

Self-Care Toolkit



Emotional Self-Care

- Seek support through helping relationships or counselling
- Acknowledge your accomplishments and celebrate them
- Limit exposure to violent or negative content (news, violent movies or series, social media)
- Recognize your thoughts, emotions, and inner state
- Welcome your vulnerabilities without judgment
- Spend time in nature and prioritize opportunities to recharge
- Make room for lightness, clarity, and laughter
- Give yourself permission to cry and express your emotions
- Etc.

Physical Self-Care

- Take time to eat and choose healthy foods
- Engage in physical activities you enjoy
- Allow yourself to rest when you are sick
- Practice relaxation exercises
- Get enough sleep
- Etc.

Cognitive Self-Care

- Set aside time for introspection
- Meditate, pray, or seek moments of wonder
- Read or listen to inspiring people or works
- Seek meaning and alignment in your life
- Etc.

Work-Related Self-Care

- Take time to connect with colleagues
- Plan moments of calm and gentleness, and create space to complete your tasks
- Balance and vary your responsibilities
- Encourage a positive and playful team spirit
- Allow yourself, at times, not to be the person in charge or the expert
- Give yourself flexibility and grace
- Respect your limits and make sure others respect them too
- Seek supervision and training opportunities
- Etc.

Relational Self-Care

- Allow yourself to seek support from your social network
- Give yourself permission to accept and/or decline invitations
- Stay connected with others
- Participate in uplifting social activities
- Surround yourself with people who deeply care about you and make you feel good
- Reflect on your relational stances
- Etc.



Good to Know

- The self-care practices that work best will vary from person to person
- Be gentle with yourself
- Integrate self-care at your own pace
- Try different strategies and accept that some may be less effective for you than others