Self-care Worksheet

# List your triggers

## Physical:

## Psychological:

## Social:

# Goal: List three things are you going to do when you recognize triggers that tell you that you are in the stages of helping fatigue

## 1.

## 2.

## 3.

## Do you need to do anything now, if so, what?

# Your Goals

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| **Personal Goals** |
| Sleep |   |
| Exercise |   |
| Nutrition |   |
| Mindfulness |   |
| Passion |   |
| Therapy |   |
| Social Connection |   |

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| **Performance Goals** |
| Recovery Time |   |
| Hyper-Efficiency |   |
| Deliberate Practice |   |
| Professional Social Health |   |

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| **Matt's Examples** |
| Sleep | 8 hours a night – 9 hours in bedBlue light blocking glasses 2 hours before bedEye maskNonprescription sleep aids only |
| Exercise | Vigorous (45 minutes of sweeting) 2 days a weekStretch 7 days a weekLift weights for every major muscle group once a weekWork out once on every training tripWalk every day |
| Nutrition |  Breakfast: + Shake: Chia seeds, cacao, fresh greens, blueberries, yogurt, and mushroom 8-plex mix + Yerba Mate + Drink 2 liters of water within 30 from waking upEveryday fast 16 hours Supplements: DHA + EPA, Turmeric, multi-vitamin, Ashwagandha, NAD+ |
| Mindfulness | Practice mindfulness each day before work for 20 minutes Qigong practice on weekends HRV biofeedback practice (2-minutes after waking up & longer practice later)  |
| Passion | Think about the energy I want to bring to my work before each workday Acknowledge daily the amazing work I get to do! |
| Therapy | Ensure work is not having negative psychological impact on well-being and relationships |
| Social Connection | Try to hang out with friends socially once a weekTurn off TV when wife comes homeSend my work team positives at the end of every day |