

Self-Care Solutions

The ways you prefer to think and behave can provide a framework to support personal wellbeing. Determine tactics to support your self-care so you can re-energize when burnout threatens.

Estimated Time: 15 minutes



Instructions

1. Review the list (on the next page) and check off strategies that interest you.
Note: If you have an Emergenetics Profile, pay particular attention to your preferred Attributes.
2. Use the reflection questions to create your personalized stress mitigation model:
 - ▶ Which, if any, of these activities am I currently engaging in?
 - ▶ How are they serving me?
 - ▶ Is there anything I will stop doing?
 - ▶ What is one thing I will start doing?
 - ▶ What action steps will I take to implement it?

Your Way to Wellbeing

ANALYTICAL	<ul style="list-style-type: none"> Recognize what you can and can't control to let go of stressors Research a new diet, exercise or meditation routine backed by experts Reconnect with your why Reflect on your contributions and value 	<ul style="list-style-type: none"> Explore a change of scenery Reflect on the possibilities you can influence Reconnect with your vision Take breaks inspired by adventure or fun 	CONCEPTUAL
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STRUCTURAL	<ul style="list-style-type: none"> Clean up or reorganize one space Schedule time for self-care Establish a process to support boundary setting Be present in each one of your actions 	<ul style="list-style-type: none"> Call a friend to check in Volunteer in your community Remind yourself who you are supporting with your efforts Identify how you have already helped yourself and others 	SOCIAL
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1/3	← EXPRESSIVENESS →	3/3
<ul style="list-style-type: none"> Keep a journal to make notes of your thoughts Schedule alone time Find a quiet space to reflect 		<ul style="list-style-type: none"> Engage with a thought partner to discuss challenges Create some noise unapologetically Visit a loud, energizing space

1/3	← ASSERTIVENESS →	3/3
<ul style="list-style-type: none"> Slow things down Outline your milestones Connect with others to find alignment 		<ul style="list-style-type: none"> Embrace a fast pace Engage in a competition Find an avenue to express unedited thoughts

1/3	← FLEXIBILITY →	3/3
<ul style="list-style-type: none"> Pick one self-care practice to try for one week Schedule focused time Complete a task from start to finish 		<ul style="list-style-type: none"> Try a couple of new self-care practices Explore the options that are available to you Apply your multi-tasking nature