



WORK OF CARE

CHANGE THE MOMENT TO CHANGE THE WORLD

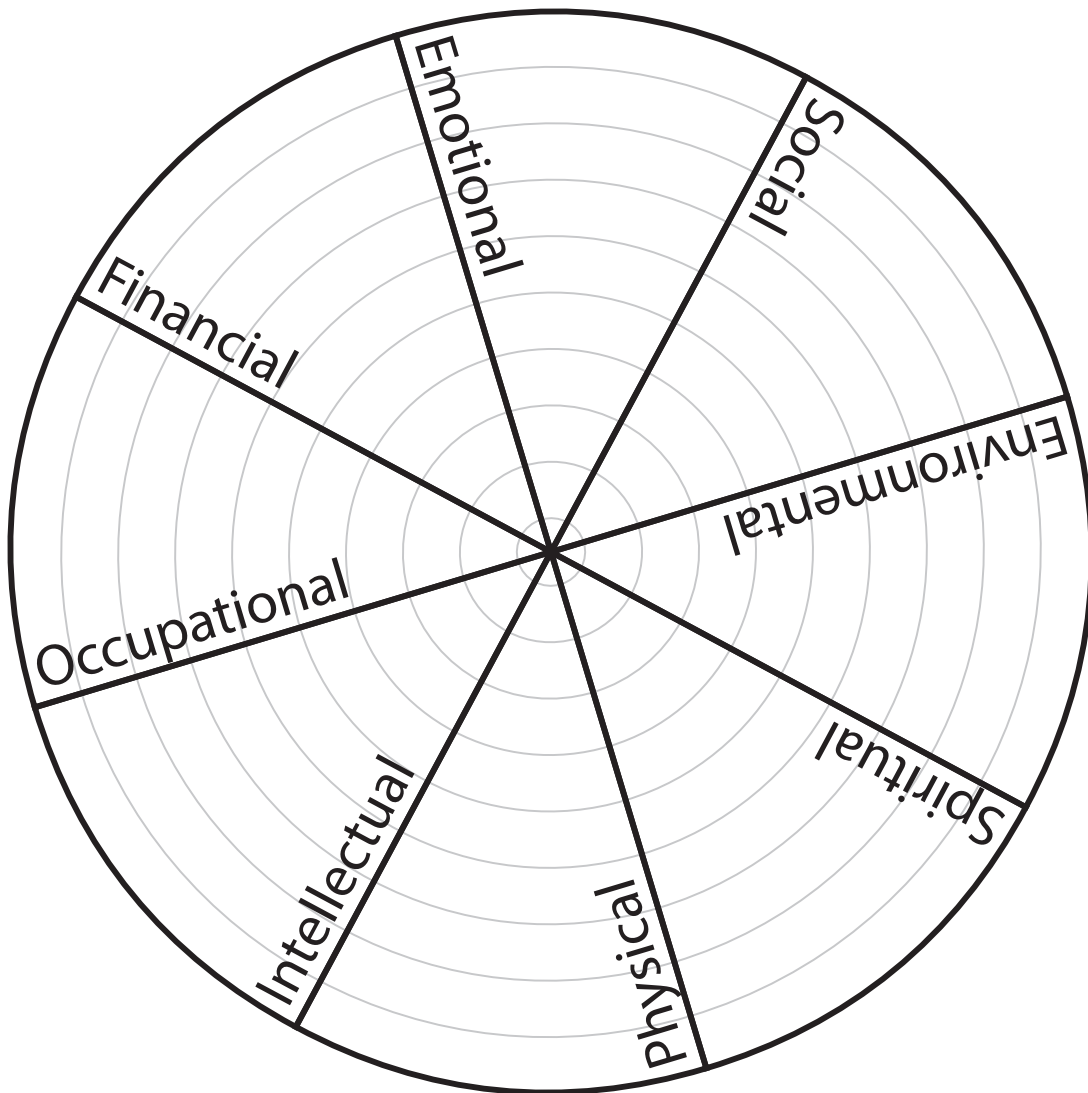
Self-Care Workbook

**CONSTRUCT A LIFE THAT SUPPORTS YOUR WELL-BEING,
SO YOU CAN SUSTAINABLY SUPPORT THE HEALTH AND WELL-BEING OF OTHERS.**

'WELLNESS WHEEL'

Wellness involves different aspects of health and life circumstances. Feeling challenged in even one area of wellness makes it difficult for the wheel to 'turn smoothly'.

