

Staff Self-Care Plan

To be completed after completing the self-care checklist.

1. What are the things I need to do on a daily basis to take care of myself?
2. What are the things I need to do regularly, but not daily, to take care of myself?
3. What are my “hot buttons” that might occur at work?
4. What strategies will I use when those “hot buttons” get pushed?
5. Who can I use for support when I am overwhelmed by something that happens at work?