



Holistic Self-Care Plan

Daily Self-Care What are you doing to support your overall well-being on a day-to-day basis? Do you engage in self-care practices now? Are you more active in some areas of self-care than others? You can use the table below to help you determine which areas may need more support.

| Area of Self Care | Current Practices | Practices to Try |
|---|-------------------|------------------|
| Physical (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.) | | |
| Emotional (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.) | | |
| Spiritual (e.g. read inspirational literature, self reflection, spend time in nature, meditate, explore spiritual connections, etc.) | | |
| Professional (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.) | | |
| Social (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.) | | |
| Financial (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.) | | |
| Psychological (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, access psychotherapy, life coaching, or counselling support through your EFAP if needed, etc.) | | |

Emergency Self Care Plan:

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.

| Emergency Self Care tools | Helpful (what to do) | Harmful (what to avoid) |
|---|-----------------------------|--------------------------------|
| <p>Relaxation/Staying Calm Which activities help you to relax (e.g. deep breathing, taking a walk)? Which activities make you more agitated or frustrated (e.g. yelling, swearing, or drinking)?</p> | | |
| <p>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."</p> | | |
| <p>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.</p> | | |
| <p>Mood Which activities support a positive mood (e.g. listening to uplifting music, enjoying the sunshine)? What should you avoid when times get tough (e.g. staying in bed all day, avoiding social activities)?</p> | | |
| <p>Resilience What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?</p> | | |

Pull it all together and create a daily plan/goal:

| Daily Self Care Plan: | | | | | |
|-----------------------|------|--------|----------|---------------|------|
| Body | Mind | Spirit | Emotions | Relationships | Work |
| | | | | | |

| Top Three Positive Coping Strategies: |
|---------------------------------------|
| |

| My Emergency Self-Care Plan: | |
|--|--|
| Helpful (to do) | Harmful (to avoid) |
| | |
| (List your top five emergency self-care practices) | (List five practices, people, places, or things to avoid during times of crisis or stress. This will serve as a helpful reminder to keep you on track) |

| COVID-19 Plan: |
|----------------|
| |

| My Self-Care Partner (s): | | | | |
|---|--------------------------|--|--|--|
| Sometimes it is easier to permanently incorporate behaviors that support holistic self-care when you have a partner(s) in practice. | | | | |
| Partners names: | | | | |
| Log of Partnership | | | | |
| Date | What we discussed | | | |
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| Supervision meetings | |
|--|--------------------------|
| Because professional wellness is an ethical responsibility, your regular meetings with your boss should always include your wellness on the agenda. It helps to keep a running log of these discussions. | |
| Log of supported self-care at work | |
| Date | What we discussed |
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