



U.S.ARMY



ARMY MEDICINE

One Team...One Purpose

Conserving the Fighting Strength Since 1775

Handout 1: Self-Care Benefits

Self-Care: Recognize the importance of compassion for oneself and others; maintain boundaries; replenish one's energy in both the short- and long-term by investing in oneself; and sustain or enhance one's effectiveness.

*List two ways that Self-Care helps you **personally** and **professionally**.*

Personally

1. _____

2. _____

Professionally

1. _____

2. _____



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Handout 2: Assessment (1 of 3)

What are you like when you are not at your best?

Circle indicators (things you may find yourself experiencing) that you are **not** at your best in each area or add in any others.

Social

Mistrust
Withdrawn
Deceit
Intolerance
Loneliness
Jealousy

Emotional

Hurt
Sadness
Fear
Depleted
Anxiety
Anger/Rage
Depression
Guilt or Survivor Guilt
Helplessness
Shutdown
Needy
Irritable
Overwhelmed

Spiritual

Loss of Purpose
Lack of self-satisfaction
Anger at God
Questioning meaning of life
Hopelessness
Ennui
Questioning religious beliefs
No motivation to pray

Family

Yelling at loved ones
Isolation from family
Impact on parenting
Projection of anger or blame
Favoritism
Missing family events

Physical

Sweating
Dizziness
Shock
Rapid heartbeat
Aches and pains
Low immune system
Breathing difficulties
Shaking



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**Handout 3:
Assessment (2 of 3)**

Top 6 indicators that you are not at your best.

In the boxes below, write down the top 6 indicators that you are not at your best using items that were circled or written in on Handout 2.

1

2

3

4

5

6



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Handout 4: Assessment (3 of 3)

What are you like when you are at your best?

Write down indicators (things you experience) that you **are** at your best in each area. Examples are given to help give you ideas for each area.

Social

Friendly
Helping others with tasks
Outgoing

Emotional

Content
Satisfied
Sense of humor

Spiritual

Hopeful
Engaged

Family

Enjoying time with family
Patient

Physical

Relaxed
Healthy



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Handout 5: Investment

What do you do when you are at your best?

Write down things you do or can do to take care of yourself in different domains. Examples are given to provide ideas for each domain.

Social

Call a friend
Movie night / book club

Emotional

Laugh
Write and journal

Spiritual

Take time to reflect
Lead devotional material

Family

Have family dinners

Physical

Exercise
Sleep



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**Handout 6:
Self-Care Plan**

What are your goals for self-care?

Write down 3 of your long-term goals for self-care.

1. _____

2. _____

3. _____

Write down 5 things you can do on a daily basis to take care of yourself.

1. _____

2. _____

3. _____

4. _____

5. _____



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Handout 7: Brief Self-Care

How can you take care of yourself while at work?

Identify brief self-care activities to recharge.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

Top Rx for Self-Care

1. _____
- _____
2. _____
- _____
3. _____
- _____

In-the-Moment

1. _____
- _____
2. _____
- _____
3. _____
- _____