Self-care Worksheet

# List your warning signs:

## Physical:

## Psychological:

## Social:

# Goal: List three things are you going to do when you recognize warning signs 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

|  |  |
| --- | --- |
| **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 bed Blue light blocking glasses 2 hours before bed Eye mask |
| Exercise | Vigorous exercise at least 2 days a week Stretch 7 days a week Do light resistance training four days or more a week Work out or go for a long walk once on every training trip Walk 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 minutes of waking up  Everyday fast 16 hours  Supplements: DHA + EPA, Turmeric, Multi-vitamin, Magnesium, Ashwagandha, NAD+ |
| Mindfulness | Practice mindfulness each day before work for 20 minutes  HRV biofeedback practice (2-minutes after waking up & 20 minutes in the evening) |
| 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 week Turn off TV when wife comes home  Send my work team positives at the end of every day |