



# *Self Care is not Selfish!*

Checklists for Self Care

Dr Terri Hunter

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## What are My Coping Behaviours?

<b>Helpful</b>	√ / X	<b>Unhelpful</b>	√ / X
Rest & Relaxation built in		Watching distressing news	
Nutrition improvements		Looking for someone / something to blame	
Exercise & Sleep regular		Giving up previous simple pleasures	
Finding Humour		Getting angry or frustrated	
Practice Gratitude and Tolerance		Over / under eating / eating the wrong things	
Focus on one thing at a time		Doing everything at once or nothing at all	
Talk to or meet friends and family		Withdraw from social interactions	
Get into nature - greenery		Alcohol or other substances	
Reconnect to joy in hobbies		Risky behaviours e.g. gambling, shopping	
Do things to increase sense of control		Ruminating or going over things again & again	

Where does my Thinking Sit?

<b>GROWTH</b>	√ / X	<b>APPROACH TO</b>	<b>FIXED</b>	√ / X
Intelligence can be developed		IQ	Intelligence is static	
Leads to a desire to learn		LEARNING	Leads to desire to look smart	
Embrace challenges		CHALLENGES	Avoid challenges	
Persist in the face of setbacks		OBSTACLES	Give up easily	
See effort is the path to mastery		EFFORT	See effort as fruitless or worthless	
Learn from criticism		CRITICISM	Ignore useful negative feedback	
Find lessons and inspiration in the success of others		SUCCESS OF OTHERS	Threatened by success of others	
Reach higher levels of achievement		ACHIEVEMENT	Plateau early & achieve less than full potential	
Greater sense of free will		AFFECT CHANGE	Confirms view that world is deterministic	

## What are my Safety NETS?

NETS		√ / X
Nutrition	Drink continually – water preferably	
	Eat strategically - slowly (10 chews) and half now and half later	
	Less sugar & carbs (although these have good immediate effect do have a “come down”	
Exercise	Regular – habit and routine even 10 mins a day	
	Game it and switch it up – goals and rewards - different types of exercise for different benefits	
	Immediate boost - when feel sluggish march on the spot, go up and down one set of stairs	
Time	Label tasks into categories and complete important tasks first before brain depleted by lots of little decisions	
	Set aside 1 hour for emails –usually not first thing - afternoon best	
	Your 'to do' list should only include big decisions - make some the night before to free up morning PFC	
Sleep	Bed hygiene – routine, schedule, duration, check out / gratitude journal	
	Cool room 23C, avoid blue light, alcohol, caffeine, exercise	
	Short naps when needed – 20mins max	

## Spell My Name Self Care Exercise

<b>A</b>	Ask yourself what you need	<b>N</b>	Name 3 positive things
<b>B</b>	Breathe deeply & slowly	<b>O</b>	Organise 1 thing that bothers you
<b>C</b>	Compliment yourself	<b>P</b>	Problem solve 1 thing
<b>D</b>	Draw a feeling or thought	<b>Q</b>	Question 1 of your thoughts or feelings
<b>E</b>	Establish a health boundary	<b>R</b>	Rest for 5 minutes
<b>F</b>	Feel 1 positive feeling	<b>S</b>	Stretch for 3 minutes
<b>G</b>	Guided mediation for 5 mins	<b>T</b>	Think of someone or something you love
<b>H</b>	Hug someone or something	<b>U</b>	Use a podcast to learn 1 thing
<b>I</b>	Incorporate a positive "I" statement	<b>V</b>	Visualise 1 positive moment in your life
<b>J</b>	Journal your thought / feeling	<b>W</b>	Write a list of 5 things you are proud of
<b>K</b>	Keep in touch with 1 friend	<b>X</b>	Xcite yourself about dinner/lunch
<b>L</b>	Listen to 1 song	<b>Y</b>	Yoga for 10 mins
<b>M</b>	Mindfulness for 5 mins	<b>Z</b>	Zero in on 1 coping skill