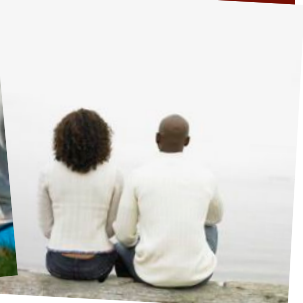


Self Care Planning

NC Positive Charge Initiative ★ www.NCcommunityAIDSfund.org

Resources for Access Coordinators – Self-Care

January 2012



The Self Care Plan is a tool to help you think about what causes you stress in your day and how to manage your stress so that you remain healthy - mentally and physically.

If you are not taking care of yourself, you can't be of help to others. So, take some time and prioritize yourself while you do this activity.

Nothing so
needs
reforming
as other
people's
habits.
~ Mark
Twain

God grant
me the
serenity to
accept the
things I
cannot
change,
courage to
change the
things I
can, and the
wisdom to
know the
difference.
~ Reinhold
Niebuhr

Stressors

First, think about what the stresses are in your life.

What stress is at home?

What stress is at work?

Think about the different times of the day you get stressed, the people that bring you stress, and the situations that cause you stress.

When you recognize what causes you stress and when, then you can prepare for it and make plans to change it.

Immediate Actions

These are short-term solutions to address the stress at hand, things you can do to take your mind off of the situation or just relieve a little stress right now.

Go outside and take a walk, squeeze a stress ball, listen to music, breathe deeply, do jumping jacks, say a prayer - anything to help you refocus for few minutes and take your mind off of the situation.

Don't let the stress consume you; get your mind off of it as soon as you can.

Take Control

While taking your mind off of the stress is good to do initially, think if there is something you can do to change the situation to minimize or avoid the stress altogether.

Is there something you can change? Can you talk with your supervisor before you get too stressed? Can you clarify the rules for your clients? Make sure you eat lunch and snacks every day so you don't get short tempered. Do you need to transfer a client you clash with to someone else? Be honest with the people around you about your workload and limits. Ask for help.

Try to change the circumstances that cause your stress - take control.

Who does my stress impact?

Think about the different ways your stress impacts your daily interactions with others around you - your family, the checker at the grocery store, your co-workers, your friends, your children, your landlord, other drivers on the road. Have you ever been stressed about one thing and taken it out on someone around you, just because they were nearby?

It's not just you that is impacted by your stress, but others around you too - take care of yourself for them too.

Self Care

Now think about the long-term. What can you do on regular basis to take care of yourself and avoid stress? How can you be healthier - in your mind, your body, and your spirit?

This means taking time for you to do what you like, to create balance in your life so you can be refreshed and stronger. Focus on your needs.

Take rest; a field that has rested gives a bountiful crop. ~ Ovid



Plan of Action/Agreement with yourself

Now that you've thought about what causes your stress, how to handle it in the short term and how to manage it in the long term, make a plan to take care of yourself. Will you eat healthier, take a bath, read or walk every day, have a romantic dinner once a week?

This is an agreement you are making with yourself to take care of yourself, because you've earned it!

Inspirations for the Journey

Don't push the river; it flows by itself.

~ Zen saying

Life is not the way it's supposed to be. It's the way it is. The way you cope with it is what makes a difference.

~ Virginia Satir

Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.

~ Mary Hemingway

Tension is who you think you should be.

Relaxation is who you are.

~ Chinese Proverb

There must be quite a few things that a hot bath won't cure, but I don't know many of them.

~ Sylvia Plath

Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow ~ Douglas Pagels

