

CREATING A SELF-CARE PLAN

Day 1 – Getting Started

It's never too late to get started on your self-care plan. Your mental health and well-being matters!

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/psychological-health-and-safety-virtual-learning-series/>