

Self-Care Plan

This planner can help you to identify your own personal signs of stress and plan strategies that may help you to manage your own stress and emotions.

<p>What are your personal signs of stress?</p> <p>What are the signs that might tell you that you need to take some time to care for yourself? (E.g. irritability, decreased concentration, withdrawing from friends/activities)</p>	<p>My personal signs that might tell me I am becoming stressed or finding it difficult to manage are:</p>
<p>What strategies can you use to manage stress?</p> <p>Be as specific as possible. (E.g. practice abdominal breathing for 10 minutes, talk to a partner, go for a run)</p>	<p>The strategies I would be able to use to manage stress include:</p>
<p>Who can you call upon for support?</p> <p>Try and identify multiple people in different areas (E.g. family, friends, colleagues)</p>	<p>If I need extra support, I can ask/talk to:</p>
<p>What enjoyable activities can you include in your routine over the next month? When?</p> <p>Try to make a list of various activities (big and small). Then schedule them into a 'Pleasant Events Schedule' available on the Emerging Minds website.</p>	<p>The activities that I will try to include in my routine (and stick to!) are:</p>

**Remember: You can't pour from an empty cup.
Take care of yourself first.**

**Emerging
Minds.**

This resource was developed by Emerging Minds as part of the Community Trauma Toolkit. More resources are available at emergingminds.com.au

BUSH SUPPORT LINE 1800 805 391

Available to remote and rural health workers and their families