

## Self Care for (based Green Cross Standards of Care)

### Purpose:

To promote self care in my every day work.

To do no harm to yourself in the course of your work.

To model the attention to physical, social emotional and spiritual needs you may have as a way of ensuring high quality services.

### Principles:

1. Respect for the dignity and worth of self
2. Responsibility of self care
3. Self care and duty to perform

### Standards of Practice:

1. Universal right to wellness
2. Physical rest and nourishment
3. Emotional rest and nourishment
4. Sustenance Modulation

I agree to develop and maintain a self care plan.

Name

Date



# My Self Care Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Commitment to self care:	What	When	Measure
1.			
2.			
3.			
<b>Plan to let go when off work</b>			
1.			



<b>2.</b>			
<b>3.</b>			
<b>Getting enough rest and relaxation</b>			
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			



### Self care Inventory

<b>Section A. Physical</b>	<b>What I do to maintain self care</b>	<b>When</b>	<b>Measure</b>
<b>1. Awareness of body tension</b>			
<b>2. Sleep hygiene</b>			
<b>3. Proper Nutrition</b>			
<b>Section B. Psychological</b>			
<b>1. Work play balance</b>			



<b>2. Effective relaxation time and methods</b>			
<b>3. Effective methods for self assessment and self awareness</b>			
<b>Section C. Social/Interpersonal</b>			
<b>1. At least 5 people, at least 2 at work who will be supportive</b>			
<b>2. Knowing where to get help</b>			



<b>3. Effective methods for self assessment and self awareness</b>			

