

YES IT IS REQUIRED: SELF CARE

Participant worksheet

This worksheet is designed to enhance the content of the workshop and allow you to reflect a bit more on the ideas that are presented. This is for you alone and you won't be asked to share it with anyone else. It will give you something to refer back to at a later date if you so choose.

What do you believe about self care? Why is it important? What happens if you don't do it?

Breathing exercise and mindfulness

Self Care Tool Box

Creating a self care tool box using all five senses:

Pick up your imaginary tool box. Describe it: What does it look like, what does it feel like, what color is it, what is the handle made out of, etc. What to put in the tool box: (be specific as possible)

- Something you can touch (in your mind's eye) that is comforting and relaxing to you. (example: a puppy's warm, furry tummy)
- Something you can hear. (i.e.: a cat purring)
- Something you can smell. (i.e.: fresh baked bread)
- Something you can see. (i.e.: a sunset)
- Something you can taste. (i.e.: the salt air)

What is in your tool box? (again, be as specific as possible – for example not just any puppy but your puppy named....)

- Touch:

- Hear:

- Smell:

- See:

- Taste:

You can take your tool box anywhere. It is with you all the time. Feel free to use it after a difficult home visit or while stuck in traffic. It is always nice to use it after the end of a long day.

Why do you do this work?

Reflections on your own biases and attitudes:

What would I do if I didn't do this work? What is my Plan B?

My symptoms of fatigue and burnout, when I know I need to make a change:

Examples of what I can do when I am experiencing burnout:

Balance

PIE Drawing
(Current)

This could include such things as time/energy for work, family, friends, education, spiritual life, physical health and exercise, etc.

PIE Drawing
(Ideal)

Reflections on my PIE drawing, comparing current with ideal, is there more that I need to add to my life or things I need to take away in order to feel more balanced. Are the changes I can make immediately or do I need to have a well thought out plan and gradually work towards change?

My invisible string diagram of support

Thoughts about supervision

My supervisor's style of supervision:

My preferred style of supervision:

How can I be an active bystander in my work environment?

Direct, Distract, Delegate

Ethical considerations: Who can I talk to? Who is my back up and what is my back up plan?

Strengths: What are some strengths I see in myself? What are strengths I see in the families that I work with?

What are my own practice principles? What is important to me that I want to stand by and be true to? What is my plan for personal and professional integrity?

Self Care Jar or envelope: Things that you can pull out of a jar or an envelope on days that you feel like you need a little extra self care but you are too exhausted or too frustrated to come up with the ideas right away. Pull one out of your jar and do what ever it tells you to do!
My ideas for the contents of my self care jar:

Water pitcher: Are there tea cups with cracks in them? How could I “fix them” by reframing or shifting my thinking about them to make them less draining on me? Or do I need to not use them anymore?

How have I filled someone else’s bucket today?

Wishing you all the best in cultivating your joy!
Thank you! Dawn Williamson dawnjwilliamsonlcsw@gmail.com