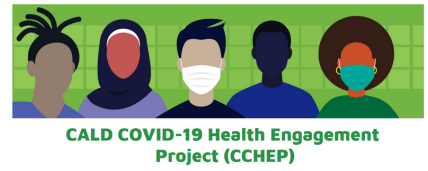


# Working from home Self Care Plan



Today's date: \_\_\_\_\_

Date to review: \_\_\_\_\_

*After completing the self-care grid below, use your responses to develop your personal self-care plan.*

(1) Check my work from home space.

- a) Do I feel set up? Yes / No
- b) Do I need to move to a quieter spot in the house? Yes / No
- c) What's the alternative spot I can go if I need to move around?

\_\_\_\_\_

d) Do I need to pack up my work area at the end of the day so not to intrude on my family space (e.g., set up at kitchen table)? Yes / No

(2) Transitional Routines (routines to use to set up or wind down from the day, or during our day to give us space between the work, to limit enmeshing our work and home spaces):

a) What will I do each morning before I start my work day (e.g., walk, meditation, play with kids etc)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) What will I do each afternoon when I finish my work day (e.g., walk, meditation, play with kids etc)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) What could I do between difficult client sessions throughout my work day (e.g., grounding techniques, yoga, breathing exercise, play with kids, grab some fresh air)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Working from home Self Care Plan



CALD COVID-19 Health Engagement  
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(3) What's one thing I could add to my daily routine that will limit feeling 'drained'?

- Spend 10 mins each morning writing a to-do list
- Block out 'admin' time
- Prioritise how I respond to clients - who can wait
- Limit checking emails to several times a day
- Chat with co-workers
- Take a break
- Get regular supervision
- Negotiate my needs
- Indulge in my chosen comfort
- Love myself
- Practice positive affirmation
- Set boundaries
- Express gratitude

(4) What's one thing I could add to my daily routine that will make me feel more 'nourished'?

- Ask a peer to have a virtual 'coffee break'
- Allocate time to read interesting work books
- Take a lunch break
- Tick something off the 'to-do' list
- Have regular healthy meals
- Drink more water
- Go outside / do 5 minutes exercise
- Take a break / get a good night's sleep
- Celebrate a small win
- Make time for self reflection
- Listen to music / podcasts / nature
- Decrease stress
- Find inspiration