

Preventing and Treating Compassion Fatigue with Self-Care

Individual Self-Care Plan

Created by Katie Scherrer, MLIS, RYT

About My Stress

My key work-related stressors are:

Factors in the above stressors that are outside of my control include:

Factors in the above stressors that are within my control include:

When I am experiencing work-related stress, physical sensations that I notice are:

When I am experiencing work-related stress, thought patterns, assumptions, and worries that I notice are:

When I am experiencing work-related stress, feelings and emotions that I notice are:

About My Self-Care

Activities or experiences that allow me to care for myself physically, mentally, and emotionally include:

Activities or experiences that bring me joy in the moment include:

When I engage in the above experiences, physical sensations that I notice are:

I currently engage regularly in experiences and activities that support my self-care and/or bring me joy in the moment.

DISAGREE

NEITHER AGREE NOR DISAGREE

AGREE SOMEWHAT

AGREE

The self-care strategy that brings me the most benefit, to which I want to commit, is:

Barriers, Resistance, and Support

The primary barrier preventing me from regular self-care is:

Some barriers to self-care can be removed through an intentional prioritization of self-care. For example, one could budget a small amount of money weekly to build a self-care fund, remove oneself from the work environment for breaks to take a walk outside, or begin with time commitments that are realistic, such as five minutes of mindful breathing daily instead of fifteen.

If I choose to commit to self-care as a priority in my life, I can overcome the above barrier by:

Two supportive individuals with whom I feel comfortable sharing my experience and who I can trust to help hold me accountable to my self-care plan are:

It is normal to encounter resistance when we make change in our lives. When we experience resistance, we can always begin again. Rather than berating oneself, we can consider how we would treat a dear friend or loved one in the same situation.

When I notice that I am slipping in my self-care, I will:

Self-Care and the Workplace

Within the workplace, I can practice self-care by:

My allies in building a culture of self-care within the workplace are:

One thing I am now doing in my work that is not serving my self-care is:

I will let go of this unhelpful habit by: