

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

### **Aspects of self-care**

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

- Workplace or professional
- Physical
- Psychological
- Emotional
- Spiritual
- Relationships

*NOTE: The activities and suggestions below are a guide only and it is important to choose activities that are meaningful to yourself and your own goals.*

After discovering the different aspects of self-care, complete the self-care plan activity below.

### **Workplace or professional self-care**

This involves activities that help you to work consistently at the professional level expected of you. For example:

- Engage in regular supervision or consulting with a more experienced colleague
- Set up a peer-support group
- Be strict with boundaries between clients/students and staff
- Read professional journals
- Attend professional development programs.

### **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 lunchtime.
- Take your dog for a walk after work.
- Use your sick leave.
- Get some exercise before/after work regularly.

## **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 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.

## **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 social group.
- Talk to your friend about how you are coping with work and life demands.

## **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 hikes.
- Go to church/mosque/temple.
- Do yoga.
- Reflect with a close friend for support.
- Learn mindfulness practices.

## **Relationship self-care**

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

- Prioritize 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. at least one strategy or activity that you can undertake.