

My Plan To Self-Care

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***A Guide to help begin and
sustain self-care and
wellness***

Why Self-Care Is Important

When individuals do not practice self-care they can experience burnout, stress, depression and other medical problems. Although self-care is for everyone, it is especially important to individuals in specific helping fields such as fire fighters, doctors, therapist, teachers, case workers, judges, caregivers and daycare workers.

Self-care is simply an intervention that promotes wellness and health in various areas of your life. It is a deliberate behavior and attitude of self-awareness that encourages you to put **YOU** first.

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There are 5 Categories of Self-Care

Physical

Emotional

Spiritual

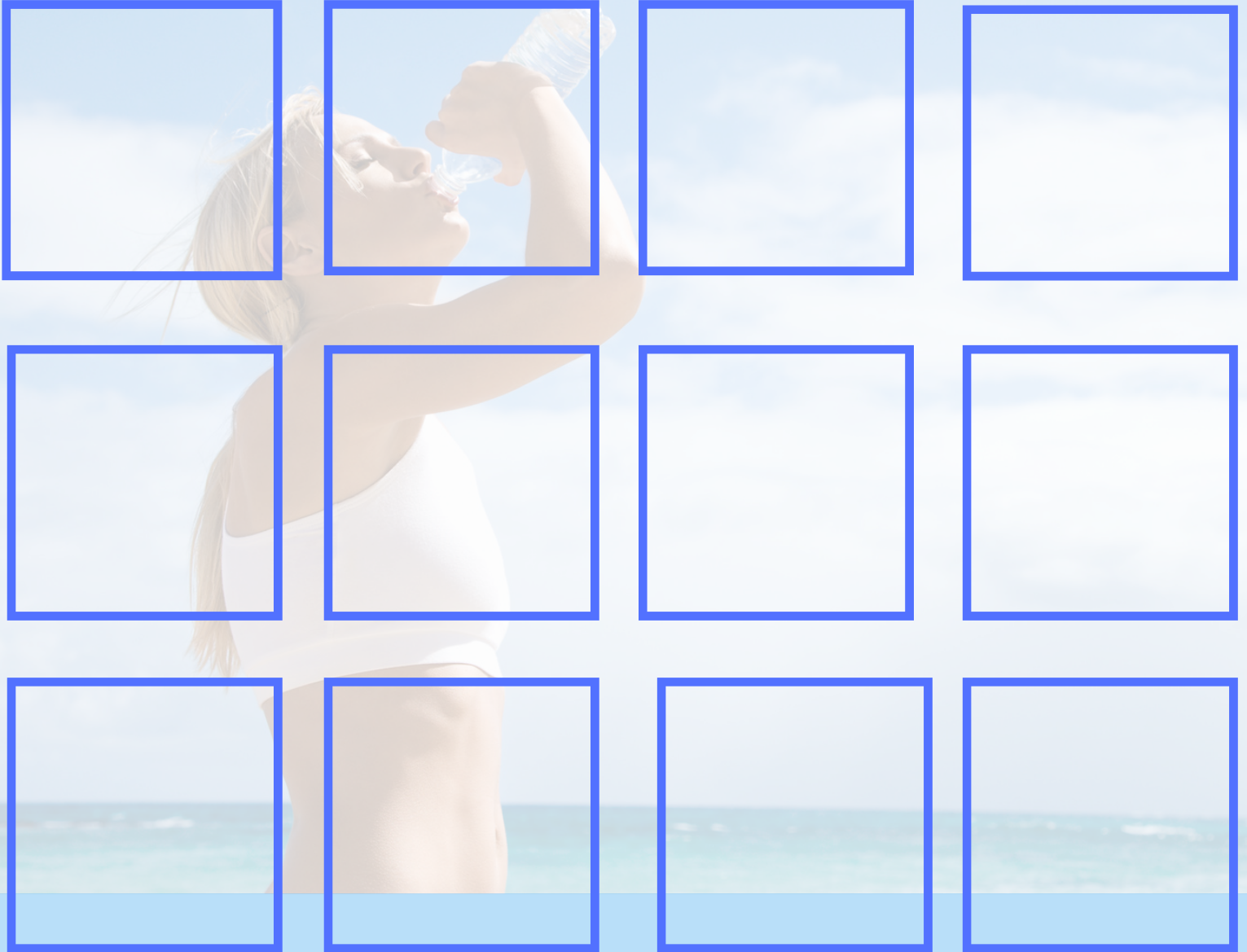
Social

Professional

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Physical Health

Name 12 new behaviors or attitudes you will incorporate in your life around physical health (i.e. try a new healthy food or track your steps)