Fill in the 'wheel' below to visualize how satisfied and secure you are with each aspect of your well-being right now:

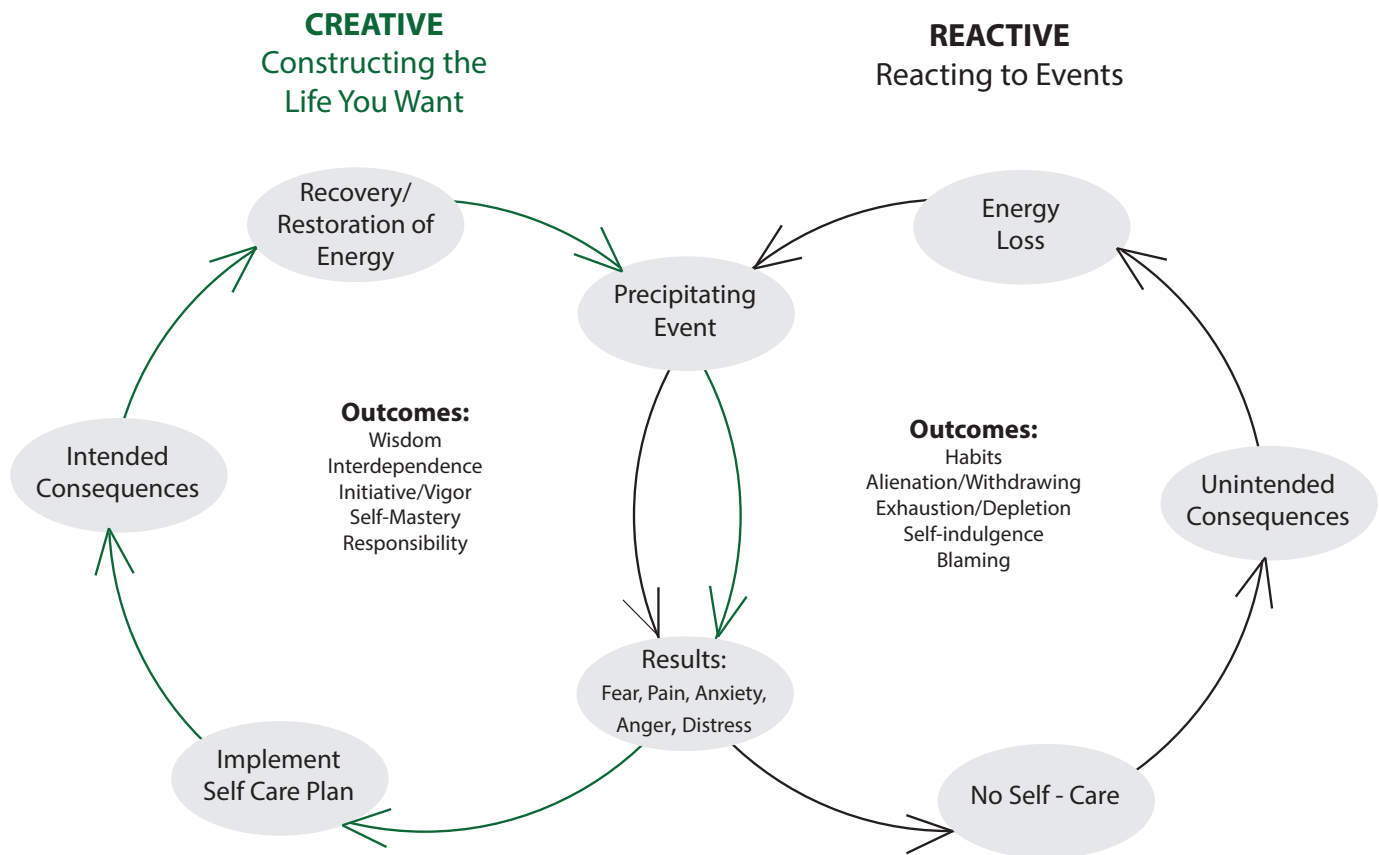


THIS WORKBOOK HAS THREE PARTS:

- **ASSESSMENT**
This section will give you an idea of where you are at right now.
- **PLANNING**
This section will help you create a personalized wellness plan.
- **COMMUNITY**
This section will help define and build a supportive community.

WHY SELF-CARE?

WHY DO THIS WELLNESS WORKBOOK?



Assessment

Being responsible for your own well-being, your family's, and working effectively with and for others, can be demanding at times. These questions will help you consider your areas of strength as well as where you need some support.

