

# Self-Care Strategies

Physical	Psychological	Emotional	Spiritual	Professional
Eat regularly	Take day trips	Spend time with others whose company you enjoy	Make time for reflection	Take time to chat with workers
Eat healthily	Turn off the phone and make more time for reflection	Stay in contact with important people in your life	Spend time in nature	Balance your case load so no one day or part of the day is too much
Exercise	Have your own counselling or therapy	Give yourself praise	Find spiritual connection or community	Make quiet time to complete tasks
Get regular medical care	Keep a diary or journal	Love yourself	Be open to inspiration	Get regular supervision and support
Get medical care when needed	Read a book	Re-read favourite books or watch favourite films	Cherish your hope and optimism	Have a peer support group
Take time off when sick	Do something at which you are not in charge	Identify comforting activities, objects, people and relationships and seek them out	Be open to not knowing	Strive for balance in work, life and play
Get enough sleep	Attempt to minimize stress in your life	Allow yourself to cry	Identify what is meaningful to you and it's place in your life	Develop some open understanding with colleagues about what is happening in your life
Get massages	Listen to your thoughts, beliefs, attitudes and feelings	Find things that make you laugh	Meditate, pray, sing	
Dance, swim, walk, run, play other sports	Let others know different aspects of you	Express your anger in a safe, supportive environment	Contribute to causes that you believe in	
Wear clothes you like	Practice receiving from others		Read inspirational literature	
Go on holidays	Say no to extras		Be aware of your environment and surroundings	