



## NAEMT Mental Health Resilience Officer Course

### Self-Care Planner

Each month pick one self-care activity from a list in the categories below. Resolve to complete that self-care activity for 30 days. If you like the activity, stick with it, and build on it with a new activity the next month. If the activity is not right for you, try to stick it out for the entire month, and then pick another activity from a new category the next month. At the end of the year, you will have hopefully built up a robust strategy for self-care that fits your needs.

Don't get discouraged. Self-care is hard. Not every activity will be right for you, but the process of trying these techniques and figuring out what works will help you maintain a self-care regimen tailored to your needs.

<b>Physical</b>	<ul style="list-style-type: none"><li>• Set a specified sleep time each day and stick to it.</li><li>• Eliminate screens and devices from your sleeping environment.</li><li>• Avoid "open-ended" sleeping and set an alarm, even on days you do not have to work.</li><li>• Make your bed after you wake up.</li><li>• Work out 2 times each week (or more if you already have a routine).</li><li>• Meal plan at least 3 meals each week.</li></ul>
<b>Emotional</b>	<ul style="list-style-type: none"><li>• Give someone a compliment each day for a month.</li><li>• Take a moment to express sincere gratitude to a friend, family member, or coworker each week.</li><li>• Schedule a time to "debrief" with a friend or co-worker one time each week.</li><li>• Write one good thing you did or accomplished each day – no accomplishment is too small to list.</li></ul>
<b>Psychological</b>	<ul style="list-style-type: none"><li>• Take time to write at the end of each day – focus on what you did well, what challenges you had, and what you are looking forward to tomorrow. This can be as short as a few sentences.</li><li>• Plan to do a non-work-related activity or hobby at least 4 times in the month.</li></ul>
<b>Spiritual</b>	<ul style="list-style-type: none"><li>• Participate in a community group gathering one time each week. This can include yoga, organized religion, a volunteer organization, or other organized group.</li><li>• Practice mindful reflection such as guided imagery at the end of each day.</li></ul>
<b>Interpersonal relationships</b>	<ul style="list-style-type: none"><li>• Make concrete plans with friends or family at least 4 times in the month and avoid cancelling.</li><li>• Participate in a new activity outside of your comfort zone to meet individuals you may not have otherwise met.</li><li>• Examine your relationships and determine if there are areas that can be improved. Identify positive relationships and use them as a model.</li></ul>
<b>Professional</b>	<ul style="list-style-type: none"><li>• Attend a professional conference.</li><li>• Obtain a new certification or skill rating.</li><li>• Mentor an individual interested in your career.</li><li>• Set aside designated time to completely disengage from work (email off, no work discussion, etc.).</li><li>• Participate in a committee or process improvement project.</li></ul>