



## CREATING A SELF-CARE PLAN

### Day 2: Assess your current coping skills

Looking at current habits and coping strategies is an important first step in creating your self-care plan. What strategies are you using to help you deal with life's challenges? Are they long-term or short-term activities? How are they working?

Write down all of the positive and negative ways you cope with life's challenges. This will help you find activities that work and harmful habits that impact your health. Here are some examples.

Positive	Negative
<ul style="list-style-type: none"><li>• Walking, running or any type of exercise</li><li>• Deep breathing</li><li>• Preparing a meal</li><li>• Stretching</li><li>• Meditation</li><li>• Listening to music</li><li>• Reading</li><li>• Socializing with friends</li><li>• Enjoying the outdoors</li><li>• Good sleep hygiene</li></ul>	<ul style="list-style-type: none"><li>• Extended periods of sedentary activities</li><li>• Skipping meals</li><li>• Excessive screen time</li><li>• Yelling, screaming and angry outbursts</li><li>• Isolation</li><li>• Excessive alcohol and/or drug use</li><li>• Smoking and/or vaping</li><li>• Staying up late</li></ul>

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