

CREATING A SELF-CARE PLAN

Day 2: Assess Your Current Coping Skills

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 the positive and negative ways you cope with life's challenges. This helps you find activities that work and harmful habits that impact your health. See examples below:

Positive	Negative
Walking, running, or any type of exercise	Extended periods of sedentary activities (i.e. sitting, lying around, etc.)
Deep breathing	Overeating
Preparing a nutritious meal	Skipping meals
Stretching	Excessive screen time
Meditation	Yelling, screaming and angry outbursts
Listening to music	Isolation
Reading	Excessive alcohol and drug use
Socializing with friends	Smoking and vaping
Enjoying the outdoor	Staying up late
Good sleep hygiene	

For more information about the Psychological Health and Safety Virtual Learning Series, visit: <https://workplacnl.ca/psychological-health-and-safety-virtual-learning-series/>