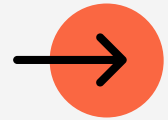




self-care planning guide



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- ▶ A Self-Care Assessment
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*You've got to
nourish
to
flourish*



THRIVE provides confidential, evidence-based interventions that empower employees to remain resilient in response to the unique challenges of pediatric healthcare.

what is self-care?



It may not be what you think...

.....

Actual self-care is the opposite of consumer self-care. It is not about "treating yourself", it is about building the type of life you don't need to escape or recover from. Self-care is about clarifying your priorities and values so you can say yes to the important things in your life and no to lesser things.



Self-care is the practice of taking an active role in protecting your own health and well-being and happiness, particularly in times of high stress. It is about finding a healthy balance between commitments and priorities, giving and receiving, engagement and recovery.

The demands of pediatric healthcare require us to be proactive in taking care of ourselves. Remember, there is a limit to the care we can give to others if we don't properly take care of ourselves first.

The following guide is designed to help you create your own self-care plan. To create the most effective plan for you, schedule an hour or two of uninterrupted time where you can find a place for reflection and creativity.

The goal is not a perfect plan, but rather a plan that is workable for you. Is it doable? If not, scrap it and start over again. Start small and build momentum for future goals. It is something you should review, and update every six to twelve months as circumstances and situations change. Be flexible, open, and most of all, kind to yourself!

self-care assessment



What follows is the Cook-Cottone Mindful Self-Care Scale (MSCS) (used with permission). Circle the number that reflects the frequency of your behavior (how much or how often) within past week (7 days):

- Never (0 days) = 1
- Rarely (1 day) = 2
- Sometimes (2 to 3 days) = 3
- Often (4 to 5 days) = 4
- Regularly (6 to 7 days) = 5

Scoring instructions are provided below.

Part 1 - Mindful Relaxation

I did something intellectual to help me relax (e.g. reading or writing)	1	2	3	4	5
I did something interpersonal to relax (e.g. connected with friends)	1	2	3	4	5
I did something creative to relax (e.g. drew, played instrument)	1	2	3	4	5
I listened to relax (e.g. to music, a podcast, radio show, rainforest sounds)	1	2	3	4	5
I sought out images to relax (e.g. art, film, window shopping, nature)	1	2	3	4	5
I sought out smells to relax (e.g. nature, candles/incense, smells of baking)	1	2	3	4	5

Subscale Average = _____ (divide total # by 6)

Part 2 - Physical Care

I drank at least 6 to 8 cups of water	1	2	3	4	5
I ate a variety of nutritious foods	1	2	3	4	5
I planned my meals and snacks	1	2	3	4	5
I exercised at least 30 to 60 minutes	1	2	3	4	5
I slept at least 7 hours a day	1	2	3	4	5
I planned/scheduled my exercise for the day	1	2	3	4	5

Subscale Average = _____ (divide total # by 6)

self-care assessment



Part 3 - Self-Compassion and Purpose

I kindly acknowledge my own challenges and difficulties	1	2	3	4	5
I engaged in supportive and comforting self-talk (e.g. "My effort is valuable and meaningful)	1	2	3	4	5
I reminded myself that failure and challenge are part of the human experience	1	2	3	4	5
I gave myself permission to feel my feelings (e.g. allowed myself to cry)	1	2	3	4	5
I experienced meaning and/or a larger purpose in my work/school life (e.g. for a cause)	1	2	3	4	5
I experienced meaning and/or a larger purpose in my personal/private life (e.g. for a cause)	1	2	3	4	5
Subscale Average = _____ (divide total # by 6)	1	2	3	4	5

Part 4 - Supportive Relationships

I spent time with people who are good to me	1	2	3	4	5
I scheduled/planned time to be with people who are special to me	1	2	3	4	5
I felt supported by people in my life	1	2	3	4	5
I felt confident that people in my life would respect my choice if I said "no"	1	2	3	4	5
I felt that I had someone who would listen to me if I became upset (e.g. friend, counselor, group)	1	2	3	4	5
Subscale Average = _____ (divide total # by 5)					

