

Self-Care Assessment

Audreya, Sákvári, Teunissen, & STUFGARD (2006). Transforming the past: A workbook on vicarious transmission. Nederlands

3 = I do this well (e.g., frequently)

3 = I do th

“...Welectous...Luegoous...us”

- **What would you do if you were asked to do something that you knew was wrong?**
• **What would you do if you were asked to do something that you knew was wrong?**

• **1997**

www.gutenberg.org/cache/epub/1/pg1.html

[REDACTED] [REDACTED] [REDACTED]
[REDACTED] [REDACTED] [REDACTED]
[REDACTED] [REDACTED] [REDACTED]
[REDACTED] [REDACTED] [REDACTED]
[REDACTED] [REDACTED] [REDACTED]

• The first step is to identify the key concepts and themes in the text.
• Next, you can begin to analyze the text by examining the relationships between the different concepts and themes.
• Finally, you can draw conclusions based on your analysis.

Simplest Health Care

GIVE PHYSICAL EXERCISE, DRAWS BLOOD,

— If you have a cold, drink lots of fluids, eat well, and get plenty of rest.

— If you feel you might have a cold:

- Stay home from school or work.
- Get plenty of rest.
- Drink lots of fluids.

Other Health Care

— Wash hands often:

- Before eating or drinking
- After using the toilet
- After touching pets or animals

— Avoid close contact with people who:

- Are sick or appear to be sick
- Are coughing or sneezing
- Have a fever

— Avoid crowded places such as schools,

— Avoid public places such as movie theaters, restaurants, and shopping malls.

— Avoid

Spend time with my companion animals

Stay in contact with faraway friends

Make time to write, telephone, e-mail, and letter

Share a meal, hope, or secret with someone I trust

Other:

Workplace or Professional Self-Care

Take a break during the workday (e.g., 15 mins)

• Go for a walk
• Listen to music
• Drink water with citrus, and mint leaves

• Take a break from screens (e.g., 15 mins)

