

SELF CARE PLAN FOR PROFESSIONALS



Proactively developing a toolbox of self-care tools and regularly practicing positive stress-buffering habits can help offset stress and restore a sense of control before it impacts performance, disrupts quality of care, or worse—lead to stress fatigue or compassion fatigue. By identifying things you enjoy, you'll be able to create a unique and helpful self-care plan you'll stick with.

ABCDs OF SELF CARE

Before you build your toolbox of self-care techniques, evaluate your personal ABCDs of self care by answering the questions below.

AWARENESS:

- What types of cases do you take home with you?

- What stressors are going on in your personal life?

BALANCE:

- How do you set emotional boundaries?

- How do you minimize personal stress?

CONNECTIONS:

- How strong is your support system?

CONNECTIONS (con't):

- What connections do you have to like-minded activity groups?

DECON:

- What proactive strategies or rituals do you use at the end of the day to separate work from home?

Stress fatigue and compassion fatigue both develop from doing your best work without taking time to refuel the heart and decontaminate the mind.

Creating a plan and practicing those techniques that tend to your physical, social, emotional, and spiritual needs can help anchor you in times of extra stress.



CREATE YOUR PLAN

1. Identify and write down your emotional, physical, social and spiritual needs.
2. Inventory the tools in your toolbox learned from the presentation, and fill your self care plan with activities you enjoy that fulfill those needs. Pair evidence-based modalities with other fun activities to keep it fresh.
3. Put it into action and stick to it. Think of your care plan as an exercise routine that gets easier with practice. Dedication is key.
4. Reassess your care plan every 3 months and adjust as needed in response to life and work.

PHYSICAL NEEDS

Nourishing your body with movement, oxygen, healthy food and hydration will help you physically feel better.

- Practice good sleep hygiene.
- Engage in light exercise, housekeeping or dancing to keep the body moving.
- Stay hydrated and eat for health.
- Make time for restorative relaxation.
- _____
- _____
- _____
- _____
- _____

EMOTIONAL NEEDS

Emotional needs are met through understanding, empathy, and support from others.

- Surround yourself with others who enjoy the same things you do.
- Develop supportive friendships.
- Talk to loved ones about your stress.
- Express your emotions in a journal.
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- _____
- _____
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SPIRITUAL NEEDS

Spiritual needs are met through inner reflection.

- Each day write down one thing you're grateful for or try spiritual journaling.
- Engage in reflective practices such as prayer or meditation.
- Talk to clergy or a spiritual mentor.
- _____
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SOCIAL NEEDS

Fulfilling engagements and interactions help guard against anxiety, isolation, and depression.

- Volunteer in the community.
- Take or teach a self enrichment class.
- Join a book, tennis, quilt or knitting club
- Travel
- _____
- _____
- _____
- _____
- _____

When you feel better, you cope better.

TAKE A PROACTIVE STANCE ON MENTAL HEALTH OVER A REACTIVE STANCE TO CRISIS.