



# **Design Your Self Care Plan**

# FIND YOUR SELF CARE PRESCRIPTION



## 1. WHAT ARE YOUR MAIN SOURCES OF STRESS? *(check all that apply)*

- Fires have to be put out.
- I can't slow down.
- The day is rushed.
- I'm facing tough decisions.
- It's hard to tell if the decisions I'm making are good ones.
- Situations rapidly evolve.
- The sheer amount of information I need to process at a given time.
- There's a whole new level of clutter.
- I suddenly have new roles/responsibilities.
- I'm constantly being interrupted.
- I have to toggle between my personal and professional life.
- I hardly ever get time alone or enough time to decompress before jumping into the next task.
- I'm not sure how to be helpful right now.
- I know hard times are ahead.
- I feel worried/concerned.
- I can't stop thinking about the future.
- I worry about people, especially those I love.
- I feel uncertain about the future.
- I feel frustrated.

## 2. HOW FULL IS YOUR BATTERY? *(check one)*



First Responder

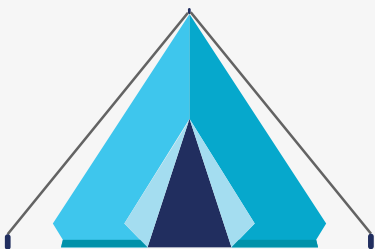


Juggler






Weathervane

## 3. WHICH TENT LOOKS DO-ABLE RIGHT NOW? *(check one)*



# DESIGN YOUR SELF CARE PLAN

PERSONAL ENERGY	COMPONENTS OF SELF CARE	ACTION STEPS
	<p><b>6</b> Practice Being</p>	<p>Which activity will I start?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Journaling</li> <li><input type="checkbox"/> Yoga</li> <li><input type="checkbox"/> Other</li> <li><input type="checkbox"/> Meditation</li> <li><input type="checkbox"/> Stretching</li> </ul>
	<p><b>5</b> Create a Backstage</p>	<p>What is one problem I need help solving?</p>
		<p>Who will I call to start a “brain share?”</p>
	<p><b>4</b> Sun and Solitude</p>	<p>What time will you go out for a 45 minute walk tomorrow?</p>
	<p><b>3</b> Shift your Mindset</p>	<p>List one win for today:</p>
	<p><b>2</b> Invest in Sleep</p>	<p>What time will you start to de-escalate from the productive day?</p>
	<p><b>1</b> Breathe Oxygen</p>	<p>What one thing will you do for yourself first thing in the morning?</p>

**START HERE**

## 4. USE YOUR RESOURCES



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