

# CAREER EDUCATION LIFE

Name: \_\_\_\_\_

## SELF CARE PLAN

A self-care plan can help you enhance your health and wellbeing, manage your stress, and maintain professionalism as a worker. Learn to identify activities that support your wellbeing and help you to sustain positive self-care in the long-term.

Self-care is a personal matter. Everyone's approach will be different. It relates to what you do at school or work and outside of school and work to look after your holistic wellbeing). Below are the different aspects to self-care and example strategies that other people have found useful:

1. Workplace or Professional
2. Physical
3. Psychological
4. Emotional
5. Spiritual
6. Relationships

### ACTIVITY:

After discovering the different aspects of self-care, complete the self-care plan activity. For each category select at least one strategy or activity that you can undertake. You might notice areas of overlap between these categories. It is important to develop a self-care plan that is holistic and individual to you.

### Categories:

#### 1. School or Workplace

This involves activities that help you at school or work. For example:

- Engage or consulting with your teachers
- Set up a peer group study groups
- Be strict with boundaries between peers and staff
- Attend tutorials and work in services for professional development

#### 2. Physical Self-Care

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

- Develop a regular sleep routine
- Aim for a healthy diet
- Take lunch breaks
- Go for a walk at lunch-time
- Take your dog for a walk after work
- Get some exercise before/after work regularly
- Use the Balanced app to help you develop healthy habits

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## 3. Psychological Self-Care

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

- Keep a reflective journal
- Seek and engage in external supervision or regularly consult with a more experienced colleague
- Engage with a non-work hobby
- Turn off your email and work phone outside of work hours
- Make time for relaxation
- Make time to engage with positive friends and family

## 4. Emotional Self-Care

Allowing yourself to safely experience your full range of emotions.

- Develop friendships that are supportive
- Write three good things that you did each day
- Play a sport and have a drink together after training
- Go to the movies or do something else you enjoy
- Keep meeting with your mothers group or other social group
- Talk to you friend about how you are coping with work and life demands

## 5. Spiritual Self-Care

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

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

## 6. Relationship Self-Care

Is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

- Prioritise close relationships in your life e.g. 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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### MY SELF CARE PLAN

For each category select at least one strategy or activity that you can undertake. You might notice areas of overlap between these categories. It is important to develop a self-care plan that is holistic and individual to you.

1. School or Workplace
2. Physical
3. Psychological
4. Emotional
5. Spiritual
6. Relationships

#### Questions:

1. What might get in your way?  
What can you do to remove these barriers? If you can't remove them you might want to adjust your strategies. Think honestly about whether any of your strategies are negative and how you can adjust your plan to avoid or minimize their impact.
2. What negative strategies do you need to avoid?
3. If you implement your plan, how might you feel?