



Staff Self-Care Plan


(To be completed after completing the Self-Care Checklist). This self-care plan is for your personal use and will not be collected or viewed by anyone. However, your supervisor may wish to discuss it with you. Feel free to share with your supervisor only the information that you are comfortable sharing.

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?

6. What are the signs that indicate that the work is “getting to me”?

7. What will I do when that happens?

8. What is one self-care goal that I would like to set for the coming year?