

## Self Care for (based Green Cross Standards of Care)

### Purpose:

To promote self care in my every day work.

To do no harm to yourself in the course of your work.

To model the attention to physical, social emotional and spiritual needs you may have as a way of ensuring high quality services.

### Principles:

1. Respect for the dignity and worth of self
2. Responsibility of self care
3. Self care and duty to perform

### Standards of Practice:

1. Universal right to wellness
2. Physical rest and nourishment
3. Emotional rest and nourishment
4. Sustenance and Device Modulation

I agree to develop and maintain a self care plan.

Name

Date



## Self care Inventory

Section A. Physical	What I actually do	Is this working?	What needs to change?
1. How am I aware of my body tension?			
2. Do I achieve sufficient sleep on a regular basis?			
3. Do I eat food that provides me with a balanced diet and I am not over eating/under eating. Am I overusing drugs or alcohol?			
4. Do I have a balanced relationship with my devices?			
Section B. Psychological			
1. Do I maintain a work play balance?			
2. Do I have effective relaxation time and methods that are good for me?			



3. What methods for self-assessment and self-awareness am I using?			
<b>Section C. Social/Interpersonal</b>	<b>What I actually do</b>	<b>Is this working?</b>	<b>What needs to change?</b>
1. Name at least 5 people and at least 2 at work who are supportive of me and that I spend time with			
2. Who do I go to, to get help from?			
3. Do I receive and listen to feedback from others?			



# My Self Care Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Commitment to self care:	What	When	Measure
1.			
2.			
3.			
<b>Plan to let go when off work</b>			
1			



2.			
3.			
<b>Getting enough rest and relaxation</b>			
1.			
2.			
3.			

