

ACTIVITY | Self-Care by Example



GOAL | To model self-care to others in the program by example.



RELEVANT FOR

- Executive
- Middle Manager
- Supervisor
- Caseworker



DESCRIPTION | Engaging in self-care eases the stress and trauma one might experience in their job. Lead by example by developing and implementing a self-care plan. Activities may include:

- Yoga
- Exercise
- Meditation
- Mindfulness
- Creating art
- Self-Pampering
- Massage
- Social activities
- Walking

Complete the Self-Care Survey to find out your self-care score and build a plan from there. More success will happen when you share the plan with others and offer updates on progress, e.g., “I’ve now meditated 6 days in a row.” Consider including self-care plans as a standing agenda item for supervision sessions, helping supervisees develop their own plans, and checking in with supervisees to see how they are doing.



MORE INFO

[Supporting the Virtual Workforce Webinar Series, Session 2: Well-Being](#)

[Self-Care Resource List](#)

[Self-Care Strategies](#)

[Self-Care Music Playlists](#)



Self-Care Survey: Assessing Your Self-Care Strategies

Please complete the following questionnaire using the following scale:

Yay me! I'm doing great = Frequently

I'm doing ok = Occasionally

I could do way better = Rarely/Never

Physical Self-Care

Eat regularly (e.g., breakfast, lunch, and dinner)

Eat healthy

Get regular medical care for prevention

Get medical care when needed

Take time off when sick

Participate in regular physical activity (dance, swim, walk, run, play sports)

Get enough sleep

Take vacations

Take time away from screens (TV, social media, phone)

Other methods you use:

OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I'm doing great

I'm doing ok

I could do way better



Psychological Self-Care

Make time each day for self-reflection

Keep a journal

Read materials unrelated to work

Create art

Do something at which you are not an expert or not in charge

Practice meditation/mindfulness

Pay attention to your inner thoughts—listen to your judgments, beliefs, attitudes, and feelings

Routinely participate in a mentally stimulating activity—go to an art museum, history exhibit, read a book on a new subject

Ask for and accept help and support from others

Other methods you use:

OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I'm doing great

I'm doing ok

I could do way better





Emotional Self-Care

Spend time with others whose company you enjoy

Stay in contact with important people in your life

Give yourself affirmation and praise

Practice gratitude

Identify and seek out comforting activities and relationships that may include people and/or pets

Allow yourself to fully experience the “human condition”—cry; feel sadness or loneliness

Laugh every day

Other methods you use:

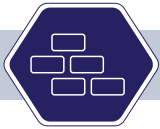
OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I’m doing great

I’m doing ok

I could do way better





Spiritual Self-Care

Explore and make time for activities that are spiritually meaningful, such as meditation, time spent in nature, prayer, etc.

Practice a cultural ritual meaningful to you

Be open to inspiration

Attend services at your place of worship

Cherish your optimism and hope

Engage in prayer according to your beliefs

Find literature that brings a sense of inspiration, optimism, or hope

Connect to your culture

Other methods you use:

OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I'm doing great

I'm doing ok

I could do way better



Workplace or Professional Self-Care

Take a break during the workday (e.g., lunch, mindful minutes)

Take time to connect personally with colleagues

Identify projects or tasks that are exciting and rewarding

Set limits on time spent with families and colleagues

Balance your workload (time with families and documentation)

Arrange your work space so that it is comfortable and comforting

Get regular supervision or consultation

Other methods you use:

OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I'm doing great

I'm doing ok

I could do way better

Balance

Strive for balance within your work life and workday

Strive for balance among work, family, relationships, play, and rest

Other methods you use:

OVERALL PERCEPTIONS OF THIS DOMAIN

Yay me! I'm doing great

I'm doing ok

I could do way better