

My Self-Care Menu

You can fill in the boxes below with your favorite self-care strategies. Each box contains a prompt to help with brainstorming, but you are free to disregard these and select the strategies that work best for you.

1

Something you can do to ground yourself

2

Something you can do to take care of your body

3

Somewhere you can go for a change of scenery

4

Something you can do to connect with loved ones

5

Something you can do to process or get thoughts out

6

Something you can do for an energy release

7

Something you can do that makes you laugh or smile

8

Something that you can watch, read, or listen to

9

Something calming that you can touch or feel

10

Something soothing that you can taste or smell

11

Your choice!

12

Your choice!

Having a hard time choosing what to do for self-care? Pick a random number between 1-12!

Community Care at Work

The following reflection questions can help you identify opportunities for community care within your work environment.

1 Who is my professional community? Who are my mentors? Who do I socialize with? Who can I turn to?

2 What are needs and/or challenges impacting the above communities?

3 What skills, knowledge, or resources can I offer to support my communities' wellbeing?

4 What support do I need from others (i.e. supervisor or colleagues) to support our collective wellbeing?

5 Based on your above responses, write down 1-2 community care opportunities you can provide in the near future (i.e. this week or this month). See how you can incorporate principles of safety, voice, and choice.