



## CREATING A SELF-CARE PLAN

### Day 1: Getting started

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As part of the Psychological Health and Safety Virtual Learning Series, we will post daily steps to help you create a self-care plan.

Self-care is the activities we do regularly to improve and support our health and well-being. It's more than spontaneous, self-soothing activities that provide instant and short-term relief, such as reading, bubble baths and walking. These are important, especially in a stressful situation, but they are not the plan.

You can use the following steps to start you on the right path:

1. Assess your current coping skills
2. Recognize your self-care needs
3. Identify self-soothing activities based on your self-care needs
4. Remove barriers to success

For more information about the Psychological Health and Safety Virtual Learning Series, visit: <https://workplacenl.ca/phsweek>.