	I MAY NEED SUPPORT	I'M IMPROVING	I'M COMFORTABLE	I'M VERY CONFIDENT
Confident in my job	<input type="text"/>			
Confident in my role at home	<input type="text"/>			
My ability to have fun	<input type="text"/>			
My ability to relax	<input type="text"/>			
Being independent	<input type="text"/>			
Maintaining healthy boundaries	<input type="text"/>			
Managing my time	<input type="text"/>			
Relationships with others	<input type="text"/>			
Enjoying my social life	<input type="text"/>			
My relationships at work/school	<input type="text"/>			
Missing friends and/or family	<input type="text"/>			
Being aware of others' needs	<input type="text"/>			
Having something to do when not at work	<input type="text"/>			
Sleeping 6-8 hours each night	<input type="text"/>			
Having enough money for my needs	<input type="text"/>			
Being physically active	<input type="text"/>			
Managing my stress level	<input type="text"/>			
Meeting my health care needs	<input type="text"/>			
Managing my emotions/moods	<input type="text"/>			
How I feel about myself (self-esteem)	<input type="text"/>			
Other:	<input type="text"/>			

NOTES

Assessment

Self-care through healthy choices is an essential part of supporting others. Everyone benefits when you bring your best self to a group, relationship, or circumstance. Use the graph below to consider where you might make changes to your lifestyle that can support your well-being.

	I MAY NEED SUPPORT	I'M IMPROVING	I'M COMFORTABLE	I'M VERY CONFIDENT
Plan each day ahead	<input type="text"/>			
Use days off to relax/rejuvenate	<input type="text"/>			
Get preventative medical care	<input type="text"/>			
Get healthy exercise/physical activity	<input type="text"/>			
Eat food that is good for my body	<input type="text"/>			
Get enough sleep	<input type="text"/>			
Rest when I am sick	<input type="text"/>			
Create a safe and pleasant home/living space	<input type="text"/>			
Work towards my goals	<input type="text"/>			
Do work that is fulfilling	<input type="text"/>			
Manage my finances sensibly	<input type="text"/>			
Spend time with friends	<input type="text"/>			
Take breaks when I need to	<input type="text"/>			
Have fun	<input type="text"/>			
Ask for help when I need it	<input type="text"/>			
Live according to my values	<input type="text"/>			
Spend time outdoors	<input type="text"/>			
Prioritize my needs	<input type="text"/>			
Try new things	<input type="text"/>			
Other	<input type="text"/>			

NOTES

WHERE I AM NOW

“Health” and “Wellness” are personal definitions. “Health” may mean physical stamina, addiction recovery, setting relationship boundaries, or managing a chronic illness. Defining what “health” means to you helps you make choices that support your overall well-being, allowing you to bring your best self into each situation.

What does ‘wellness’ or ‘well-being’ mean to you?

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What are your priorities for your own health and well-being now?

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How are you prioritizing these in your life?

1
2
3

What aspects of health and wellness do you find challenging?

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How can you address these challenges during the next few months?

1
2
3

Stress can be beneficial, and a way of preparing your body and mind for challenges. Often it is not stress itself, but the way people choose to manage stress that leads to problems. Stress that isn't managed in a healthy way can interfere with sleep, cause health problems, and make decision making more difficult.

5 TYPES OF STRESS

- SITUATIONAL**
Stress that is caused by your immediate environment
- PHYSICAL**
Illness, injury, choices that may poorly affect your body

- MENTAL**
Negative thinking, worrying, making assumptions, uninteresting work
- TIME**
Too much to do, not delegating or saying, "no."
- RELATIONAL**
Relationship difficulties (work, family, friends, romantic partners, community)

Examples of **Situational Stress** in my life

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Something I can do to address this:

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Examples of **Physical Stress** in my life

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Something I can do to address this:

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Examples of **Mental Stress** in my life

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Something I can do to address this:

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Examples of **Time Stress** in my life

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Something I can do to address this:

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Examples of **Relational Stress** in my life

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Something I can do to address this:

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Planning

It is harder to make a plan when you are feeling overwhelmed or in crisis. Planning for challenges before they happen gives you insight into what are the best, and most sustainable, options for you to recover and restore your energy. Also, proactively taking care of yourself in small ways every day helps you be more prepared for unexpected challenges or circumstances.

THINGS I CAN DO EACH DAY THAT WILL MAKE ME FEEL GOOD ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF WHEN I AM HAVING A DIFFICULT TIME

WHAT I SHOULD AVOID DOING WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD FOR ME) WHEN I FEEL OVERWHELMED OR UPSET

Things I will do that will leave me feeling restored, and healthy:

Resources I need to do these:

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Planning

Effective stress management can be incorporated into your daily and weekly routines. Research has shown the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down some options that seem right for you, your values, priorities, resources, and lifestyle.

