

# 3 Simple

A GUIDED SELF-CARE JOURNAL

# Practices

**RAFT**

Resilience for  
Advocates through  
Foundational Training

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# **Resilience for Advocates through Foundational Training**

RAFT supports survivors of sexual and domestic violence (SV/DV) by improving the resilience and well-being of their advocates. Caring for survivors of SV/DV is incredibly taxing for advocates, leading many to depression, burnout, and compassion fatigue. RAFT equips these advocates with foundational self-care training and resources that guard against these challenges. And we do it all for free. It is our mission to support advocates as they provide amazing care for the survivors they serve.

# What is *3 Simple Practices*?

## How do I use it?

Self-care is for everyone. And it doesn't need to be complicated or radically life-changing.

**It simply needs to care for you.**

In this guided journal, you'll learn 3 simple self-care practices (gratitude, celebrations, and PERMA). Research shows that these practices lead to improved well-being over time. We'll guide you as you learn each practice, try it out, and reflect. We encourage you to practice each skill for at least a week before learning the next one. We also recommend learning your self-care practice and setting a goal for it at the start of your day and reflecting on it once completed.

Our hope is that you'll continue to hone these three simple practices until they become a natural habit.

# Self-Care Assessment

*Take a moment to assess how frequently/infrequently these practices are in your life.*

On a weekly-basis, I think I ...

(1 = infrequently, 5= Frequently)

## **Express gratitude**

1      2      3      4      5

## **Celebrate my life (and things/people in it)**

1      2      3      4      5

## **Experience positive emotions**

1      2      3      4      5

*Continues on next page*

# Self-Care Assessment

*Take a moment to assess how frequently/infrequently these practices are in your life.*

On a weekly-basis, I think I ...

(1 = infrequently, 5= Frequently)

**Engage people and/or things of interest**

1    2    3    4    5

**Connect with close relationships**

1    2    3    4    5

**Find meaning in my life**

1    2    3    4    5

**Feel accomplished**

1    2    3    4    5

# Simple Self-Care Practice: Gratitude

*An expression of thankfulness & appreciation.*

**Day #1:** List 3 things from the past few days that make you grateful.

**Try it out!** Share some, or all, of your gratitudes with someone important in your life.

**Reflect!** Who did you share your gratitude with? How did it make you feel?

# Simple Self-Care Practice: Gratitude

*An expression of thankfulness & appreciation.*

**Day #2:** List 3 people that you appreciate in your life.

**Try it out!** Share a specific appreciation to at least one person you listed.

**Reflect!** Who did you appreciate and how did it go? How did it make you feel?

# Simple Self-Care Practice: Gratitude

*An expression of thankfulness & appreciation.*

**Day #3:** Today, I am grateful for...

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Verbalize your gratitudes, write them down, or share with them with others.



# Simple Self-Care Practice: Celebrations

*Celebrations are wins in your life.*

**Day #1:** What are 3 personal wins you can celebrate (big or small) from the past week?

**Try it out!** Pick one of your wins and find a way to celebrate it.

**Reflect!** How did you celebrate your win? How did you feel after celebrating it?

# Simple Self-Care Practice: Celebrations

*Celebrations are wins in your life.*

**Day #2:** What are 3 wins you would like to share with someone else from the past week?

**Try it out!** Pick one of your wins and tell someone about it. Then celebrate your win with that person.

**Reflect!** How did it feel to share your win and celebrate with someone else?

# Simple Self-Care Practice: Celebrations

*Celebrations are wins in your life.*

**Day #3:** Today, I am celebrating...

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Find one win each day to celebrate.

# PERMA

American psychologist Martin Seligman studies positive psychology and how people can flourish. Flourishing is finding fulfillment in our lives, accomplishing meaningful and worthwhile tasks, and connecting with others at a deeper level.

Martin Seligman gives five specific domains where restorative practices will impact your well-being and help you to flourish.

You can read about each of the five domains on the next page, then complete the PERMA activities that follow.

# PERMA

**Positive Emotions:** Those feelings that make you feel great. Pleasure, warmth, comfort, joy, amusement, etc.

**Engagement:** The state of being in “flow” and so engaged with something you lose track of time. Reading a book for a few minutes and realizing an hour has gone by.

**Relationships:** The people that contribute to your well-being. The people that matter in your life. Partner, kids, friends, etc.

**Meaning:** Belonging and serving something that you believe is bigger than the self. Partaking in a religious community.

