

My Self-Care Plan

Strengths I have at work:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My Warning Signs

Name one or two signs of stress you experience for each of the four categories.

Social – <i>connection to others and community, healthy relationships</i>		Physical – <i>food, sleep, exercise, health</i>	
Work	Life	Work	Life
Emotional – <i>expressing emotions, healthy boundaries, positive self-talk</i>		Spiritual – <i>sense of connection, hope, purpose in life</i>	
Work	Life	Work	Life

My Self-Care Plan

Think of one or two possible ways you can build resilience or reduce those symptoms or signs of stress for each of the four categories.

Social – <i>connection to others and community, healthy relationships</i>		Physical – <i>food, sleep, exercise, health</i>	
Work	Life	Work	Life

Emotional – <i>expressing emotions, healthy boundaries, positive self-talk</i>		Spiritual – <i>sense of connection, hope, purpose in life</i>	
Work	Life	Work	Life

People who support me:

Work

Life

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Develop a plan for having fun.

It is important that we all take some time for ourselves to stay healthy, happy and relaxed.

My Mission Statement

Create a personal mission statement that is reflective of your personal values. What is your commitment to yourself?

Consider starting your statement with one of the ideas below.

It is my mission (to strive, to be, to create, to promote):