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What's your "Why?" for physical self-care

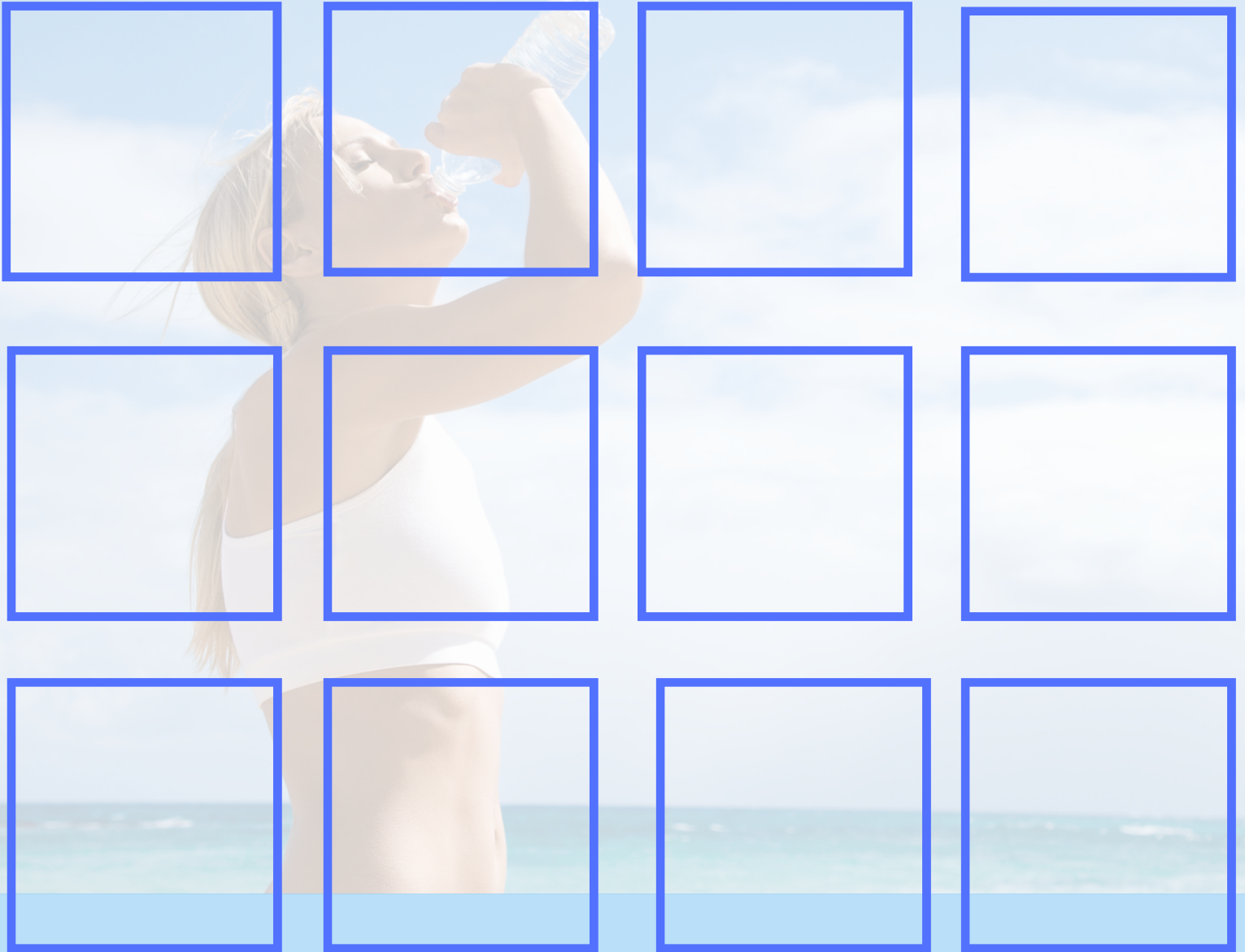
What are your challenges?

What's your goal?

