

Self-Care Plan

This plan is to help you identify your own personal signs of stress and plan in advance strategies that may help you manage your own stress and emotions.

<p>What are your personal signs of stress?</p> <p><i>What are the signs that might tell you that you need to take some time to care for yourself? (e.g. irritability, decreased concentration, withdrawing from friends/activities)</i></p>	<p>My personal signs that might tell me I am becoming stressed or finding it difficult to manage are:</p> <ul style="list-style-type: none"> • Feeling edgy or restless • Losing patience in the classroom • Difficulty planning my classes • I stop seeing my friends/family as much • I stop doing exercise • I get irritated more easily with my partner
<p>What strategies can you use to manage stress?</p> <p><i>Be as specific as possible (e.g. Practice abdominal breathing for 10 minutes, talk to partner)</i></p>	<p>The strategies I would be able to use to manage my stress include:</p> <ul style="list-style-type: none"> • Practice abdominal breathing each morning before class • Take 10 minutes to talk to my partner each day about how I am feeling • Arrange a time to talk to the principal • Replace my unhelpful thoughts with more helpful thoughts.
<p>Who can you call upon for support?</p> <p><i>Try and identify multiple people in different areas (e.g. family, friends, colleagues).</i></p>	<p>If I need extra support, I can ask/talk to:</p> <ul style="list-style-type: none"> • My partner/family • My principal • Other teachers • Employee Services
<p>What activities can you actively schedule into your life over next month? When?</p> <p><i>Try and make a list of various activities (small and big). Then schedule them into the Calendar over the page.</i></p>	<p>The activities that I will try and schedule into my routine (and stick to!) are:</p> <ul style="list-style-type: none"> • A relaxing bath • Reading a new book • A walk in the park with my partner • Going out with friends to dinner • Going for a run • Going for a drive on the weekend out of town

