

SELF CARE

For the 21st Century.

Exercise 1.

Self-Care Assessment

Taking care of yourself - sometimes it feels like a full-time job. But it's the first step in cultivating a nourishing relationship with yourself, as well as building resilience against stress and adversity. The below assessment will help you recognise how self-care factors into your life and if there are areas that might need a little love...

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

Rate the following areas according to how well you think you are doing:

- 3 = I do this well (e.g., frequently)
- 2 = I do this OK (e.g., occasionally)
- 1 = I barely or rarely do this
- 0 = I never do this
- ? = This never occurred to me

Work/Study Self-Care:

- ___ Take breaks during work (e.g., lunch, set breaks, etc.)
- ___ Take time to chat and connect with work mates
- ___ Make quiet time to finish tasks
- ___ Identify projects or tasks that are exciting and rewarding
- ___ Set limits with clients and work mates
- ___ Balance my workload to avoid overwhelm
- ___ Give myself affirmations, recognise my wins (big & small)
- ___ Engage in professional development activities to keep learning
- ___ Ask for help and support when needed
- ___ Take time off when sick

Health/Growth Self-Care:

- ___ Eat regularly (e.g. breakfast, lunch, dinner)
 - ___ Eat healthily
 - ___ Drink water
 - ___ Exercise
 - ___ Get medical care when needed
 - ___ Get enough sleep
 - ___ Make time for self-reflection
 - ___ Go to therapy
 - ___ Allow myself to cry
 - ___ Identify self-soothing activities, places & people that can ground me in times of emotional upheaval
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Relationships Self-Care:

- ___ Schedule regular dates with my partner
 - ___ Make time to see friends
 - ___ Call, check on or see my relatives
 - ___ Spend time with pets
 - ___ Stay in contact with faraway friends
 - ___ Make time to reply to texts, calls, emails
 - ___ Allow others to do things for me
 - ___ Ask for help when I need it
 - ___ Assert my needs and communicate clearly with others
 - ___ Share a fear, hope or secret with someone I trust
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Leisure Self-Care:

- ___ Dance, swim, walk, run, play sports or do something fun & physical
- ___ Take day trips or mini-vacations
- ___ Make time away from devices
- ___ Read books for fun
- ___ Spend time in nature
- ___ Do something that I am not an expert in or in charge of
- ___ Enjoy cultural experiences (e.g. go to an art gallery, watch a film)
- ___ Re-read favourite books, re-watch favourite films
- ___ Find things that make me laugh
- ___ Write in a journal

Reflection:

How balanced do you feel your life is, regarding self-care? Are there any areas you'd like to focus on or prioritize?

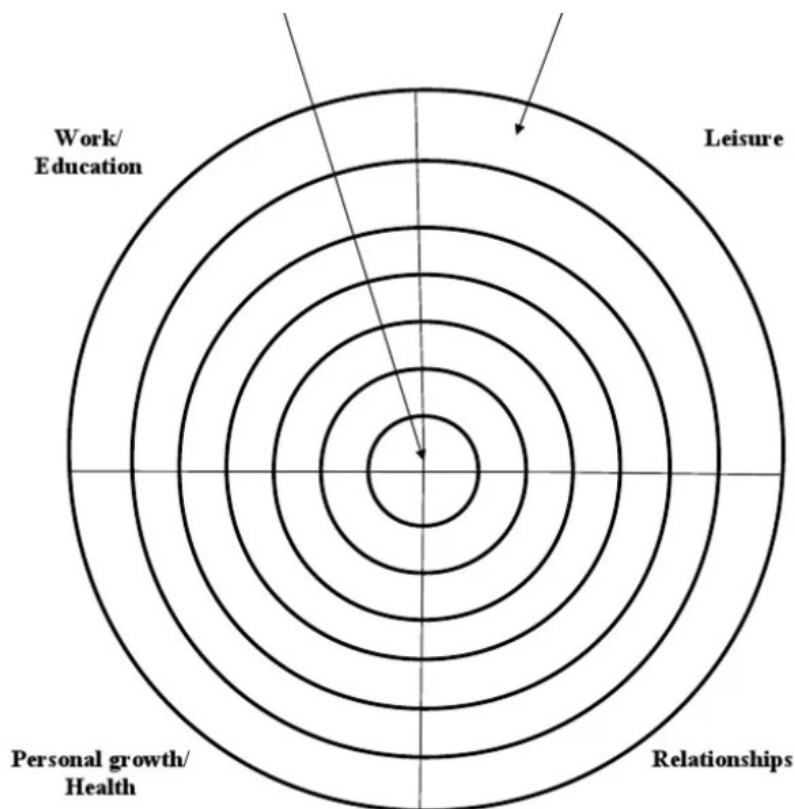
Exercise 2.

Your Bullseye

Make an X in each area of the dart board, to represent where you stand today.

I AM TAKING GREAT CARE OF MYSELF.

I AM NEGLECTING MYSELF.



Exercise 3.

Your Non-Negotiables

Our self-care practices are often the first things to fall away when things get overwhelming. However, these practices have a protective quality, where they can help build your resilience, and make you more robust in the face of obstacles and challenges

List your 5 Self-Care “Non-Negotiables”:

1. _____

2. _____

3. _____

4. _____

5. _____

WHO TO CALL

SUPPORT ACT WELLBEING HELPLINE: 1800 959 500

LIFELINE: 13 11 14

BEYOND BLUE: 1300 22 4636

SUICIDE CALL BACK SERVICE: 1300 659 467

MENSLINE AUS: 1300 78 99 78

**If you're concerned for your
immediate safety or the safety of others,
call 000.**