilets are (lone workers)

**Macro**

Exercise

Good sleep

Yoga/Meditating

Concert/Hobbies/Interests

Human contact

Peer support

Family quality time

Change of scenery

Holiday

Pets

Chocolate

**Wrap Around**

Access to Occupational Health

Fridays off

Good communication throughout service

Respect others boundaries

Get “neutral” perspectives on issues

Peer meetings

Sharing info across services

Flexible working

Block access to work emails/phones at home

Pay us more! (For less?)

Debriefing

Engaged in change

No shame in saying “that impacted me”

Culture – development of relationships

Celebrate success!

Supervision – external and internal

Commitment to lunch and breaks

Time to talk – team meetings

Policies to support staff including GBV

Process for feedback from service users