



Prosper Canada

Connect and Share: Self-care strategies

Reflection

In the past year, what are some things I have done to take care of myself?

What impact does self-care have on my well-being, relationships, and work?

Brainstorm

What self-care ideas and strategies would I like to try in the following areas: physical, psychological/emotional, social, spiritual/cultural, and professional?

How can I: cope with stress, find balance, develop a positive mindset, find support?

Action plan

What are my overall goals for my well-being?

Who can I turn to for support? What resources do I have access to?

What are two activities or strategies I would like to try in my own self-care practice?

I will begin my self-care practice starting (date):

Discussion

What resources are in place at my workplace or organization to support my well-being? What initiatives would I like to see?

Resources

[Connect and Share: Self-care strategies worksheet](https://learninghub.prospercanada.org/wp-content/uploads/2021/05/Self-care-strategies-session-worksheet-fillable.pdf) - Prosper Canada
<https://learninghub.prospercanada.org/wp-content/uploads/2021/05/Self-care-strategies-session-worksheet-fillable.pdf>

[Implementing a practice of self-care for practitioners](https://learninghub.prospercanada.org/wp-content/uploads/2021/03/Implementing-a-practice-of-self-care-fillable.pdf) (tipsheet and action plan) - Prosper Canada
<https://learninghub.prospercanada.org/wp-content/uploads/2021/03/Implementing-a-practice-of-self-care-fillable.pdf>

[Self-care self-assessment](https://www.therapistaid.com/worksheets/self-care-assessment.pdf) - Therapist Aid
<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>