



# COVID-19

## Creating a Self-Care Plan

### Why Self Care?

Life is full, carving time out to look after yourself is one of the priorities that often get's dropped, self-care can be small moments in a day that becomes a lifelong habit.

Investing in this habit will boost your health, happiness, ability to perform at work, strengthen your connectedness and wellbeing.

In a 24-hour day, prioritising ourselves for a minimum of 10 minutes out of 1,440 minutes per day is achievable. The significance of a 2 degree shift over time, can lead to incredible changes. The first step is committing to making change and prioritising it.

When it comes to undertaking a self-care journey, start with achievable and realistic steps, this guide will walk you through it.

### A "how to Self-Care" guide

- 1. Create**  
a workweek calendar that allows time for you to relax, take a break and unwind. We have included some self-care plan resources to make it easy for your to start.
- 2. Consider**  
When and where can you schedule "me time"? What activities will you do? Perhaps look at the 6 domains of self-care covered in the self-care webinar and choose 6 actions from each of the domains you can incorporate.
- 3. Balance**  
between "me time" and "work time". Perhaps you need to look for where you have what we call "dead time", time that is being wasted such as watching TV, large amounts of time on social media, etc., and replace this with productive me time. Be realistic with your expectations, and be ok with not getting it 100% right. Remember, being kind to yourself is part of the process.
- 4. Maintain**  
Now, try it out for 7 days and notice how this new work rhythm works for you. Be mindful of noting how it feels on your 7 day self-care journey and check off that you completed the activity.
- 5. Rate**  
One week after implementing the plan, reflect on aspects of your physical and mental health. What changes or improvements did you notice? Did it feel good? Challenges/ barriers? Things to do differently? Moving forward, how can you incorporate these changes into your usual work week so that this becomes your "new norm"?

## My 4 step self-care plan

Using the 2-degree shift philosophy and the 6 domains of self-care, start your plan by identifying your stress reactions and ways that make you feel good. The idea is to start with small achievable changes and measure it, because what gets measured improves.

Be accountable to yourself or find someone to be accountable to, create the space and lock it in your calendar.

## Self-care across 6 Domains

Make a list of various activities. Choose 1 item from each of the 6 domains (physical, emotional/psychological, leisure, relationship, spiritual, help seeking). Aim for a healthy balance between work, "me" time, family/friends etc. Consider, when and where? Schedule these into your work week schedule.



<b>STEP 1. Identify stress reactions</b> What are your own signs of stress that may indicate to you that you need to take some time to rest, recover and reset?				<b>STEP 2. Highlight what makes you feel good</b> What makes you feel good? What do you enjoy? Consider the 6 domains of Self-Care.			
				Physical		Leisure	
				Relationships		Spiritual	
				Other			
<b>STEP 3. Book it in the calendar</b> Life is full, so where are the time gaps you can prioritise to look after you. Plan in your weekly calendar.							
What are you going to give up?				What spare time do you have?			
<b>Step 4. Rate it</b> List how you feel from 1-10 week on week. See your scores change from 1 'feeling stressed - 10 Feeling at my best'. If it isn't improving, consider what needs to change. Create an updated plan every 4 weeks.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What will I do in the morning today to look after me							
What will I do in the afternoon today to look after me							
How I feel today out of 10							