

Self-Care Checklist

There are several ways you can find balance, be aware of your needs, and make connections. Use this list to help you decide which self-care strategies will work for you.

Make every effort to:

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| <input type="checkbox"/> Seek out and give social support | <input type="checkbox"/> Anticipate that you will experience recurring thoughts or dreams, and that they will decrease over time |
| <input type="checkbox"/> Check in with other colleagues to discuss the response to the emergency | <input type="checkbox"/> Keep a journal to get worries off your mind |
| <input type="checkbox"/> Schedule time for a vacation or gradual reintegration into your normal life | <input type="checkbox"/> Ask for help in parenting, if you feel irritable or are having difficulties adjusting to being back at home |
| <input type="checkbox"/> Prepare for worldview changes that may not be mirrored by others in your life | <input type="checkbox"/> Plan for family/home safety, including making child care and pet care plans |
| <input type="checkbox"/> Participate in formal help if extreme stress persists for greater than two to three weeks | <input type="checkbox"/> Accessing supervision routinely to share concerns, identifying difficult experiences and strategizing to solve problems |
| <input type="checkbox"/> Increase leisure activities, stress management, and exercise | <input type="checkbox"/> Practicing brief relaxation techniques during the workday |
| <input type="checkbox"/> Pay extra attention to health and nutrition | <input type="checkbox"/> Using the buddy system to share upsetting emotional responses |
| <input type="checkbox"/> Self-monitor and pace your efforts | <input type="checkbox"/> Staying aware of limitations and needs |
| <input type="checkbox"/> Maintain boundaries: delegate, say no, and avoid getting overloaded with work | <input type="checkbox"/> Recognizing when one is Hungry, Angry, Lonely or Tired (HALT), and taking the appropriate self-care measures |
| <input type="checkbox"/> Pay extra attention to rekindling close interpersonal relationships | <input type="checkbox"/> Increasing activities that are positive |
| <input type="checkbox"/> Practice good sleep routines | <input type="checkbox"/> Practicing religious faith, philosophy, spirituality |
| <input type="checkbox"/> Make time for self-reflection | <input type="checkbox"/> Spending time with family and friends |
| <input type="checkbox"/> Find things that you enjoy or make you laugh | <input type="checkbox"/> Learning how to “put stress away” |
| <input type="checkbox"/> Try at times not to be in charge or the “expert” | <input type="checkbox"/> Writing, drawing, painting |
| <input type="checkbox"/> Increase experiences that have spiritual or philosophical meaning to you | <input type="checkbox"/> Limiting caffeine, cigarettes, and substance use |

Be careful of engaging in activities that can hinder your attempts at good self-care. Avoid:

- Extended periods of solo work without colleagues or working “round the clock” with few breaks
- Negative self-talk that reinforces feelings of inadequacy or incompetency
- Common attitudinal obstacles to self-care (e.g., “It would be selfish to take time to rest.”)
- Negatively assessing your contribution
- Use of excessive use of alcohol, illicit drugs, or excessive amounts of prescription drugs