

## HEALTHY COPING STRATEGIES

Figley Institute 2012-2013

Care of self and for the needs of those you serve aids in success and sustainability. A balanced self care plan can start with an authentic and transparent assessment that implements positive goals for ongoing health and wellness. Below are strategies for success as one considers a self care plan:

**COGNITIVE:** Give yourself permission to ask for help | Make small, daily decisions | Break large tasks into small ones

**EMOTIONAL:** Allow yourself to experience what you feel | Keep communications open with others | Have a buddy you can vent to

**BEHAVIORIAL:** Limit demands on time and energy | Do activities you previously enjoyed | Help others with tasks | relax

**SPIRITUAL:** Find spiritual support | Discuss ways to connect to the spiritual and sacred | Practice rituals of your faith | Meditate

**INTERPERSONAL:** Take time to enjoy time with trusted friend/partner | Set healthy boundaries | State needs/wants clearly

**PHYSICAL:** Eat well-balanced, regular meals  
Take mini-breaks | Remember to breathe deeply | Engage in physical luxuries (a trainer, spa, massage or other enjoyed activity)



**Resiliency**  
Body Mind Spirit

Care for Enhanced Life & Vitality

### Marketplace Ministry Partner:

We thank God for your presence in our community.

May God continue to richly bless your Vision, Mission and Core Values as you love and lead among our greater community.

May all of your leaders, workers managers, employees, and staff know they are valued and loved as vital contributors to our local community.

May your corporate partnering continue to bring value and purpose, community enrichment and God's presence to those you serve.

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## SELF CARE RESPONSE

Effective self-care starts with one's commitment to sustainability. While one's work and personal lives may not be easily balanced, care for self is important. Many times life events require our post-attention. Keeping in mind the stain of today's culture, life events, and unexpected outcomes, one can seek ways to put into place a post, self-care plan that helps alleviate stressors and works through the unwanted or unwelcomed areas that may affect first your health and wellness.

### Standards for Self-Care Plans

- ◇ Strategies for *letting go of work*
- ◇ Strategies for gaining a *sense of self care achievement*
- ◇ Strategies for acquiring *adequate rest and relaxation*
- ◇ Strategies for practicing *effective daily stress reduction methods*

### KEY QUESTION

**Do you have a Self-Care Plan that can reduce stress & increase focus and quality of life?**

## POST INCIDENT CARE

### Care Values: Envisioning Hope via Management Plans

#### Step One: Assessment

- ◇ Personal Reflections: Your Current Level of Self-Care for Life Stress, Resilience, and Coping
- ◇ Measuring Stress Vulnerability
- ◇ Examining Personal Resilience
- ◇ Evaluating Healthy Coping
- ◇ Compassion Satisfaction vs Fatigue and/or Burnout

#### Step Two: Setting Goals

Review Your Self-Assessment Results

Identify Life Stress

Evaluate Responder Stress

Set **SMART** Goals that are:

Specific

Measurable

Attainable

Realistic

Time-based

## CARE in ACTION

For thousands of emergency responders, saving lives is more than a job—it's a vocation that drives them. Fortunately, the Boston Fire / Metro Fire Critical Incident Stress Management Team is readily available after the urgency of the trauma scene dissipates with education and commitment to post-crisis care and peer support. Additionally available are referred resources, continuing education and an advocacy for self-care management that provides ongoing attention to care responsibly for self and others.

### Other Factors of Impact

*"Self-Care plans have aided those who care for others in significant ways."*

Here are six areas of self-care that one can address in order to nurture oneself in a full and balanced way:

**Adventurous Self-Care**  
**Spiritual Self-Care**  
**Physical Self-Care**  
**Mental Self-Care**  
**Sensory Self-Care**  
**Emotional Self-Care**

