



MY SELF-CARE ACTION PLAN

What is a Self-Care Plan?

A self-care plan can help you enhance your health and wellbeing, manage your stress, and maintain professionalism as an employee working in a stressful and emotionally exhausting profession. Learn to identify activities and practices that support your wellbeing and help you to sustain positive self-care in the long-term. It may be useful to complete a self-care assessment before creating your plan.

Self-care is a personal matter. Everyone's approach will be different. It relates to what you do at work and outside of work to look after your holistic wellbeing so that you can meet your personal and professional commitments.

Tips for creating your Self-Care Plan

- Fill your self-care plan with activities that you enjoy and that support your wellbeing. [Here are some suggestions.](#)
- It is important to develop a self-care plan that is holistic and individual to you.
- Keep this in a place where you can see it every day. Keeping it visible will help you to think about and commit to the strategies in your plan. You can also share it with your supervisor, co-workers, friends and family so they can support you in your actions.
- Stick to your plan and practice the activities regularly. Just like an athlete doesn't become fit by merely 'thinking' about fitness, you can't expect to perform effectively without putting into practice a holistic plan for your wellbeing.
- Re-assess how you are going at the end of each month. Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan. After a while, come back and complete the self-care assessment again to find out how you are going with your new habits.

MY SELF-CARE PLAN

Name: _____ Date Created: _____

Categories	What I'm currently doing	What I'd like to try
Workplace/Professional <i>(Examples could include: eat lunch outside or with a co-worker, get a plant for my office to bring me joy)</i>		
Physical <i>(Examples could include: exercise 3x's per week, drink water regularly and eat snacks)</i>		
Psychological <i>(Examples could include: see a therapist, identify a debriefing buddy at the office, turn off phone after hours)</i>		
Emotional <i>(Examples could include: see a therapist, identify a debriefing buddy at the office, turn off phone after hours)</i>		
Spiritual <i>(Examples could include: meditating or praying)</i>		
Relationships <i>(Examples could include: call a long-distance friend once a week or plan a special date night with your friends or partner)</i>		