

# FIRST RESPONDER SELF-CARE AWARENESS & PLAN

## KEY QUESTION for SELF: DO YOU HAVE A CARE PLAN?

What have you found effective as part of your self-care to help you with stress & focus?

## SELF-CARE MANAGEMENT PLAN

### COMPONENTS of a SELF-CARE PLAN - GOALS to INCORPORATE into a CARE PLAN:

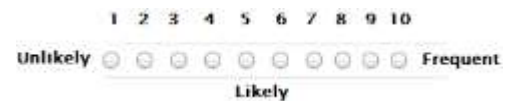
- Commitment to invest in time and ways that will fill **your** physical, emotional (and spiritual) tanks
- Incorporate ways that celebrate specific **you** time
- A holistic care plan should effectively exercise your **Mind, Body & Spirit** in attention to well-being

### A SAMPLE PLAN could include:

- Time management planning and setting boundaries
- Laughing, talking, spending quality time with family, peers & others
- Favorite exercise, movement, hobbies, leisure activities
- Daily time of pause: quiet reading, meditation, prayer
- Rest, sleep, & slowing down
- Breathing and music therapies
- Reflection in journaling, solitude, or a scheduled time of retreat from usual activities
- Celebrating nature or visiting a sacred place to encounter God

### Step One: Personal Assessment

- Personal Rating: Your Current Level of Consistent Self-Care



- Life Stress, Resilience, and Coping
  - Rate your current area of Life Stress |Low 1 2 3 4 5 6 7 8 9 10 High|
  - What is your level of Stress Vulnerability |Low 1 2 3 4 5 6 7 8 9 10 High|
  - How do you rate your Personal Resilience |Low 1 2 3 4 5 6 7 8 9 10 High|
  - Do you have Healthy & Sufficient Coping Strategies? |Low 1 2 3 4 5 6 7 8 9 10 High|
  - Are your Basic Needs being met Daily at home? |Low 1 2 3 4 5 6 7 8 9 10 High|
  - Please Rate your level of Fatigue |Low 1 2 3 4 5 6 7 8 9 10 High|
  - Rate your likeliness for or nearness to Burnout |Low 1 2 3 4 5 6 7 8 9 10 High|
  - Are your Basic Needs being met Daily at work? |Low 1 2 3 4 5 6 7 8 9 10 High|

### Step Two: Setting Goals

- Review Your Self-Assessment Results (**Honesty/Transparency/BE RESPONSIBLE to SELF**). Rate where most stress lies and begin to create coping strategies to intervene in that area of your life.

\_\_\_ General Work Stress      \_\_\_ Crisis/Event Stress      \_\_\_ Family Stress

Setting SMART Goals (Your goal-setting and your personalized care plan needs to be all the below.) Is your plan:

\_\_\_ Specific    \_\_\_ Measurable    \_\_\_ Attainable    \_\_\_ Realistic    \_\_\_ Time-based

**APPOINT an Accountability friend and/or mentor for post-follow-up** \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Table 2: Healthy Coping Strategies**

Cognitive	Emotional	Behavioral
<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Write things down</li> <li>o Make small, daily decisions</li> <li>o See the decisions you are already making</li> <li>o Give yourself permission to ask for help</li> <li>o Plan for the future</li> <li>o Get the most information you can to help make decisions</li> <li>o Anticipate needs</li> <li>o Remember you have options</li> <li>o Review previous successes</li> <li>o Problem solve</li> <li>o Have a Plan "B"</li> <li>o Break large tasks into smaller ones</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Allow yourself to experience what you feel</li> <li>o Label what you are experiencing</li> <li>o Give yourself permission to ask for help</li> <li>o Be assertive when necessary</li> <li>o Keep communication open with others</li> <li>o Remember you have options</li> <li>o Use your sense of humor</li> <li>o Have a buddy with whom you can vent</li> <li>o Use "positive" words and language</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Spend time by yourself</li> <li>o Spend time with others</li> <li>o Limit demands on time and energy</li> <li>o Help others with tasks</li> <li>o Give yourself permission to ask for help</li> <li>o Do activities that you previously enjoyed</li> <li>o Take different routes to work or on trips</li> <li>o Remember you have options</li> <li>o Find new activities that are enjoyable and (mildly) challenging</li> <li>o Set goals, have a plan</li> <li>o Relax</li> <li>o Practice, Practice, Practice</li> </ul>
Spiritual	Interpersonal	Physical
<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Discuss changed beliefs with spiritual leader</li> <li>o Meditation</li> <li>o Give yourself permission to ask for help</li> <li>o Practice rituals of your faith/beliefs</li> <li>o Spiritual retreats/workshops</li> <li>o Prayer</li> <li>o Remember you have options</li> <li>o Mindfulness</li> <li>o Find spiritual support</li> <li>o Read Spiritual literature</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Give yourself permission to ask for help</li> <li>o Take time to enjoy time with trusted friend/partner</li> <li>o Hugs</li> <li>o Healthy boundaries</li> <li>o Remember to use "I" statements</li> <li>o Use humor to diffuse tense conversations</li> <li>o Play together</li> <li>o Talk with trusted partner/friend</li> <li>o Apologize when stress causes irritable behavior or outbursts</li> <li>o State needs and wants as clearly as possible</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Aerobic exercise</li> <li>o See doctor and dentist</li> <li>o Routine sleep patterns</li> <li>o Minimize caffeine, alcohol, and sugar</li> <li>o Give yourself permission to ask for help</li> <li>o Eat well-balanced, regular meals</li> <li>o Drink water</li> <li>o Wear comfortable clothes</li> <li>o Engage in physical luxuries: spa, massage, bath, personal trainer</li> <li>o Remember to breathe – deeply</li> <li>o Take mini-breaks</li> <li>o Practice, Practice, Practice</li> </ul>

Source: Figley Institute 2012-2013; Standards of Self-Care Health Coping Strategies; Figley PTSD Workbook; AMEDD San Antonio, 2012