

# SELF-CARE

## What is self-care?

Self-care is any activity that we do deliberately in order to care about our mental, emotional, and physical health. Self-care is a personal matter. Everyone's approach will be different. It relates to what you do at work and outside of work to look after your holistic wellbeing so that you can meet your personal and professional commitments.



## What are some different aspects self-care?

There are several different aspects to self-care that people have found useful to consider:

- Workplace or professional.
- Physical.
- Psychological.
- Emotional.
- Spiritual.
- Relationships.



## Workplace (or professional) self-care.

- Engage in regular supervision or consulting with a more experienced colleague.
- Set up a peer-support group.
- Be strict with boundaries between clients/students and staff.
- Read professional journals.
- Attend professional development programs.

## Psychological self-care.

Activities that help you feel clear-headed and able to intellectually engage with the professional challenges that are found in your work and personal life. For Example:

- Keep a reflective journal.
- Engage with a non-work hobby.
- Make time for relaxation.

## Additional Resources:

[Self-care exercises and activities](#)

[Staying mentally healthy and taking care of yourself at work](#)

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## Physical self-care.

Activities that help you stay fit and healthy, and with enough energy to get through your work and personal commitments.

For example:

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Go for a walk at lunchtime.
- Use your sick leave.
- Get some exercise before/after work regularly.



## Emotional self-care.



Allowing yourself to safely experience your full range of emotions. For Example:

- Develop friendships that are supportive.
- Go to the movies or do something else you enjoy.
- Talk to a friend about how you are coping with work and life demands.

## Spiritual self-care.

This involves having a sense of perspective beyond the day-to-day of life. For Example:

- Engage in reflective practices like meditation.
- Go to church/mosque/temple regularly.
- Do yoga.
- Reflect with a close friend for support.

## Relationship self-care.

This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people. For Example:

- Prioritize close relationships in your life with partners, family and children.
- Attend the special events of your family and friends.
- Arrive to work and leave on time every day.

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## How can I create a self-care plan?

Look at the template below:

- Fill your self-care plan with activities that you enjoy and that support your wellbeing.
- Keep this in a place where you can see it every day.
- Stick to your plan and practice the activities regularly.
- Re-assess how you are feeling at the end of one month.

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
OVERALL BALANCE	
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?	
IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?	



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