• Stretch your body

• Deep breathing

• Listen to music

• Deep breathing

• Stretch your body

• Deep breathing

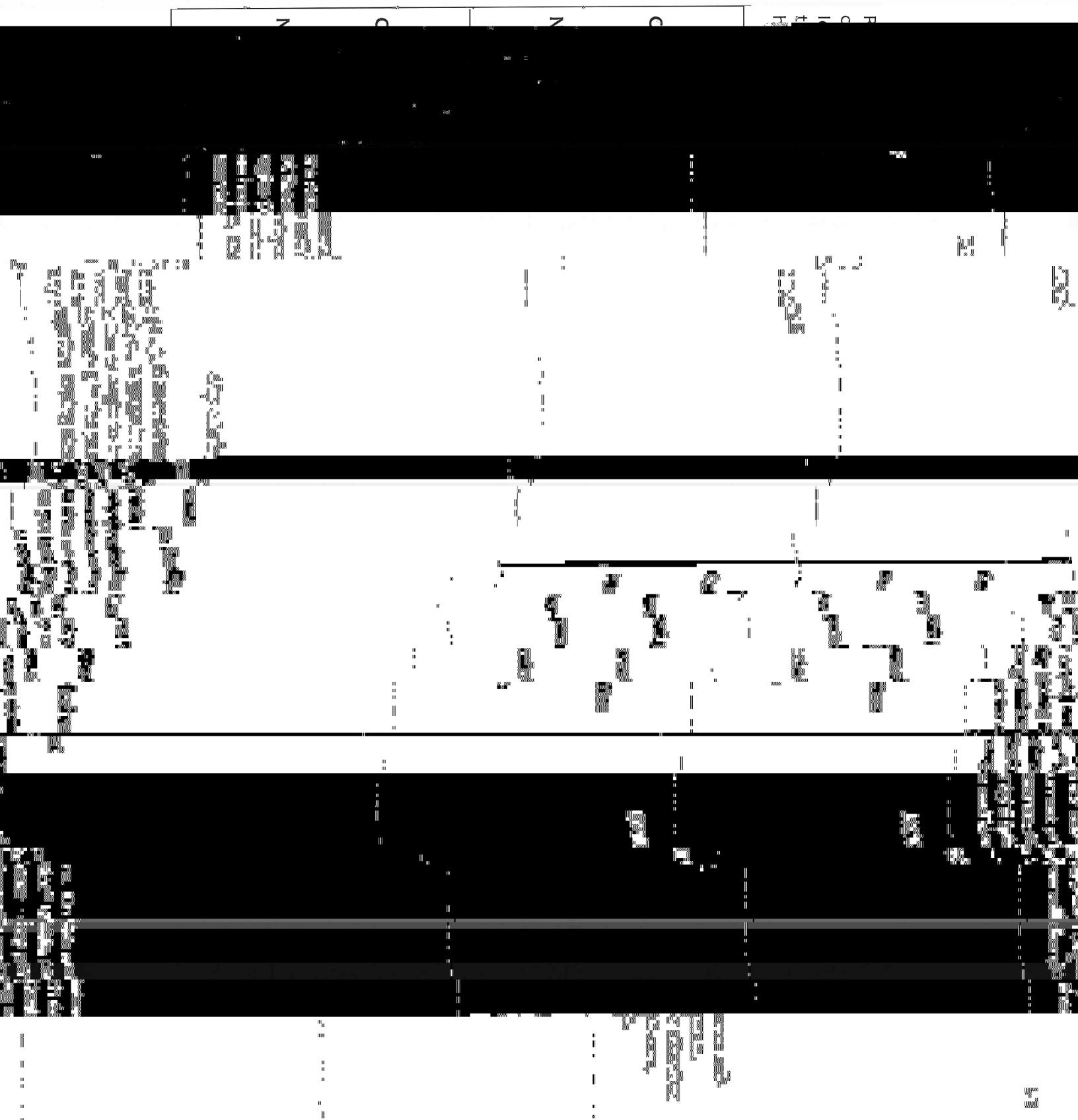
• Listen to music

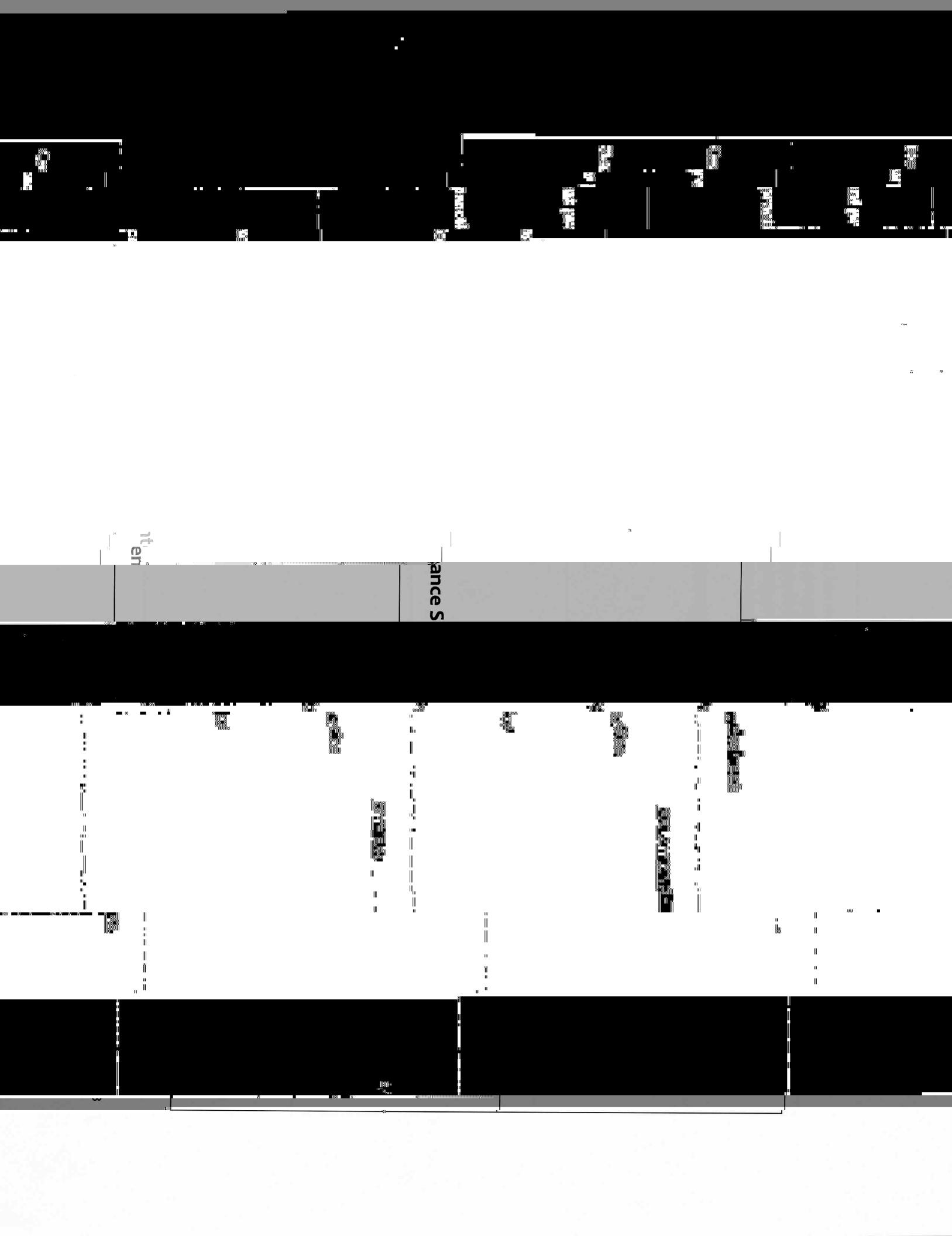
• Deep breathing

• Deep breathing

• Deep breathing

• Deep breathing





Self-maintenance

gies

provided materials

Emergency Self-Care Worksheet

Now, take a few moments to think about what you do for yourself when things get tough.

something to do.

What are your strengths?

- Other:

2. Next, make a list of positive

it to yourself.

4. Next, make a list of who and what you avoid when you are having a bad time.

Five ways to manage your time effectively

1. Prioritize tasks based on importance and urgency

2. Break tasks down into smaller, manageable steps

3. Set specific goals and deadlines for each task

4. Eliminate distractions and minimize multitasking

5. Take regular breaks and prioritize self-care

6. Establish routines and habits to streamline tasks

7. Use time-blocking or Pomodoro techniques to stay focused

8. Delegate responsibilities to others when possible

9. Establish a work-life balance by setting boundaries and prioritizing rest

10. Practice self-compassion and be kind to yourself when facing challenges

11. Use productivity apps and tools to track progress and stay organized

12. Establish a support system of friends and family who can offer encouragement and accountability

13. Create a dedicated workspace and establish a routine for starting and ending workdays

14. Use time-blocking or Pomodoro techniques to stay focused

15. Establish routines and habits to streamline tasks

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