

Image 5.1: Self-Care Toolkit (Part 1)

What is likely to be your greatest challenge? List out in rank order, what kinds of events may be most difficult for you. Examples of events that are difficult for lots of people: events involving pets, animals, children, or the elderly; contagious disease, intentional human-to-human harm.

What skills do you have that may come in handy during a crisis?

How do you know that you are feeling stressed? List symptoms that characterize you when you are feeling stressed (e.g., thoughts, feelings, body sensations, or behaviors).

Make a list of things that help you relax (e.g., listening to music, taking a walk, reading a book, laughing, and talking with a loved one).

Make a list of things you need to avoid (and that you would likely do without consideration) that will only add to your stress (e.g., drinking too much caffeine, overindulging in media, sitting for the whole day/shift, and taking on someone else's tasks).

We all need to talk about our experiences from time to time. Who are the top five people you can go talk to during or after a crisis?

What things can others do for you when you are feeling stressed?

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How can you tell others what you need? How will you tell them?										
The following areas are daily things that we either do or do not do that affect our ability to respond to emergencies. Following each one, rank how well you do in that area (1 = very poor, 10 = excellent) and then write down one action you can take to improve that area by one point.										
Nutrition	1	2	3	4	5	6	7	8	9	10
What can you do:										
Sleep	1	2	3	4	5	6	7	8	9	10
What can you do:										
Manage Workload	1	2	3	4	5	6	7	8	9	10
What can you do:										
Balanced Lifestyle	1	2	3	4	5	6	7	8	9	10
What can you do:										
Stress Management	1	2	3	4	5	6	7	8	9	10
What can you do:										
Having fun	1	2	3	4	5	6	7	8	9	10
What can you do:										
Social network	1	2	3	4	5	6	7	8	9	10
What can you do:										
Exercise (30 min/day)	1	2	3	4	5	6	7	8	9	10
What can you do:										