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Emotional Health

Name 12 new behaviors or attitudes you will incorporate in your life around emotional health (i.e. start meditation or start saying "no")



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What's your "Why?" for emotional self-care

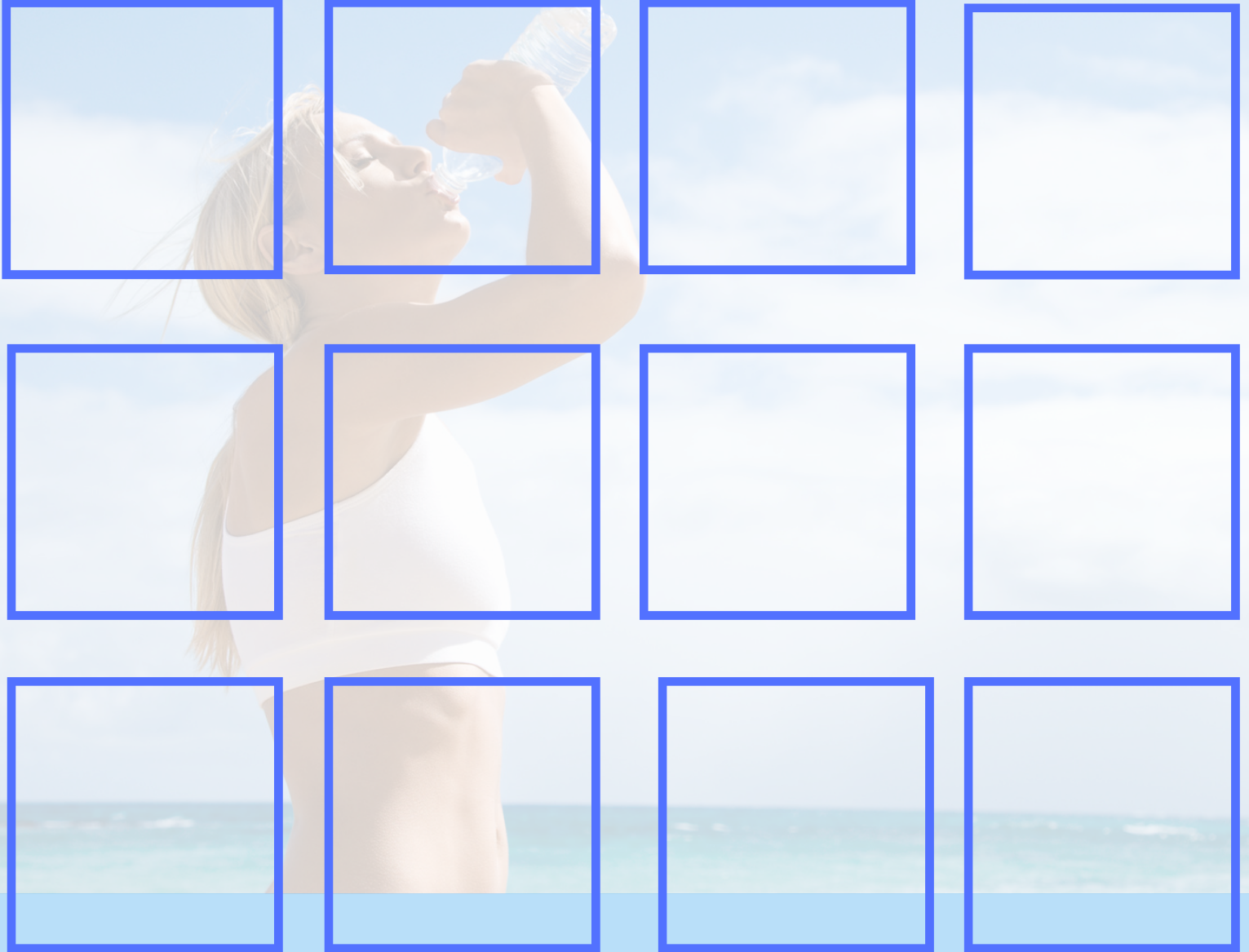
What are your challenges?

