Compassion Fatigue Management: Self-Care Checklist Lauren S. Grider, DVM, CCFP

TO 41 14 TO 1	□ Quality Nutrition □ Maintain Hydration □ Add others as needed □ Make Time to Eat □ Medication Compliance □ □ Adequate Sleep □ Physical Healthcare □ □ Joyful Movement □ Mental Healthcare □ □ Adequate Rest □ Maintain Boundaries □
Cultivating Joy	☐ Mindfulness Activities ☐ Practice Gratitude ☐ Add others as needed ☐ Artistic Expression ☐ Gardening ☐ ☐ Gather with Friends ☐ Start a Journal ☐ ☐ Learn a New Game ☐ Go for a Walk ☐ ☐ Listen to Music ☐ Sunlight Exposure ☐
Sustainable Work	□ Foster Work Flexibility □ Take Breaks □ Add others as needed □ Connect with Colleagues □ Negotiate Benefits □ □ Learn New Skills □ Balance Caseload □ □ Expand Work Identity □ Ask for Help □ □ Limit Trauma Exposure □ Create Quiet Time □
Social Connection	□ Cultivate Friendships □ Phone a Friend □ Add others as needed □ Interact with Pets □ Write a Letter □ □ Take a Fun Class □ Plan Movie Night □ □ Go to the Park □ Plan Game Night □ □ Make Non-Work Friends □ 20-Second Hug □
Spiritual Development	 □ Define Meaning □ Experience Nature □ Prayer □ Take a Yoga Class □ Meditation □ Mindful Walking □ Self-Reflection □ Find Inspiration □ Volunteer □ Unplug from Technology