

Self-Care Plan

PERSONAL PHYSICAL

- physical activity
- massage, yoga
- maintain proper nutrition and sleep

My plan for personal physical self-care:

PERSONAL PSYCHOLOGICAL

- know your triggers
- know your limitations
- music
- read for fun
- be outside in nature

My plan for personal psychological self-care:

PERSONAL SOCIAL

- engage in social activities outside of work
- spend time with family
- pets
- emotional support from coworkers

My plan for personal social self-care:

PERSONAL MORAL

- develop my spiritual side
- clarify my sense of purpose in life
- connect with something bigger

My plan for personal moral self-care:

PROFESSIONAL

- take breaks during the workday
- schedule regular supervision
- remember to have hope in the ability of clients to heal
- remember to recognize client strengths

My plan for professional self-care:

ORGANIZATIONAL/WORK SETTING

- work in a team
- communicate openly
- expect the unexpected

My plan for organizational/work setting self-care:

SOCIETAL

-volunteer

-community involvement

-political action

My plan for societal self-care:
