

## Core Concepts of Child Trauma

### Self-Care Scavenger Hunt

Please mingle with your colleagues to identify one person who fits each of the items on the following list of self-care activities. Have them sign on the line. Try to get as many different signatures as you can within the time limit!

1. Has a pet and spends time with that pet for relaxation \_\_\_\_\_
2. Uses some form of meditation practice \_\_\_\_\_
3. Gets together with a close friend at least once a week \_\_\_\_\_
4. Has an exercise regimen that involves moderate exertion \_\_\_\_\_
5. Has a colleague to talk with about personal reactions to work-related stress  
\_\_\_\_\_
6. Has taken a silent retreat \_\_\_\_\_
7. Rides a bike for fun \_\_\_\_\_
8. Plays a musical instrument for relaxation \_\_\_\_\_
9. Listens to self-care tapes / CDs in the car \_\_\_\_\_
10. Reads books for relaxation \_\_\_\_\_
11. Has gone camping this year \_\_\_\_\_
12. Periodically turns off the computer / cell phone to have some quiet time \_\_\_\_\_
13. Has watched a DVD for fun during the past week \_\_\_\_\_
14. Has taken a yoga class \_\_\_\_\_
15. Other self-care: \_\_\_\_\_
16. Other self-care: \_\_\_\_\_