



ACTIVITY: Self-Care Checklist

Purpose

The purpose of this activity is to :

- Start a discussion on the importance of self-care
- Have participants assess their self-care habits

ESTIMATED TIME

10 minutes

MATERIALS

Required:

Handout

Pen or Pencil

Background

Self-care includes all the things we do to take care of our physical, emotional, and spiritual health. Often people sacrifice self-care for a variety of reasons - they are focused on caring for others, they feel guilty, they are too busy. When life becomes overwhelming, self-care is easily ignored. And when we abandon self-care, things only get harder. That's the paradox – the most important time for self-care is usually exactly when we think we don't have time for it.

We can counteract this tendency by understanding the value of self-care, giving ourselves permission to take care of ourselves (knowing that we are of no use to anyone if we don't), and making self-care routine. Self-care looks different for everyone (and at different stages in your life). Something that recharges one person may exhaust another. Something that may work great when your kids are grown might not be feasible for someone with young children. We each have to figure out what works best for us.



Instructions & Discussion Questions

- 1) Provide participants the Resiliency and Self-Care Checklist.
- 2) Instruct them to check the boxes of the things they do routinely. Give them a few minutes to complete the checklist.
- 3) After everyone has completed the checklist, use the following questions to facilitate discussion:
 - Are there things on the list you feel you should do, but don't?
 - What are the barriers?
 - What can you change to start this?
 - What one item would you like to work on?
 - Are there any additional self-care activities people practice that aren't listed?
 - What are small, manageable ways you can practice self-care throughout the day?

Let's Try This!

Pick one small thing you could do to practice self-care. Try to make this routine over the next month.

Follow-up

Follow up after a month or at your next meeting to discuss. Has anyone made any positive changes in their self-care habits?

Why Self-Care is So Important Kristin Wong
<http://lifehacker.com/why-self-care-is-so-important-1770880812>

TED Talks: The Importance of Self-Care Playlist
https://www.ted.com/playlists/299/the_importance_of_self_care

Resiliency and Self-Care Checklist

Step 1: Note what you already do for your self care. Step 2: Note what you would like to start doing.

- Exercise at least 3x/week
- Ask for help
- Eat well 80% of the time
- Get enough sleep
- Accept compliments
- Spend time with friends
- Forgive others
- Sing
- Celebrate your accomplishments
- Talk to friends or family when you are stressed or need support
- Make time for play
- Share your feelings with others
- Take vacations
- Read for pleasure (not work-related)
- Know what your strengths are and incorporate them into your life/ work/ relationships
- Spend time focused on positive experiences and feelings
- Avoid multitasking when eating (e.g., eating while working or driving)
- Find things that make you laugh often
- Spend time on things that are important to you (hobbies, favorite activities, pets, etc.)
- Try to learn new things
- Personalize your workspace
- Negotiate your needs at work
- Accept help and support from others
- Set limits for yourself to avoid exhaustion/ extreme stress
- Forgive yourself for mistakes
- Spend time alone
- Allow others to see your imperfections
- Thank others
- Say no when you need to
- Avoid overindulging
- Spend time in nature
- Stay home and rest when sick
- Eat lunch with co-workers
- Keep in touch with important people in your life
- Tell others what they mean to you
- Occasionally step outside your comfort zone
- Write in a journal
- Engage in spiritual practices
- Take time to chat with co-workers
- Give yourself adequate time to complete tasks
- Take breaks from answering emails and texts
- Listen to music
- Make time for reflection or meditation
- Actively seek feedback
- Participate in causes that are important to you
- Let yourself do nothing