

## **Self-Directed Activity:**

### **Create a Vision Board of Self-Care**

It all begins with a vision.

One way to create a path to self-care is by using a vision board. A vision board can be many things. In this case, the vision to create is one that supports you to care for yourself. Sometimes when we're overwhelmed and feeling all the things related to compassion fatigue, burnout, and vicarious trauma, it's hard to trigger actions or thoughts for self-care. A vision board can help. It offers noninvasive reminders of actions, memories, friends, and family that bring calming thoughts.

We can call it your *Vision Board for Self-Care*.

### **What is a Vision Board of Self-Care?**

A vision board is a visual representation of the goals you choose. This activity focuses on self-care. That means we are creating a visual representation of your goals for your self-care when you are overwhelmed, fatigued, or feeling burned out.

A vision board can be an entire wall, in your pocket, digital or printed. You can use images from photographs, magazines, or giphy.com. There are few rules. It is for you. Though if you plan to use it I public, keep that in mind when choosing words and images.

Here are the basic steps:

#### **Step One: Visualize YOU**

Most people begin with a picture of themselves in the center of the board. It can also be your name.

Answer these questions and gather pictures or images or words that represent the answers.

### **What energizes you?**

Sunshine, family, your best friend, your pet, doing a favorite hobby, what are those things that **give** you energy?

### **What is restful for you?**

What do you do that is restful? Some answers might be napping, reading a good book, or watching a movie or an episode of a favorite show.

### **What do you want to do to find calm?**

This could be breathing exercises, yoga, going for a walk, thinking about a favorite moment, and so on.

### **What does it look like when you take care of YOU?**

This should be the image that represents you on the board.

## **Step Two: Create the board**

There are many ways to create your *Vision Board of Self-Care*. Many people make a poster board size vision board and put it in their workspace. Some people create a digital version they use as their computer desktop. Do what will work best for you.

Begin to map your board in a way that is pleasing to you. If there is something that reminds you of a new habit you are forming (a breathing exercise, taking a 10-minute walk) put that somewhere it stands out. That way you will see this new idea quickly when looking at your board.

Try not to over do it. Too much on the board may trigger more stress and overwhelm. Include a mix of images, words, and quotes arranged in a calming manner.

## Step Three: How to use your Vision Board for Self-Care

Try looking at your board when at specific times in the day – and when you are feeling overwhelmed, fatigued, or burned out. For example, take a look at the board at the beginning of your day. Spend one minute intentionally visualizing a good day in which you are taking care of yourself. Let the images guide you to the feelings you have when you are calm and centered.

If you are feeling out of control at some point, look over at your vision board and focus on the images of what helps you feel calm. See where that vision takes you. Your board may influence you to take a short walk or call a friend after work to gain some positive energy after a hard day.

## Revise the Vision

Revise your Vision Board as often as you want. Change the theme for the images on the board. Change the visions that you have for self-care based on what is working and what is not working for you. It is *your* board.

### *References:*

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