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Hope for the best, prepare for the worst: Emergency self-care seminar

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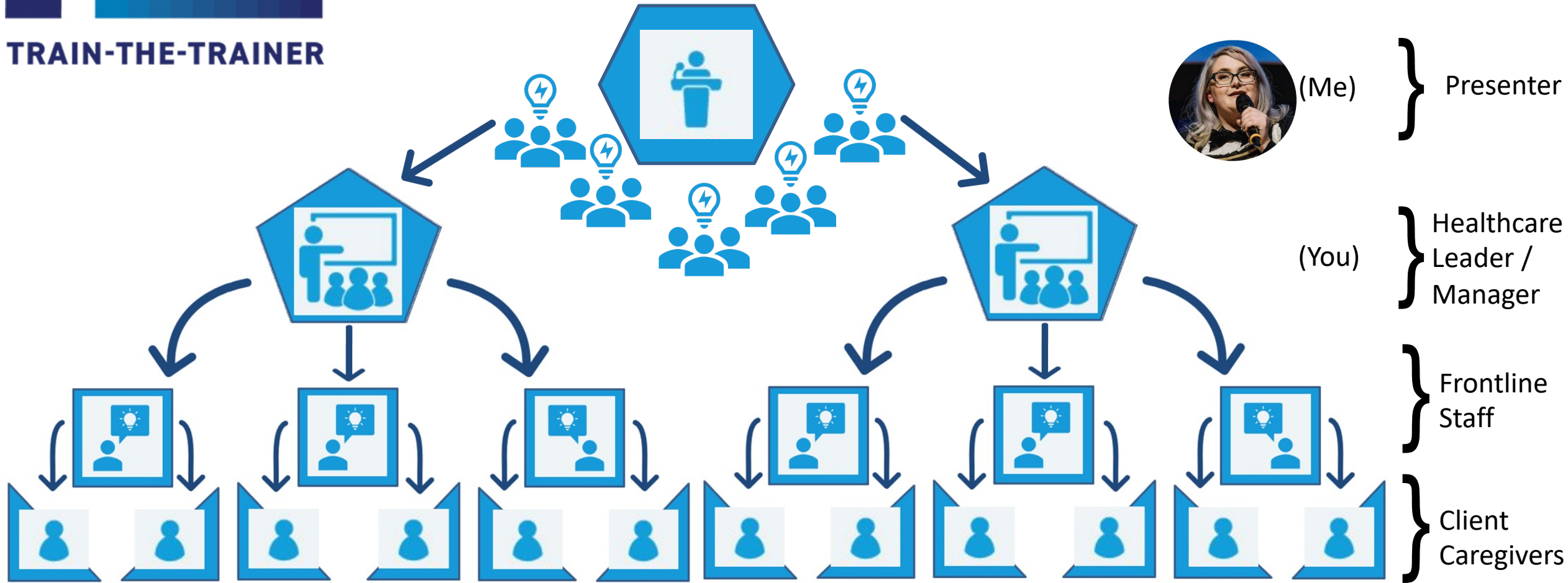
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TRAIN-THE-TRAINER



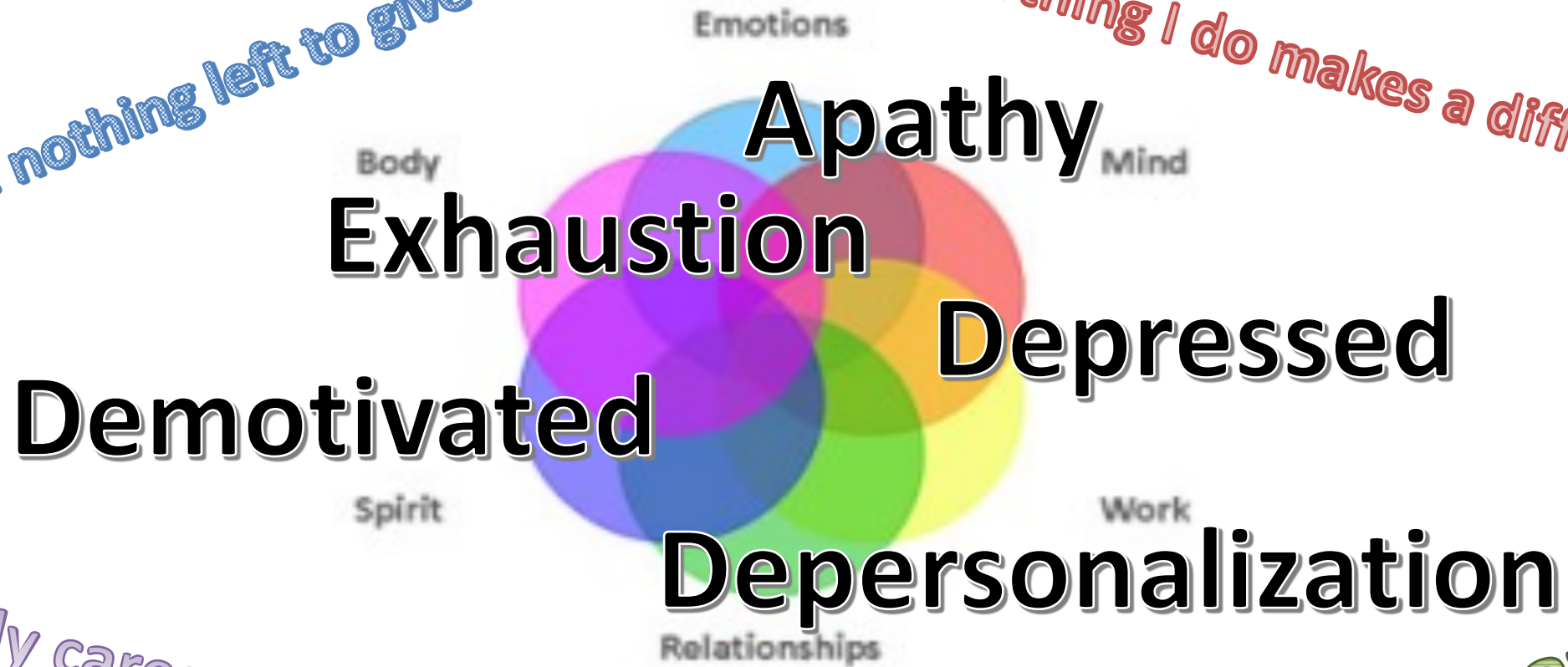
Self-care for Service Providers: Developing Your Self-Care Plan



