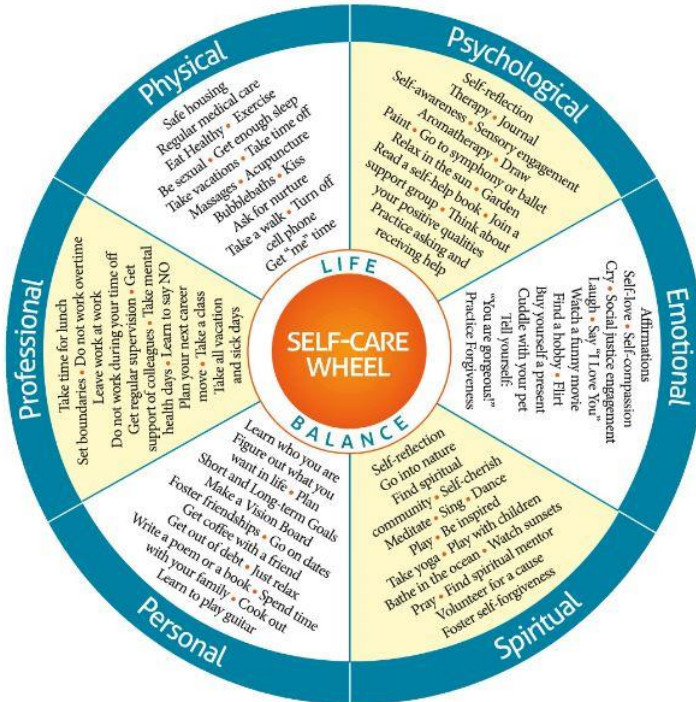


iMatter: Self-care for Helping Professionals

Renyea Colvin, MPH, CHES | CAPTC Professional Development Committee



Self-care: The activities individuals, families and communities to enhance health, prevent disease, maintain health, limit illness and restore health without the support of a health-care provider

-WHO, 1983

www.olgaphoenix.com/key-offerings/self-care-wheel

Two ways working as a helping professional *positively* impacts me:

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Two ways working as a helping professional *negatively* impacts me:

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Two causes of work-related stress I experience in my current position are:

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Now that you know the importance of managing stress as a helping professional, spend some time strategizing about you can take better care of yourself while at work. Write down which techniques you can use through-out your work day to help you decrease on manage work-related stress.

My Work-place Self-Care Plan				
Before Work	Before Lunch	During Lunch	After Lunch	After Work

In the future, I want to try the following strategies to help me effectively manage stress at work:

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- Journaling
- Listening to music
- Taking a walk
- Using your sick time
- Talking to a supportive co-worker
- Doodling
- Reading a book
- Getting some fresh air
- Using your vacation time
- Limiting procrastination