

# Personalized Self-Care Plan: Workday, Transition Time, and Personal Life



This self-care plan helps you intentionally support your well-being across the workday, transition time, and personal life. Use this plan to help set small, realistic actions that you can practice consistently. This can strengthen resilience, reduce burnout, and help you feel more grounded.

## Self-Care Strategy During Work Hours

Think about brief, realistic practices you can use while you work (e.g., between client/patient interactions, during documentation time, or on breaks). For example, take 3-5 slow, intentional breaths to reset between clients/patients. Do a quick body scan and release tension. Step outside for a few minutes.

<b>My Strategy</b>	
<b>When and how I will use it</b>	<hr/> <hr/> <hr/> <hr/>

## Self-Care Strategy During Your Commute

You can use your commute – no matter how long or short – as a transition to mentally disconnect from work and prepare to be present at home. Examples to do this include listening to music, breathing, sitting in silence, listening to positive podcasts.

<b>My Strategy</b>	
<b>How this helps me shift out of work mode</b>	<hr/> <hr/> <hr/> <hr/>

### Self-Care Strategy Outside of Work

Consider the different domains of self-care.



#### Physical

exercising, getting enough sleep, taking walks, eating healthy foods



#### Emotional

grounding techniques, self-compassion statements, naming your feelings



#### Relational

checking in with colleagues, taking breaks with others, asking for support



#### Professional

setting realistic expectations, seeking supervision, noting small wins

#### Which self-care domain(s) does this support?

Physical Self-Care

Emotional Self-Care

Relational Self-Care

Professional Self-Care

### A Boundary You Want to Strengthen

Boundaries protect your energy and help you sustain meaningful work. They allow you to show up more fully and consistently for both yourself and others. They can include not checking work emails outside of work hours, taking your full lunch break, and protecting your documentation time.

<b>The Boundary I Want to Strengthen</b>	
<b>One step I can take to support this boundary</b>	<hr/> <hr/> <hr/> <hr/>

## A Support You Can Lean On

Support can be a person, a team, a practice, or a resource. It can include anything you can intentionally rely on to help you manage stress, stay grounded, and maintain your well-being. A few options you may consider are reaching out to a trusted colleague, engaging in a helpful routine, or accessing tools and systems that make your work more sustainable.

<b>My Support</b>	
<b>How and when will I reach out to use this support?</b>	<hr/> <hr/> <hr/> <hr/>

## Action Plan

What is one small action from this plan I can begin this week?

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Find more resources on self-care.

[Self-Care and Sustainability](#)

[Personalized Self-Care Plan: Values, Roles, and Workplace Realities](#)

[Sustaining the Work: Burnout, Compassion Fatigue, and Grief](#)

[Personalized Self-Care Plan: Burnout, Compassion Fatigue, and Grief](#)

[Self-Care as a Bridge: Maintaining Balance](#)