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Spiritual Health

Name 12 new behaviors or attitudes you will incorporate in your life around spiritual health (i.e. read daily devotion or start going to church)



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What's your "Why?" for spiritual self-care

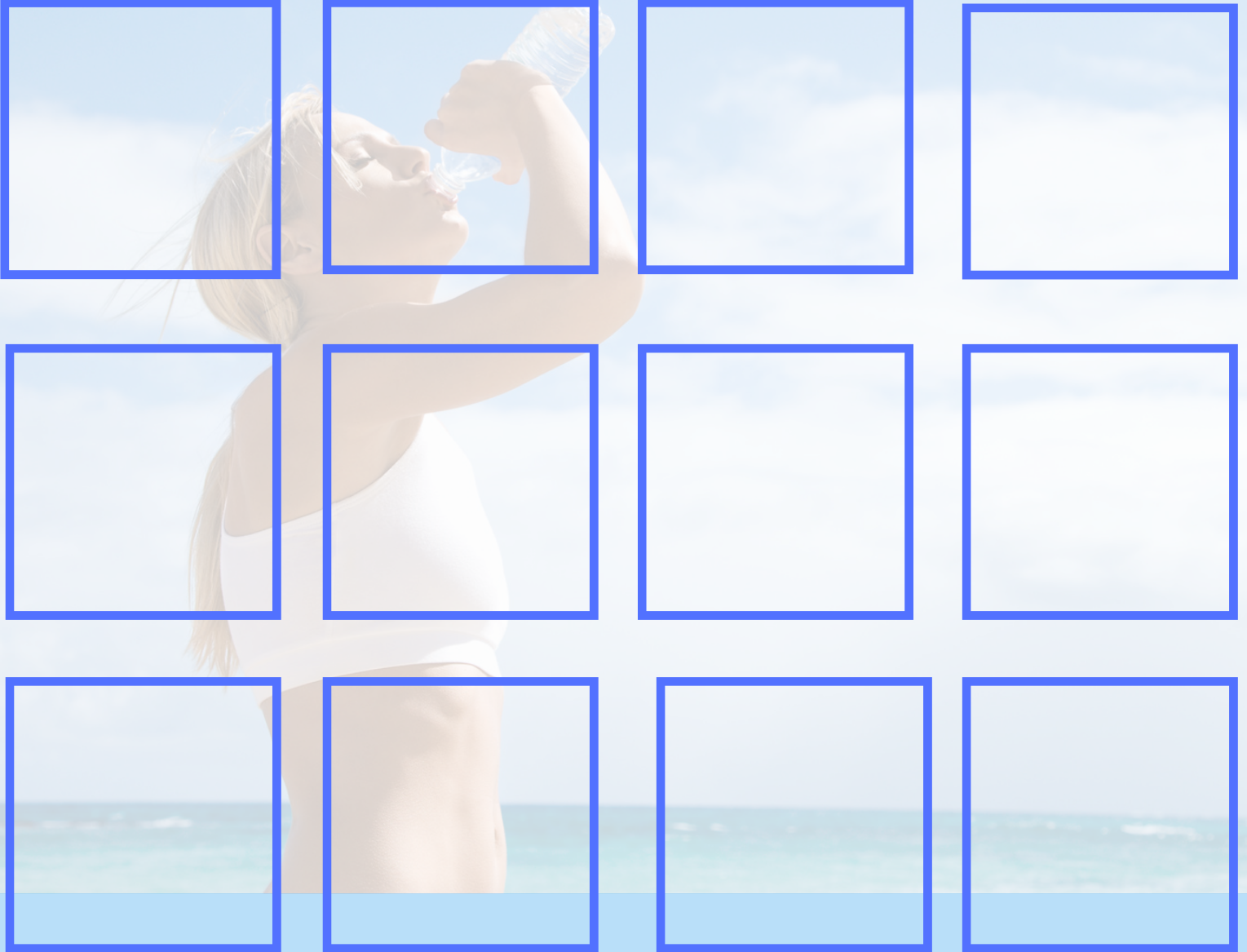
What are your challenges?

What's your goal?

