

# MY SELF CARE PLAN

Use this planning tool to help you to improve your health and wellbeing through greater self-care.

## Your wellbeing

Looking after your own health and wellbeing is always important but especially during times of stress. If you take care of yourself, you will cope better, strengthen resilience and be more likely to be able to handle difficult times. We hope that you will find the resources within the wellbeing hub very useful in helping you to implement a really 'do-able' plan for effective self-care.

Self-care is not self-ish! We'd be crazy to expect someone to run a marathon without ongoing rigorous training and getting regular sleep, food and rest that build the strength and stamina to run 26 miles! So, how do we expect ourselves to keep on supporting other people, frequently in pain and distress... week, month and year on year, yet often running on 'empty'?

## What do I do if I'm feeling stuck, alone or overwhelmed?

When faced with enough stress and demands, everybody will reach their coping limits, that's just how it is. If you are feeling overwhelmed or finding it difficult to cope, that means asking for help, and sometimes professional help. You are human and it's a sign of strength to ask for help if and when you need it. This helps to avoid becoming overwhelmed, stuck in distress and feeling alone.

Write down in the box the name of someone you feel you'd be able to trust, if/when you need someone to listen and support you. On the next page you will also find the number of the Macmillan safeguarding team, as well as other numbers to contact if you feel distressed and want to talk. These numbers are available 24/7 all year around.



## Safeguarding

We know our roles can be hard, lives imperfect and sometimes work can be a safe space away from troubles. We're here if you're ever concerned about something or just need a chat. The Safeguarding Team is available 24 hours a day, 7 days a week, 365 days a year:

- If you are concerned a person is at risk of harm, neglect or abuse, or you just want to chat things over, you can call us on either **0759 500 2022** or **0779 357 9375**.
- You can also email us at [safeguarding@macmillan.org.uk](mailto:safeguarding@macmillan.org.uk).

In an emergency, where there is risk to life or limb, or person is in immediate risk of harm, please call the emergency services on 999. After doing this, or, if there is no perceived immediate risk, please call the Safeguarding team.

## Where do I begin – in order to improve my self-care?

### Setting some goals:

Investing some time in thinking about ways in which you can improve your health and wellbeing is time well spent, and yet it can be difficult to know where to start. Making a plan and writing down some achievable goals towards better self-care will make you more likely to achieve them.

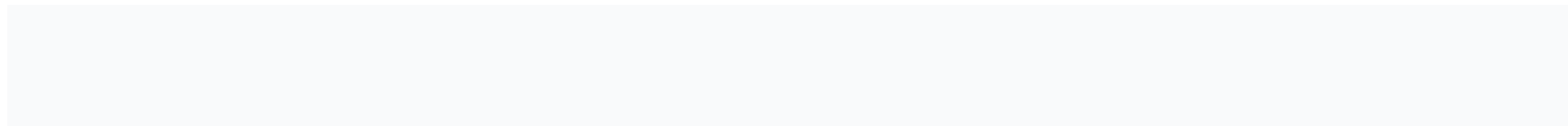
### Small steps

It's all too easy to have lofty goals, thinking 'BIG' in terms of what you're going to change. But if these aren't achievable goals we can end up 'failing' and feeling even worse about ourselves – small, realistic and 'doable' goals are the best place to begin.

### Making a sustainable Self-care plan

To support this, we've created a template for you to complete to begin planning your health and wellbeing plan, but you now need to fill this in. Think about which of the **5 Wellbeing Pillars** you would like to start with, for example, increasing your physical activity, or connecting with others. This template will help do this. You matter as much as the people you help, and we are right behind you.

<p><b>Which pillar?</b></p> <p><b>Choose from:</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Resilience</li> <li>• Physical wellbeing</li> <li>• Personal growth and meaning</li> <li>• Connection</li> </ul> <p>For example: <i>Connection</i></p>	<p><b>What's your goal?</b></p> <p><b>Think about what your ultimate goal is:</b></p> <p>For example: <i>I want to feel more connected to people around me.</i></p> <p>(Be as specific as possible about <u>how</u> you can increase your connection with others...)</p>	<p><b>What small steps will need to take to reach my goal?</b></p> <p><b>List these here:</b></p> <ul style="list-style-type: none"> <li>• <i>I will make the effort to have a proper, meaningful conversation with at least one person (possibly even someone I haven't spoken to for a while), every single week.</i></li> </ul>
<p><b>What might stop me from achieving these small steps?</b></p> <p><b>List down all the things that might <i>prevent</i> you from reaching your goal</b></p> <p>For example: <i>Fear that others may not want to talk to me or that I am asking too much...</i></p>	<p><b>What will I need to change?</b> <b>What could I do to make it more likely that I achieve these small steps?</b></p> <p>For example: <i>I will take the initiative and text them first and arrange a specific time and date that works for them... this means I am more likely to keep to the arrangement.</i></p>	



## Obstacles to self-care

Self-care is a '*no-brainer*' – but helping professionals are often the worst at continuing until they drop. So, a useful first step to sustainable self-care is to first explore what *stops* us. There can be many reasons, including some (at home or work) which are either partly or entirely beyond our control. But there are others which have their roots in *us*. Becoming aware of the unconscious *Drivers* which motivate us, and which can also stop us from looking after ourselves properly can be very helpful in recognising our obstacles to self-care. Download the [Drivers Questionnaire](#) to discover your own unconscious obstacles to self-care.

Then have a go at answering the questions below - to help you better understand both what you already *do* as well as what stops you from properly taking care of yourself.

<p>My <b>main Drivers</b> are: These can stop me choosing what I need to do to look after myself:</p> <p>The <b>permissions</b> I could use to counteract my main <i>Drivers</i> are:</p>	<p>What I do to look after myself <b>outside of work</b>...</p> <p>What gets in the way of my self-care outside of work is...</p>
<p>What I do to look after myself <b>at work</b>...</p> <p>What gets in the way of my self-care at work is...</p>	<p>The <b>words / phrases</b> I often have in my head for why I cannot relax more, have more fun and do the things which I know will help my well-being...</p> <p><b>What I would like to be able to ask for from others</b>, to support my well-being at work or outside of work...</p>