Part 5 - Supportive Structures

I maintained a manageable schedule	1	2	3	4	5
I kept my work/schoolwork area organized to support my work/school tasks	1	2	3	4	5
I maintained balance between the demands of others and what is important to me	1	2	3	4	5
I maintained a comforting and pleasing living environment	1	2	3	4	5
Subscale Average = _____ (divide total # by 4)					

self-care assessment



Part 6 - Mindful Awareness

I had a calm awareness of my thoughts	1	2	3	4	5
I had a calm awareness of my feelings	1	2	3	4	5
I had a calm awareness of my body	1	2	3	4	5
I carefully selected which of my thoughts and feelings I used to guide my actions	1	2	3	4	5

Subscale Average = _____ (divide total # by 4)

Averaged Subscale Scores

Mindful Relaxation _____
Physical Care _____
Self-Compassion and Purpose _____
Supportive Relationships _____
Supportive Structures _____
Mindful Awareness _____



Use your results to help shape the type of self-care activities that will enhance your strengths and develop areas for growth.

As you proceed through the planner, remember you don't have to have an activity for every domain or occasion. The idea is to prioritize your values and priorities, so that may mean removing rather than adding things to your life.



examples of self-care



<input type="radio"/> Stretch all your muscles	<input type="radio"/> Drink more water	<input type="radio"/> Go for a walk in nature	<input type="radio"/> Limit my screen time	<input type="radio"/> Go to bed earlier
<input type="radio"/> Listen to favorite song	<input type="radio"/> Establish a "Do Nothing" day	<input type="radio"/> Take a vacation	<input type="radio"/> Cook your favorite meal	<input type="radio"/> Learn to say no
<input type="radio"/> Connect with an old friend	<input type="radio"/> Journaling	<input type="radio"/> Turn off your phone	<input type="radio"/> Practice mindfulness	<input type="radio"/> Try a DIY Project
<input type="radio"/> Watch the sunrise	<input type="radio"/> Read a book	<input type="radio"/> Explore a new city	<input type="radio"/> Watch your favorite movie	<input type="radio"/> Pray or meditate
<input type="radio"/> Stop a bad habit	<input type="radio"/> Start a new hobby	<input type="radio"/> Play a musical instrument	<input type="radio"/> Establish good boundaries	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself a break	<input type="radio"/> End a toxic relationship	<input type="radio"/> Exercise 4 times a week	<input type="radio"/> Surround yourself with positivity	<input type="radio"/> Have an annual physical



my letter of why



Today's Date

.....

Dear me,

Instruction

Write a letter to yourself as a reminder of why you chose and continue to choose to do the work you do. Too often when we experience a season of burnout or high stress we lose our sense of meaning or purpose.

Explain to yourself why the work you do matters and why you continue to do the hard work of pediatric healthcare.

Remembering your "why" helps provide the motivation for good self-care. You can't give good care to others unless you are taking good care of yourself first.



Sincerely,
Myself





the 2-3-4 self-care plan

TWO KEY QUESTIONS

What do I need to **START** doing in order to be the best version of myself



What do I need to **STOP** doing in order to be the best version of myself



FOUR KEY OCCASIONS

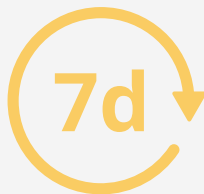
DAILY

- ▶ small things done daily that build momentum and add up to a substantial investment



WEEKLY

- ▶ important things that may not need to be done daily, but several times a week still add up to big difference



MONTHLY

- ▶ significant things that recharge and renew you, but may take too much time and investment to do weekly



YEARLY

- ▶ big things done once a year that help you reset and provide long-term benefits for health and wellbeing



THREE KEY DOMAINS

BODY

My physical wellbeing

Activities related to:

- Sleep
- Diet
- Exercise

MIND

My mental wellbeing

Activities related to:

- Intellectual growth
- Relaxation
- Self-talk

SPIRIT

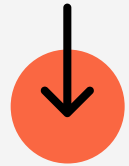
My spiritual & emotional wellbeing

Activities related to:

- Sense of purpose
- Fulfillment
- Inner wellbeing



daily intentions



Identify two to four intentions you will start doing or stop doing on a daily basis to take care of yourself body, mind, and spirit.

Remember you don't have to fill in every line!



