

PERSONAL WELLNESS PLAN

**For Those Supporting Survivors
of Domestic and Sexual Violence**



My Personal Wellness Plan

Supporting survivors is powerful, meaningful work, and it can be emotionally demanding. This Personal Wellness Plan helps you identify what supports your well-being as you continue to serve others with compassion and strength.



1. My Wellness Vision

When I feel balanced and well, I notice that I...

What I want more of in my daily life:

What I want less of in my daily life:



2. My Signs of Stress or Compassion Fatigue

Recognizing early signs helps you take action before burnout sets in.

Physical Signs
(e.g. fatigue, headaches)

Emotional Signs
(e.g. irritability, sadness)

Behavioral Signs
(e.g. withdrawing, trouble focusing)



When I'm starting to feel overwhelmed, I usually notice...

When I am stressed, others have gently pointed out that I seem...

In the past, burnout has shown up for me as...

3. My Core Self-Care Strategies

Daily Practices:

Weekly Practices:

Workplace Practices:



4. My Support System

Peer or Coworker:

How They Help:

Supervisor or Mentor:

How They Help:

Personal or Community Support:

How They Help:

Family or Close Friends:

How They Help:

What makes it hard to ask for help?

What support feels most helpful when I'm overwhelmed?

5. My Boundaries & Renewal Plan

Boundaries protect your energy and allow recovery.

My personal boundaries include...

A boundary I often struggle to hold is...

Warning signs that my boundaries are slipping:

A phrase I can use when I need to set a limit:

Example: "I'm at capacity today, but I can follow up tomorrow."

6. Crisis and Safety Steps for Me

Even helpers need a plan when things feel heavy.

When I feel emotionally flooded, what helps me feel safer in my body?

People or places that help me feel grounded:

Signs I need additional support beyond self-care:

7. My Commitment to Ongoing Wellness

I commit to reviewing and updating this plan regularly.

This plan is a living document meant to meet you where you are, on hard days and hopeful ones alike. You can revisit, revise, or set it aside as needed.

I intend to revisit and update this plan every...



Practical Self-Care Ideas to Try

You don't need to do all of these. Even one small moment of care can make a difference.

- Step outside for a few minutes of fresh air.
- Set a 10-minute break timer and honor it.
- Practice 4-7-8 breathing to calm your body.
- Keep a small comfort item nearby.
- Journal one gratitude or small win each day.
- Say "no" when you need to protect your rest.



On-the-Job Care

Care that fits into real workdays, such as between calls, after documentation, or during transitions.

- Pause for a breath before opening the next file or returning a call.
- Step away from your screen for 30–60 seconds after writing difficult notes.
- Keep a grounding phrase nearby, such as: "This story belongs to them; my body is safe right now."
- Do a brief body scan after intense interactions and release any tension.
- Mark the end of a hard task with a small transition ritual (stretching, standing up, sipping water).

Sensory-Based Options

Sensory grounding can be especially helpful after trauma exposure or emotionally heavy moments.

- Hold a stone, textured object, or comfort item.
- Sip a warm drink or chew mint or gum to engage taste and temperature.
- Wrap up in a sweater or notice the weight of your chair supporting you.
- Listen to a calming sound, white noise, or a familiar song for a minute.
- Step outside briefly and notice the temperature, light, or movement of air.



When you feel like none of this is helpful, and you can't come up for air, please reach out to a trusted individual for support. If you feel unsafe or overwhelmed, call: **1.800.799.SAFE (7233)**