



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Withdrawn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



Handout 2: Self-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 1.

1

2

3

4

5

6



Handout 3: Self-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



Handout 4: Creating a Self-Care Routine

How can you build self-care into your daily routine?

With a partner, identify self-care activities that you can build into your daily routine across the day on and off the job.

Morning

Afternoon

Evening

On Duty

Off Duty

On Leave