FOR MY BODY

▶

▶

▶

FOR MY MIND

▶

▶

▶

FOR MY SPIRIT

▶

▶

▶

THREE KEY DOMAINS

BODY

My physical wellbeing

Activities related to:

- Sleep
- Diet
- Exercise

MIND

My mental wellbeing

Activities related to:

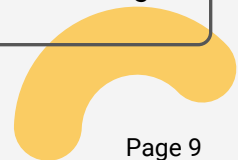
- Intellectual growth
- Relaxation
- Self-talk

SPIRIT

My spiritual & emotional wellbeing

Activities related to:

- Sense of purpose
- Fulfillment
- Inner wellbeing





weekly intentions



Identify two to four intentions you will start doing or stop doing on a weekly basis to take care of yourself body, mind, and spirit.

Remember you don't have to fill in every line!



FOR MY BODY

▶

▶

▶

FOR MY MIND

▶

▶

▶

FOR MY SPIRIT

▶

▶

▶

THREE KEY DOMAINS

BODY

My physical wellbeing

Activities related to:

- Sleep
- Diet
- Exercise

MIND

My mental wellbeing

Activities related to:

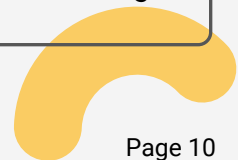
- Intellectual growth
- Relaxation
- Self-talk

SPIRIT

My spiritual & emotional wellbeing

Activities related to:

- Sense of purpose
- Fulfillment
- Inner wellbeing





monthly intentions



Identify two to four intentions you will start doing or stop doing on a monthly basis to take care of yourself body, mind, and spirit.

Remember you don't have to fill in every line!



FOR MY BODY

▶
▶
▶

FOR MY MIND

▶
▶
▶

FOR MY SPIRIT

▶
▶
▶

THREE KEY DOMAINS

BODY

My physical wellbeing

Activities related to:

- Sleep
- Diet
- Exercise

MIND

My mental wellbeing

Activities related to:

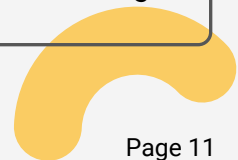
- Intellectual growth
- Relaxation
- Self-talk

SPIRIT

My spiritual & emotional wellbeing

Activities related to:

- Sense of purpose
- Fulfillment
- Inner wellbeing





yearly intentions



Identify two to four intentions you will start doing or stop doing on a yearly basis to take care of yourself body, mind, and spirit.

Remember you don't have to fill in every line!



FOR MY BODY

▶

▶

▶

FOR MY MIND

▶

▶

▶

FOR MY SPIRIT

▶

▶

▶

THREE KEY DOMAINS

BODY

My physical wellbeing

Activities related to:

- Sleep
- Diet
- Exercise

MIND

My mental wellbeing

Activities related to:

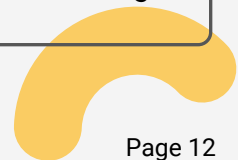
- Intellectual growth
- Relaxation
- Self-talk

SPIRIT

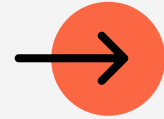
My spiritual & emotional wellbeing

Activities related to:

- Sense of purpose
- Fulfillment
- Inner wellbeing



emergency care plan



Instruction

We all have hard days. When a hard day comes for you refer to this emergency care plan and connect with the people, activities & things that restore your soul.

MY FAVORITE

Favorite People

- ▶
- ▶
- ▶

Favorite Activities

- ▶
- ▶
- ▶

Favorite Foods

- ▶
- ▶
- ▶

THINGS TO DO WHEN I'M SAD

-
-
-

THINGS TO DO WHEN I'M EXHAUSTED

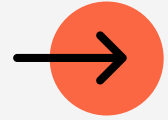
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-
-

THINGS TO DO WHEN I'M TEMPTED TO GIVE UP

-
-
-



now what?



CONGRATULATIONS ON GETTING THIS FAR! JUST A FEW FINAL SUGESSTIONS...

- ▶ Schedule your intentions. Set up calendar reminders to help stay focused.
- ▶ Share your plan with a few trusted friends and invite them to help you remain committed to your intentions.
- ▶ Review your plan every six months. As you grow and change, so should your plan.
- ▶ Give yourself grace. Failure is not final. If you get off track forgive yourself and start fresh.



*You've got to
nourish
to
flourish*

GOOD RULES & HABITS I WANT TO LIVE BY

