

Volunteer Self Care Toolkit

"...like a tree planted by water" -Jeremiah 17:7-8

MIND

1

Reflect on Jeremiah 17:7-8 **BONUS!**
Take the "Friendships: Navigating
the Effects of Trauma" course

2

Drowning in Empathy: The cost of
vicarious Trauma



BODY



3

Practice these
Simple Exercises to
Relieve Stress and Anxiety

4

Download Self Care Toolkit

SOUL

5

Meditate on this
"A Prayer for Self-Care"

6

Download Resiliency Tool



SPIRIT



7

Listen to this
Spotify Playlist

8

Download self care study
guide by InterVarsity

FUN

9

Some products used to
practice selfcare



10

Take the Boundaries quiz and
see your results