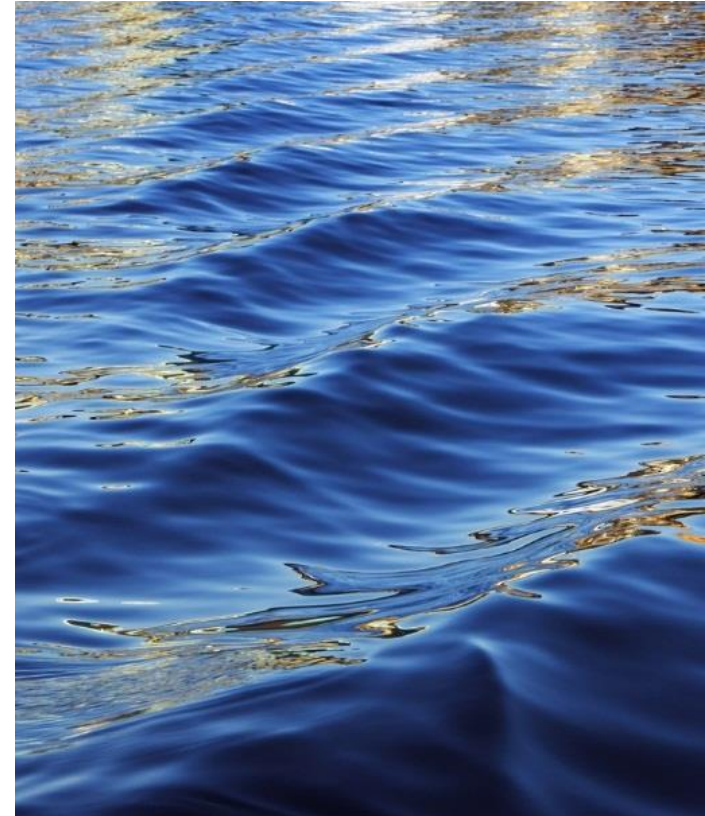


“Self care is giving
the world the best of
you, not what’s left
of you”. KATIE REED

How to develop a professional self care plan

Sally Robson – Accredited Mental Health Social Worker –
GVADS – GV Health.



What strategies do you currently use?

Maladaptive

Yelling

Smoking

Cranky

Poor nutrition

Increased alcohol intake

Withdrawal from supports

Inactivity

Adaptive

Deep breathing

Listening to music

Exercising

Reading

Connection

Hobbies

Meditation

What does a self care plan look like for me?



Self care is about pampering myself.....isn't it?



The 8 domains of self care

8 types of self care



So many plans not enough time

One Example of a Self-Care Plan

Step 2: Identify Your Self-Care Needs

We are all faced with unique challenges and no two people have the same self-care needs.

Take a moment to consider what you value and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self-care needs). Remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and workplace well-being.

Daily Self-Care

What are you doing to support your overall well-being on a day-to-day basis? Do you engage in self-care practices now? Are you more active in some areas of self-care than others? You can use the table below to help you determine which areas may need more support.

Area of Self-Care	Current Practices	Practices to Try
Physical (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)		
Emotional (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
Spiritual (e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)		
Professional (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)		
Social (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)		
Financial (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.)		
Psychological (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, access psychotherapy, life coaching or counselling support through your EFAP if needed, etc.)		

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Level of Intervention	What supports and Energises me?	Who is involved?	What is currently in Place?	What steps do I need to take now?
Personal				
Professional				
Organisational				

Accountable to



Review date:.....

Self-care Planner

My Schedule

My Top Priorities

Note To Self

Daily Nutrition

Breakfast

Lunch

Dinner

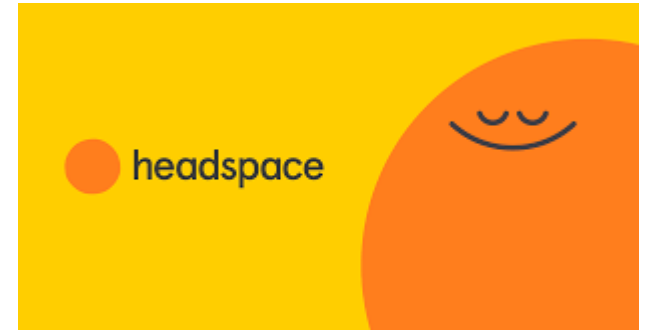
Snack

shuteye.ai

SELF CARE PLAN

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?	

For the tech savvy



Putting it all together



Thank you.



Helpful websites.

- Professional Quality of Life – ProQOL
- <https://proqol.org/proqol-1>
- GV Health – Employee Assistance Program
- <http://gvhintranet/staff/Pages/Employee-Assistance-Program.aspx>
- Nursing & Midwifery Health Program
- www.nmhp.org.au
- Victorian Doctors Health Program
- www.vdhp.org.au