

ASPECTS OF SELF CARE

List your favourite practices for each category

Physical	Physiological	Emotional	Spiritual	Relationships	Workplace

POSITIVE COPING STRATEGIES

Three strategies you want to get in the habit of using

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BARRIERS & STRATEGIES / SUPPORTS

What barriers may get in your way? How can you remove them?

Barriers	Solutions to Barriers

EMERGENCY SELF CARE CONTACTS

Identify your main self-care resources during times of distress

Personal Social Support Network (Friends / Family)	
Unit Resources	
CAF Resources	

ASPECTS OF SELF CARE

Physical	Physiological	Emotional	Spiritual	Relationships	Professional
Help you stay fit & healthy	Help you feel clear-headed & able to engage	Allow yourself to experience your full range of emotions	Have a sense of perspective beyond day-to-day life	Maintain healthy, supportive relationships	Help you work consistently at the professional level expected of you
<ul style="list-style-type: none"> • Develop a regular sleep routine • Aim for a healthy diet • Go for a walk during breaks / lunchtime • Exercise • Take vacations • Take time off • Bubble bath • Turn off cellphone 	<ul style="list-style-type: none"> • Keep a reflective journal • Recreation • Garden • Read • Join a support group • Think about your positive qualities • Practice asking & receiving help 	<ul style="list-style-type: none"> • Develop supportive friendships • Write 3 good things you do each day • Go to the movies • Stay in touch with friends & family • Rely on your social support network • Self love, self compassion 	<ul style="list-style-type: none"> • Meditation • Go into nature • Yoga • Reflect with a close friend for support • Watch sunsets • Volunteer for a cause 	<ul style="list-style-type: none"> • Prioritize close relationships • Attend special events with family & friends • Arrive to work and leave on time every day 	<ul style="list-style-type: none"> • Read professional journals • Attend professional development programs • Leave work at work • Do not work on your time off • Get support from colleagues • Plan your next career move

Positive

COPING STRATEGIES

Negative

- Deep breathing
- Stretching
- Meditation
- Listening to music
- Exercising
- Reading

- Going for a walk
- Taking a bath
- Socializing with friends
- Sitting outside and relaxing
- Engaging in a hobby

- Yelling
- Acting aggressively
- Overeating
- Drinking excess amounts of alcohol
- Smoking
- Pacing

- Biting your fingernails
- Taking drugs
- Skipping meals
- Withdrawing from family and friends
- Dangerous driving

Self-Care Tools

EMERGENCY SELF CARE CONTACTS

Relaxation	Which activities help you to relax (i.e. deep breathing, taking a walk)? Which activities make you more agitated or frustrated (i.e. yelling, swearing or drinking)?
Self-Talk	Helpful self-talk may include: "I am safe/I can do this." Harmful self-talk may include: "I can't handle this/I knew this would happen/I deserve this."
Social Support	Which family members and friends can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy
Mood	Which activities support a positive mood (i.e. listening to music, enjoying the sunshine)? What should you avoid when times get tough (i.e. staying in bed all day, avoiding social activities)?
Resilience	What, or who, helps you get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?