Relaxation Practices (ex. Mindfulness, breathing exercises, journaling, hobbies) What makes this difficult for me:

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Food Choices (ex. Drinking enough water, avoiding too much sugar, eating for health) What makes this difficult for me:

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Physical Activity (ex. walking, yoga, hiking, weight lifting, team sports) What makes this difficult for me:

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Connection/Spirituality (ex. prayer, volunteering, mindfulness practice, strengthening relationships) What makes this difficult for me:

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When you need support it is helpful to know who you can count on. Different people will be helpful in different situations. Some people are skilled in guiding you through challenging personal situations. Others are more helpful with logistics or work issues, or for getting you to smile and have fun.

Use the circles below to write down the names and contact info of people you know you can ask for support or help.

Examples of who might fit in the Outer Circle:

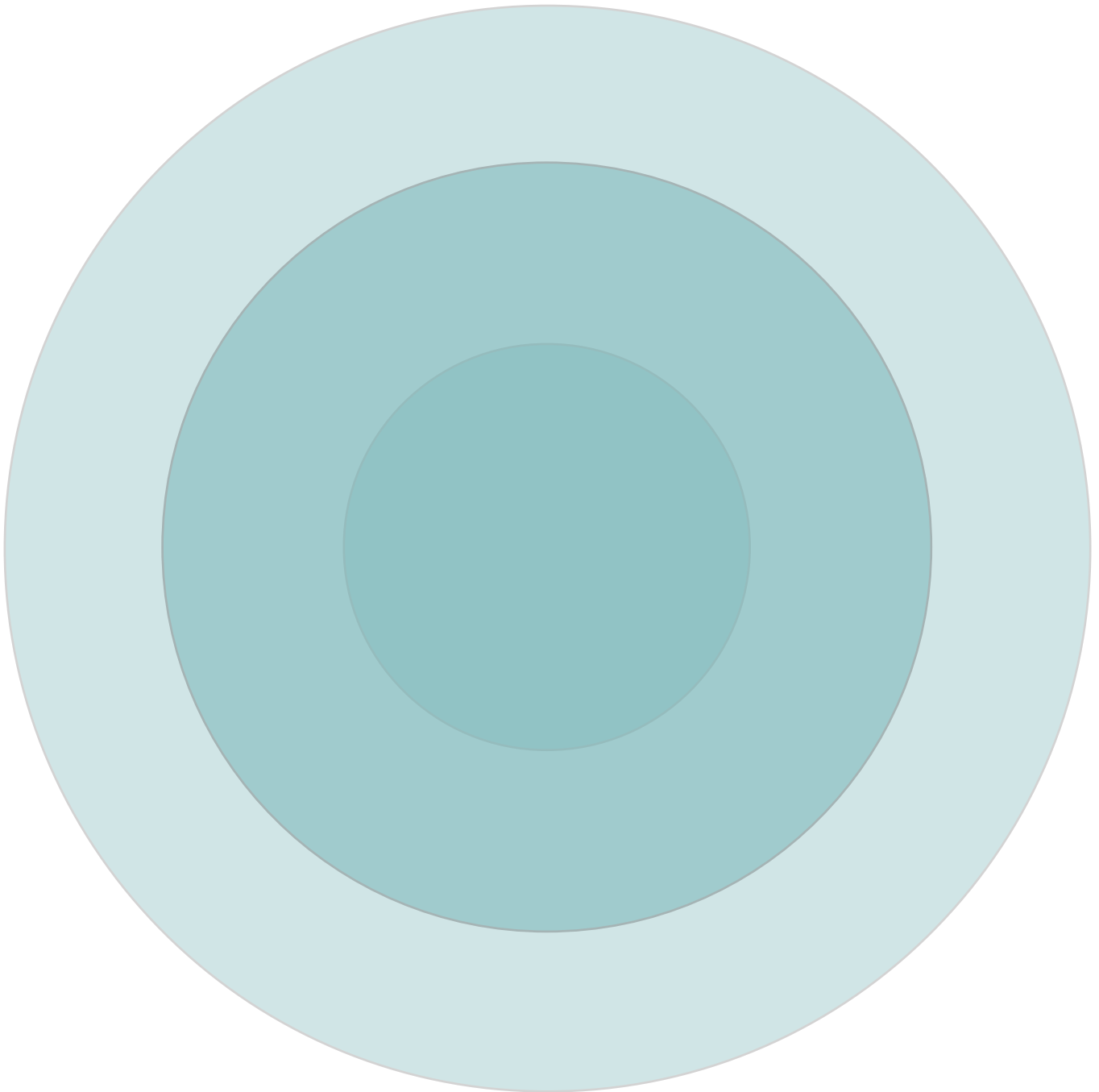
Professionals, Acquaintances, Helpful Colleagues

Examples of who might fit in the Middle Circle:

Friends and Extended Family, Trusted Mentors/Leaders

Examples of who might fit in the Inner Circle:

Close and Trusted Friends, Supportive Family Members



Imagine it is six months from now. What do you want to feel about your yourself? What do you personally value that would make your experience positive? How have you been able to contribute to your community?

