

Self-Care Plan

<p>Purpose: To promote self care To support your resilience To do no harm to yourself in the course of your life and work – (whatever that may be)</p>	<p>Principles:</p> <ol style="list-style-type: none"> 1. Respect for the dignity and worth of self 2. Responsibility of self care 3. Self care and duty to perform
<p>Standards of Practice:</p> <ol style="list-style-type: none"> 1. Universal right to wellness 2. Physical rest and nourishment 3. Emotional rest and nourishment 4. Sustenance Modulation 	<p>I agree to develop and maintain a self-care plan.</p> <p>Name _____</p> <p>Date _____</p>

Self-care Check

Section A. Physical	What do I notice?	When do I notice this?
1. Body tension.		
2. Regular good nights sleep.		
3. Eating and drinking well		
4. Regular puffing exercise		
Section B. Psychological		
1. Work/play balance.		
2. Effective relaxation time and methods.		
3. Effective methods for self-assessment and self-awareness?		
Section C. Social/Interpersonal		
1. Do I have at least 5 people, at least 2 at work who will be supportive of me?		
2. Do I know where to get help?		

My Self Care Plan

Name: _____

Date: _____

Commitment to self care:	What	When	What will I notice when I am caring for myself well?
1.			
2.			
How do I make time to do the above? What do I have to not do?			
1.			
2.			
What else do I need to be doing to care for myself?			
1.			
2.			