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## **What do you need in order to experience wellness?**

- to learn more effective self-care techniques
- to learn how to set more time aside for me and my own self-care
- to become more aware of my compassion fatigue symptoms
- to learn more about compassion fatigue so I understand what is happening
- to learn more about how seeing trauma has affected me
- to learn more about how my own trauma has affected me
- to learn more about how hearing trauma stories has affected me
- to ask for help
- to set boundaries
- to make more effective use of my time
- to develop strategies to stay committed to a sustainable wellness plan
- to say no
- to reduce anxiety
- to prioritize my responsibilities better
- to be kind to myself
- to learn how to incorporate self-care into my daily living
- to identify my warning signs when compassion fatigue is worsening
- to apply "wellness first aid" because I'm on the verge of burnout
- to develop coping skills for my major stressors in life
- to develop coping skills for my minor stressors in life
- to get clinical supervision and guidance in my professional life
- to increase my professional training
- to find inspiration in my work again and revitalize my compassion
- to celebrate my successes more
- to create more respect and understanding among my co-workers
- to have a healthier team and work environment
- to become more engaged with my clients and/or the people I care for
- to learn from my mistakes and challenges
- to learn to be creative in my self-care plans
- to stop wasting time doing things that are not helpful to me
- to learn how to effectively resolve conflicts
- to express my needs and wants more clearly to others
- to have more control over my schedule and workload
- to develop greater motivation to make change in my life