List some intentions for the next six months. These do not have to be formal achievements; it may be being compassionate with difficult coworkers, helping someone every day, practicing consistent self-care, or remaining positive when things get challenging. What you write depends entirely on your own values, aspirations, experiences, and preferences.

My intentions and goals for the next six months:

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Personal strengths that will help me with these intentions:

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People who will support me in these commitments:

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Things that will make it difficult to keep these intentions:

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How I will feel if I do not follow through on these intentions:

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Planning

Self-care is often presented as an ‘escape’ from daily life and challenges. We propose something different – that good self-care is a sincere commitment to what you value. Sometimes a spa day, your favorite junk food, or a late night drinking with friends is the right way to rejuvenate yourself. Other times, renewing your commitment to what you care deeply about is the way to ensure you feel well, and positive about your life.

Areas I feel are priorities

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Why these are important

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Activities and experiences that are meaningful to me

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What might make these difficult to do

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Things I want to do, but might put on hold for now

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Why putting these off might be hard

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Practicing sustainable self-care is essential to being part of a community. How you handle personal conflicts, balance work and relationships, and manage expectations, will be a big impact on the health of your community and on your personal experience.

What are my expectations as a part of my family and community?

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What are the unique strengths I can offer?

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What is my personal commitment to inclusivity? How, specifically, will I show this in my actions?

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What interactions make me feel frustrated with another person?

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What are important boundaries to me?

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**YOU CANNOT CHANGE THE WORLD, BUT YOU CAN CHANGE THE MOMENT.
THE POWER OF OUR COLLECTIVE MOMENTS WILL THEN CHANGE THE WORLD.**

It is our individual responsibility as a part of any community – whether a school, family unit, personal relationship, business, neighborhood, or country – to practice self-care to the best of our ability.

This workbook is designed to help you make personal self-care choices with wisdom, understanding that these decisions can improve your own health and well-being, and the well-being of your family, workplace, and community.

The choices we make collectively allow us to take care of each other. As a community we can help people feel safe, able to contribute the unique strengths they have to offer, and understand that not all of us will be performing at our best at all times. That's why we need each other.

My personal commitment to myself, and thereby to my community:

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WORK OF CARE PRINCIPLES:

1. TO CARE FOR AND ABOUT OTHERS WE MUST BE AWARE OF THEIR NEEDS, AND HAVE THE RESOURCES TO ACT IN THEIR BEST INTEREST.

2. SELF-CARE IS ESSENTIAL FOR INDIVIDUALS TO SUSTAINABLY PRACTICE CARING FOR OTHERS.

3. MODERN LIFE, OUR SOCIETY, WORKPLACES, AND INSTITUTIONS, GENERALLY DO NOT SUPPORT AN INDIVIDUAL'S WELL-BEING. THIS MAKES US LESS ABLE, AS COMMUNITIES MADE UP OF INDIVIDUALS, TO CARE FOR EACH OTHER.

4. WE CAN CREATE CHANGE IN THIS WORLD, BY COLLECTIVELY LEARNING SKILLS TO CARE FOR OURSELVES, WITH THE GOAL OF EFFECTIVELY AND SUSTAINABLY CARING FOR OTHERS.

WORK OF CARE HELPS PEOPLE CONSTRUCT A LIFE THAT SUPPORTS THEIR WELL-BEING, SO IN TURN THEY CAN SUPPORT THE HEALTH AND WELL-BEING OF OTHERS.

WHAT IS A COMMUNITY?

ONE WAY OF THINKING:

COMMUNITY =
LOCATION
WORKPLACE/SCHOOL
NEIGHBORHOOD
GROUP OF PEOPLE

ANOTHER WAY OF THINKING:

COMMUNITY =
THE RESULT OF OUR COLLECTIVE EFFORTS,
INCLUDING COOPERATION, COMMITMENT,
RESPECT, GENEROSITY, KINDNESS,
AND PRACTICING SELF-CARE AS A
RESPONSIBILITY TO OTHERS.

REMEMBER, WE ARE ON A
COLLECTIVE JOURNEY
AND NEED EVERYONE TO BE READY
TO CONTRIBUTE THEIR PART