



Self-Care Plan

Initial no more than two suggestions, and specify when you will begin, how you will do it, and any specific notes that will help you in following through. Share with at least one partner.

SUGGESTION	WHEN, HOW, NOTES	INITIALS
<i>Manage my workload</i>		
Take something off my plate and don't replace it with something else.		
Delegate at work and/ or at home.		
Learn to say NO or yes.		
Balance my schedule, interspersing easy with hard.		
Seek more and regular supervision at work, asking for what I need		
<i>Enhance my inner life</i>		
Increase my spiritual or mindfulness practice.		
Increase my self-observation and self- awareness.		
Find a quiet and undisturbed time for myself each day.		
Check my trauma inputs from what I read and what I consume through movies, television, and social media.		
<i>Enhance the balance between work and the rest of life</i>		
Create transition rituals between work and the rest of life.		
Spend more time cherishing my family and friends.		
Attend education and training unrelated to my work.		
<i>Increase my re-creation activities</i>		
Add more movement and nourishment to my life.		
Engage in short-term, goal-oriented hobbies or sports.		

I commit to follow the suggestions marked below to strengthen my self-care and avoid Compassion Fatigue.
_____ (Initial Here)