

MAKING A SELF-CARE PLAN

Self-care is not a reward, a special event or a checklist of daily hygiene tasks. An effective self-care plan is a set of pro-active strategies that help mitigate the high levels of stress that can lead to compassion fatigue. Self-care plans are more effective when they are preventative rather than reactive. Use this template to help you consider what might be included in your own self-care plan.

What are the situations that I encounter on a regular basis that tend to increase my stress?

Thinking of these situations, how might I avoid or mitigate the impact of these stressors?

What am I doing when I am most relaxed and calm?

How often am I doing these things?

What gets in the way when I try to do the things that I find relaxing and calming?

Who can support my self-care?

What can they do to help me practice self-care?

What is one thing that I can do right now to improve my self-care routine?
