

Sense of Safety Self Care Audit

*Adapted from Transforming the Pain: a Workbook on Vicarious Traumatization. Saakvitne, Pearlman and Staff of TSI/CAAP (Norton, 1996)
Integrating insight from Lynch (2021) A Whole Person Approach to Wellbeing: Building Sense of Safety Routledge.*

Reflect on these prompts – What do you do now? What did you love doing in the past? What do you want to do more of? Choose one or two you would like to integrate into your daily life.

Sense of Safety Dynamic

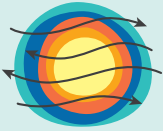
It never
occurred
to me

Never

Rarely

Occasion-
ally

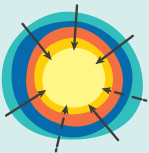
Frequently



BROAD AWARENESS

How well do you stay aware of yourself, others, and your environment?

- | | | | | | |
|---|--|--|--|--|--|
| • Be curious | | | | | |
| • Spend time in nature | | | | | |
| • Notice your inner experience – your dreams, thoughts, imagery, feelings, sensations | | | | | |
| • Read literature unrelated to work | | | | | |
| • Be open to inspiration | | | | | |
| • Cherish your optimism and hope | | | | | |
| • Be aware of non-tangible (non-material) aspects of life | | | | | |
| • Have awe-filled experiences | | | | | |
| • Listen to inspiring music | | | | | |
| • Identify projects or tasks that are exciting, growth promoting, and rewarding for you | | | | | |
| • Have awareness and enjoyment of your senses in everyday activities | | | | | |



CALM SENSE MAKING

How do you take time to organise your thoughts, feelings and memories in reflection, dialogue, story-telling or ritual?

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|---|--|--|--|--|--|
| • Make time to complete tasks | | | | | |
| • Get regular supervision or consultation | | | | | |
| • Express gratitude | | | | | |
| • Celebrate milestones with rituals that are meaningful to you | | | | | |
| • Make time for prayer, meditation, reflection | | | | | |
| • Remember and memorialise loved ones who have died | | | | | |
| • Get away from stressful technology such as papers, faxes, telephones, email | | | | | |
| • Make time for self-reflection | | | | | |
| • Go and see a psychotherapist or counsellor for yourself | | | | | |
| • Write in a journal | | | | | |
| • Let others know different aspects of you | | | | | |
| • Re-read favourite books, re-view favourite movies | | | | | |
| • Take a day trip or mini holiday | | | | | |
| • Organise your home, office, photos, gardens, or memories | | | | | |
| • Take a step to decrease stress in your life | | | | | |



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RESPECTFUL CONNECTION

How well do you connect respectfully with yourself, others, and the wider world around you?

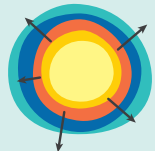
• Practice receiving from others					
• Get regular medical care when you need it and for prevention					
• Take time off when you are sick					
• Get massages or other body work					
• Get enough sleep					
• Spend time with others whose company you enjoy					
• Stay in contact with important people in your life					
• Identify and seek out comforting activities, objects, people, relationships, places					
• Play with children					
• Plant a tree or weed a garden					
• Participate in a spiritual gathering, community or group					
• Nurture others					
• Take time to chat to co-workers					
• Have a peer support group					
• Set limits with clients and colleagues					
• Balance your case load so no one day is “too much”					



OWNING YOURSELF

How do you connect to yourself and own your feelings, thoughts, decisions, and dreams?

• Arrange your workspace so it is comfortable and comforting					
• Negotiate for your needs					
• Take time to eat lunch					
• Treat yourself kindly (supportive inner dialogue)					
• Feel proud of yourself					
• Allow yourself to cry					
• Find things that make you laugh					
• Eat healthfully					
• Take time to be sexual					
• Wear clothes you like					
• Say no to extra responsibilities sometimes					



CAPABLE ENGAGEMENT

What places, people, and exploration do you use to increase your sense that you are capable in your world?

• Move for fun (dancing, walking, yoga etc.)					
• Lift weights					
• Practice martial arts					
• Do physical activity that is fun for you					
• Do something at which you are a beginner					
• Engage your intelligence in a new area – go to an art gallery, museum, sports event, exhibit or cultural event					
• Speak up for yourself					
• Express your outrage in constructive ways					
• Take on a challenge you have previously avoided					
• Contribute to or participate in causes you believe in					