

SELF CARE GUIDE

A COLLECTION OF TOOLS AND RESOURCES TO SUPPORT YOUR WELLBEING



The Importance of Self-Care

Self-care is essential, especially working in a serving occupation. An article published by the University at Buffalo School of Social Work describes self care as "activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being". They believe that self-care is necessary for one to honor not only their personal commitments but their professional commitments as well.

Read more from these articles:

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/introduction-to-self-care.html>

https://www.pathforward.org/self-care-is-not-an-indulgence-its-a-discipline/?gclid=CjwKCAiA57D_BRAZEiwAZcfCxYXFyqt17BkRIalBi-QzuPOTYUHXxOhSOWiGXjxxoEfOmiqtnjENxoCMKYQAvD_BwE



Self-care is not an indulgence. Self-care is a **discipline**. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.

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Tami Forman
*Self-Care Is Not An Indulgence.
It's A Discipline.*

Assessment Tools

It is important to maintain and enhance one's health and well-being, personally and/or professionally. Self-care can assist in reaching a healthy balance to work and personal life. Each individual identifies self-care in their own unique way. It is important to assess your individual self-care needs throughout your life. As life changes so do the interests and hobbies of most individuals, so re-assessing self-care needs is imminent to effectively enhance one's health and well-being. There are many self-care assessments out there and each one requires individuals to make adjustments surrounding their personal interests and hobbies. These assessments can be used to help an individual identify deficits in their personal or professional self-care needs.

Professional Quality of Life Measure

https://proqol.org/uploads/ProQOL_5_English.pdf

Compassion Fatigue/Satisfaction Self-Test

<http://nwdrugtaskforce.ie/wp-content/uploads/2013/01/Compassion-Fatigue-Handout-6.pdf>

Therapist Aid Self Assessment

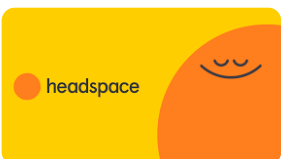
<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>



Apps of Interest and Stress Management Tools

Apps of Interest

- Timeless Meditation
- Ten Percent Happier Meditation
- Calm
- Headspace
- Mindfulness
- Simple Habit
- Tide
- Sanvello
- Reflectly
- Jour: Daily Self-Care Journal
- Fabulous - Daily Self Care



Stress Management Tools

- HelpGuide.org is a trusted guide to emotional & social health in partnership with Harvard Health Publications a publishing division of Harvard Medical School. HelpGuide suggests several different relaxation techniques to practice for stress relief. <https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>
- Heart Math has a "Quick Coherence" technique that can be practiced for 1-2 minutes anytime, anywhere. It's been proven to reduce the effects of stress, improve overall health and increase energy levels. It can be done on-the-go in the midst of a busy day or during a scheduled quiet time. It's simple, easy and effective leaving you with a feeling of inner calm and mental clarity. <https://www.heartmath.com/quick-coherence-technique/>
- Emotional Freedom Techniques (EFT) or "Tapping" is a method of tapping your fingertips at specific points on the hands, face and body while also focusing on a particular issue you wish to resolve. <https://eftinternational.org/wp-content/uploads/EFT-International-Free-Tapping-Manual.pdf>

Random Acts of Kindness Calendar Challenge for 2021

https://assets.randomactsofkindness.org/calendars/workplace/2021/2021_workplace_calendar.pdf



Ted Talk Videos

"Self-Care Revolution"

Megan McCormick

<https://www.youtube.com/watch?v=sUKKJapwUXc>

"Why Self-Care Isn't Selfish"

Jessica Brubaker

<https://www.youtube.com/watch?v=kShBhnnvJRU>



Virtual Trainings

Stress and Trauma Treatment Center

<https://us02web.zoom.us/j/8280269327#success>

- 1st Friday of the month 8:30am-3:30pm
- With Dr. Matt Buckman
- Burnout
- Vicarious Traumatic Stress
- Secondary Traumatic Stress
- Self Care Tools
- Strategies that help

Wellness Matters: Self-Care for Mental Health Providers

<https://mhttcnetwork.org/centers/northeast-caribbean-mhmtc/wellness-matters-self-care-mental-health-providers>

- Online 3 hour course broken into 3 one hour sessions
 - Self-Care Strategies to Survive and Thrive: Why does it matter?
 - Wellness Frameworks and Strategies: The Dimensions
 - Personal and Professional Resilience: Coming back stronger than ever
- CE Credits Available

Journal Articles

"The Ultimate Self-Care Guide, How to Take Better Care of Yourself"

Keith Rowe, May 18th, 2018

<https://brainmd.com/blog/self-care-guide-how-to-put-yourself-first/>

Oprah Magazine-"25 Self-Care Tips to Boost Your Mental Health"

Brigitt Earley, October 9, 2020

<https://www.oprahmag.com/life/health/g25939272/self-care-tips/>

Psychology Today- "Self Care-12 Ways to Take Better Care of Yourself"

Tchiki Davis PhD, December 28, 2018

<https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>

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"Almost everything will work again if you unplug it for a few minutes. Including you."

Anne Lamott

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Wellness Newsletter Links

- Centerstone Health + Wellness Newsletter
 - https://centerstone.org/?gclid=Cj0KCQiA0fr BRDaARIsAABw4EsuzFsXQzrDXJJjKYAw3T6SaaZaVLTfuX9T WMSYvdjL27ISTyzl4MaAILzEALw_wcB
- Self
 - <https://www.self.com/topic/self-care>