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Social Health

Name 12 new behaviors or attitudes you will incorporate in your life around social health (i.e. take a trip with friends or go to an event)



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What's your "Why?" for social self-care

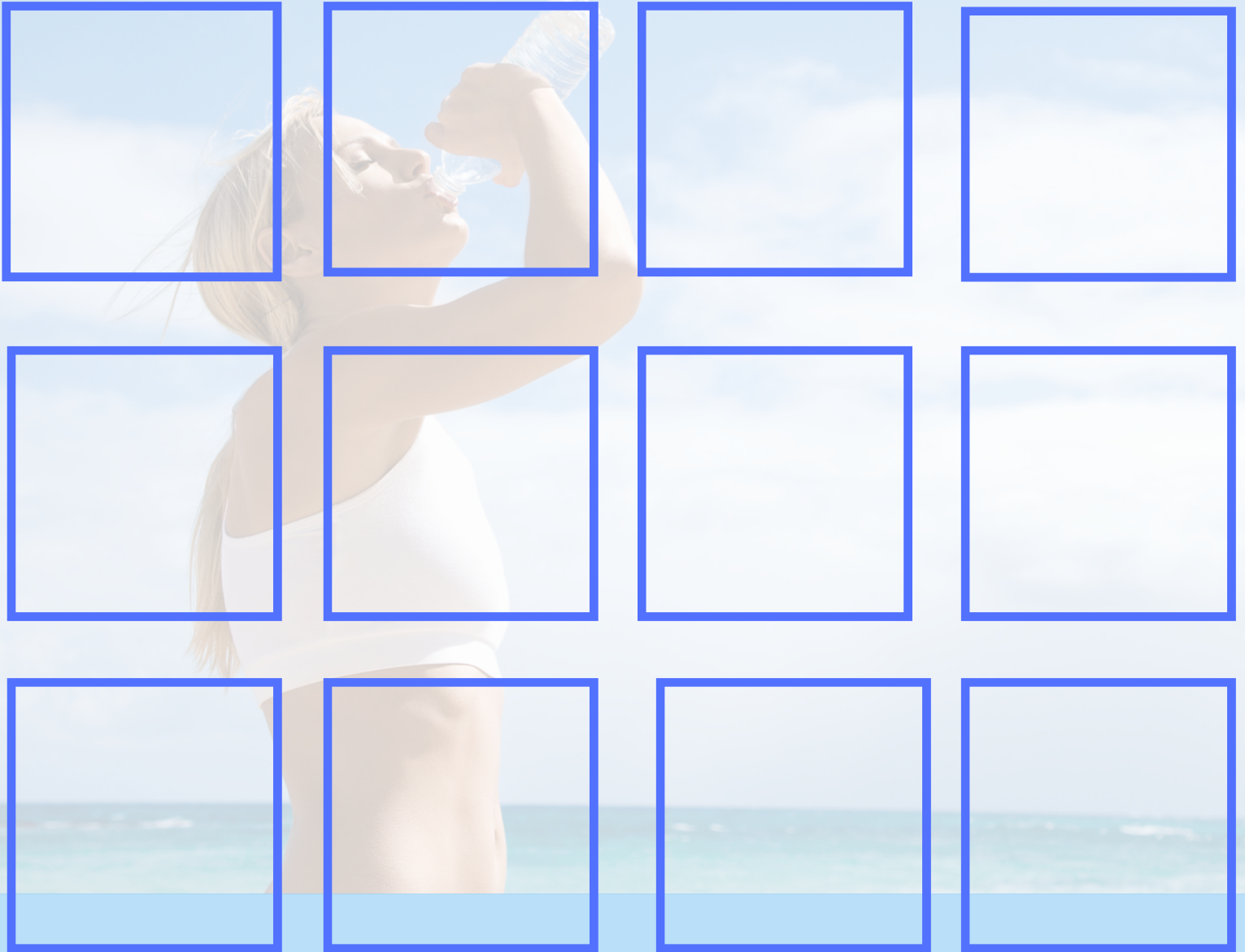
What are your challenges?

What's your goal?

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Professional Health

Name 12 new behaviors or attitudes you will incorporate in your life around social health (i.e. know your limits or don't take work home)



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What's your "Why?" for professional self-care

What are your challenges?

What's your goal?

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Self-care is NOT

People, in general, misunderstand what self-care is and tend to utilize the "pamper me" type activities to justify that they are practicing self-care. Taking care of your self requires thought, evaluation of your day-to-day routine and habits and a strategic plan.

Utilize a self-assessment to determine where you need to be more strategic in taking care of yourself.



Simple Daily Changes

- Take your lunch break away from your desk.
- Use 5 minutes of your lunch to take a walk around the building.
- Do not take work home.
- Wait 1 hour after you wake up to check your phone.
- Put your phone on silent at night.
- Eat meals at the table.
- Go to events out of the house.
- Build social connections.
- Volunteer.