



## **CREATING A SELF-CARE PLAN**

### **Day 5: Remove barriers to success**

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Now is the time to look back on those negative habits you identified earlier. How are they helping you in self-care? Are they self-destructive? Are they getting in the way of moving forward in health and well-being? Are they preventing you from taking care of your health and wellbeing?

It's time to let those negative habits go.

<b>Reflect</b>	<b>Examine</b>	<b>Replace</b>
Look at existing strategies and determine what is working and not working.	Look at the barriers that prevent you from participating in positive self-care activities.	Cut back on or, if possible, eliminate negative coping strategies.

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