Self-care for Service Providers

"I have nothing left to give"

"Nothing I do makes a difference."



"Nobody cares, what's the point?"

"It doesn't matter."

Emergency Self-Care Plan



**THINK AHEAD,
HAVE A PLAN,
BE PREPARED
FOR ANY
EMERGENCY.**



**EMERGENCY
PREPAREDNESS**



CREATE AND PRACTICE
FAMILY
COMMUNICATION
PLAN



**CAUTION
RADIOACTIVE**



ARE YOU PREPARED?



Emergency Self-Care Worksheet

Why do I need to do this? It is very hard to think of what to do for yourself when things get tough. It is best to **have a plan ready** for when you need it.

What should be in it? You need to consider 3 general areas: what to do, what to think, and what to avoid.

1. Make a list of what you can do when you are upset that will be good for you.

a. What will help me relax?

For example,

- Breathing, Muscle relaxation, Music
- Reading for fun, watching a movie
- Exercising, Taking a walk

b. What do I like to do when I'm in a good mood? _____

- List all the things you like to do so you remember what they are when you need to think of something to do.

c. What can I do that will help me throughout the day? _____

For example,

- Avoid too much caffeine if feeling anxious
- Remember to breathe
- Watch my thoughts
- Stay in the moment

d. Other: What else do YOU need to do that is specific to YOU?

2. Make a list of people you can contact if you need support or distraction.

For example, your best friend, other friends, sibling, parent, grandparent, other relative, therapist, priest/minister/rabbi/imam, etc.

a. Divide the list of people into categories by asking yourself the following questions:

- Who can I call if I am feeling depressed or anxious?
- Who can I call if I am lonely?
- Who will come over to be with me if I need company?
- Who will listen?
- Who will encourage me to get out of the house and do something fun?
- Who will remind me to follow my self-care plan?
- Other:

3. Next, make a list of positive things to say to yourself when you are giving yourself a hard time.

Example of negative self-talk:

“Everyday my patient’s family yells at me. I must be such a terrible Nurse”

CHANGE to: “My self-worth is not dependent on what my patient’s family says to me. I am doing the best job that I can.”

You get it. Try to think about what you would say to a client with the same struggling and apply it to yourself.

4. Next, make a list of who and what to avoid when you are having a hard time.

Example of people to avoid:

- Today was a really tough day. Two of my patients died from COVID complications. I won't call my mom because she refused to be vaccinated and will tell me again about her friend's sister's neighbor having a VAE when what I really need is some empathy and support.
- I am discouraged about new procedures at work taking even more time from my already busy day. I won't call my best friend because she'll just tell me not to worry about it and to quit this job if it's such a hassle.
- I didn't get my client documentation in on time and I'm worried about my supervisory meeting. I will not call my husband. He is a stickler for doing things in advance so that they are never late. He'll just give me a hard time.

You get this too. Not everyone can be supportive or helpful with every situation. Go to the ones who can be supportive about the specific issues you are dealing with.

5. Next, make a list of *WHAT* to avoid when you are having a hard time.

Examples of things to avoid:

- I should not stay in the house all day.
- I should not stay in bed all day. I should open the shades and let the light in.
- I should not listen to sad music.
- should not drink too much alcohol.
- Other:

Again, you get it.

Write this plan on a 3"x5" card. Keep it in your purse/wallet (and on your phone if you can). Look at it often. Add any good ideas to it whenever you can. USE IT!

Overview of creating an Emergency Self-Care Plan

1. Make a list of what you can do when you are upset that will be good for you.
2. Make a list of people you can contact if you need support or distraction.
3. Make a list of positive things to say to yourself when you are giving yourself a hard time.
4. Make a list of who and what to avoid when you are having a hard time.
5. Write out your plan and put it somewhere close, this will help you use the plan.

Appendix of Other Supports & Resources:

[Wellness Together Canada | Home](#)

The WTC portal was launched on April 15, 2020 to help address the rise in feelings of stress, anxiety and depression in Canada due to COVID-19. The portal offers access to free and confidential online mental health and substance use supports, 24 hours a day, seven days a week, in both official languages, and phone-counselling sessions are supported by interpretation in 200 languages and dialects.

RPNAO offers: [self-care-wellness-plan.pdf \(werpn.com\)](#)

Department of Health & Human Services USA (with guide): [Emergency Responder Self-Care Plan \(hhs.gov\)](#)

[Surviving Social Work Burnout: Prevention and Treatment Tips & Resources \(publicservicedegrees.org\)](#)

[Preventing Social Work Burnout: 37 Helpful Therapeutic Activities \(positivepsychology.com\)](#)

[Developing Your Self-Care Plan - University at Buffalo School of Social Work - University at Buffalo](#)