**Accomplishment:** Those things that you pursue that stretch you. Can be recognized by others or only by you. Trying something new, eating healthy, finishing a challenging hike, winning an award at work.

# Simple Self-Care Practice: Positive Emotions

**Day #1:** List 3 simple activities that take 15 min or less and that give you positive emotions.

**Try it out!** Do at least one thing that gives you a positive emotion from your list.

**Reflect!** What positive emotion did you seek today? What did you do to meet that need?

# Simple Self-Care Practice: Positive Emotions

**Day #2:** List 3 people that give you positive emotions.

**Try it out!** Have at least one moment of connection with one of these people in your life.

**Reflect!** What connection did you seek today? How did the interaction make you feel?

# Simple Self-Care Practice: Positive Emotions

**Day #3:** I enjoyed feeling....

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Seek a different positive emotion each day (joy, pleasure, love, curiosity, thrill, etc)



# Simple Self-Care Practice: Engagement

**Day #1:** What are three activities that generally keep you engaged?

**Try it out!** Pick one of your activities and intentionally make time to do it today.

**Reflect!** How did it feel to intentionally set time aside to do your activity?

# Simple Self-Care Practice: Engagement

**Day #2:** What activities at your work keep you engaged?

**Try it out!** Pick one of your activities and start your work day with this activity before you do anything else.

**Reflect!** How did it feel to prioritize your activity, and focus on it at the start of your work day?

# Simple Self-Care Practice: Engagement

**Day #3:** I enjoyed doing....

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Create a list of 10 activities that range from 5 minutes to over an hour. Select a different activity each day to engage you based on how much time you have (or schedule your day around it!)

# Simple Self-Care Practice: Relationships

**Day #1:** What are 3 of the most important relationships in your life?

**Try it out!** Do a simple activity or make a connection with one of these relationships.

**Reflect!** How did it go? What did you enjoy most about the connection?

# Simple Self-Care Practice: Relationships

**Day #2:** Who are 3 people you love (and they love you) but have not spoken to in a while?

**Try it out!** Make contact with one of the people in your list in the way you are most comfortable.

**Reflect!** How did it go? What is one gratitude you have from that encounter?

# Simple Self-Care Practice: Relationships

**Day #3:** A connection I enjoyed today...

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Take a moment to intentionally connect with one person today. It could even be a stranger, like a "Hello, how are you?" to the barista who makes your coffee order.

# Simple Self-Care Practice: Meaning

**Day #1:** What are 3 causes that you really care about?

**Try it out!** Do one simple thing today that supports or contributes to one of the causes.

**Reflect!** Why does this particular cause matter so much to you?

# Simple Self-Care Practice: Meaning

**Day #2:** What are 3 communities that you belong to?

**Try it out!** Do one thing today that makes you feel connected to one of the communities.

**Reflect!** Why does this particular community matter so much to you?



# Simple Self-Care Practice:

## Meaning

**Day #3:** A meaningful moment I had today...

### **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Find things to do that make you feel connected to things bigger than yourself. Perhaps a walk in nature, participating in a community activity, or playing on a team.

# Simple Self-Care Practice: Accomplishments

**Day #1:** What are 3 items on your to-do list today? List them in order of importance.

**Try it out!** Challenge yourself to complete the top item on your list today and to not move onto the next item until it is done.

**Reflect!** How did it go?

# Simple Self-Care Practice: Accomplishments

**Day #2:** What are 3 items on your to-do list that you've been avoiding?

**Try it out!** Challenge yourself to at least start one of the items on your list today.

**Reflect!** How did it go?

# Simple Self-Care Practice: Accomplishments

**Day #3:** Today, I accomplished...

## **Independent Practice:**

Practice this skill for the next 3-4 days on your own. Find one thing each day that made you feel accomplished, no matter how big or small. Perhaps it's deciding to take the stairs instead of the escalator. Or setting up a complicated piece of home furniture. Or finally finishing a TV series.

## Final Reflection

*Think back over the past few weeks as you learned, implemented, and reflected on these three simple practices:*

What surprised you?

What did you find challenging?

What do you appreciate?

What is at least one practice that you will continue and why?

# Interested in learning more about RAFT?

We have a wealth of self-care resources at our  
website:



There you can learn more about our free:

- Virtual Workshops for SV/DV Advocates
- Monthly leadership & support calls for SV/DV Advocates
- Podcast, blog & newsletter



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