

# Stand on the Line

## Purposes

To become aware of how we take care of ourselves. To share ideas for taking better care of ourselves, especially in times of stress.

## Time

30 minutes.

## Materials

Brainstorm sheet: Ways I take care of myself

## Instructions

Being safe with ourselves is a first step in healing from trauma.

1. Brainstorm Ways I take care of myself.
2. Ask everyone to stand.
3. Point to one wall. "This wall represents zero percent. This opposite wall represents 100 percent. There is a line between these two walls. Half way along that line is 50 percent."
4. "How well we are able to sleep is a good indication of how well we are doing. Think about how much adequate sleep you usually get."
5. "If you get adequate sleep every night, stand at 100 percent. If you never get adequate sleep, stand at zero percent. If you are somewhere in between, find your spot on the line and stand there."
6. "Now take a moment to think about where you would like to be."
7. "Now move to where you would like to be."
8. Ask for a volunteer at 100 percent to speak about why they are there and what it will take for them to get there.
9. Ask for a volunteer at the lowest end to speak about why there are there and what it will take for them to get there.
10. "Now considering all of the factors we brainstormed. Think about how well you take care of yourself."
11. "Now move to where you are on the line."
12. "Now think about where you would like to be."
13. "Now move to that spot on the line."
14. Ask for a volunteer at the lowest end to speak about why they are there and what it will take to get there.
15. Ask for a volunteer at the highest end to speak about why they are there and what it will take to get there.

## Processing Questions:

*What did you notice about yourself in this activity?*

*What will you take away from this activity?*