

SELF-ASSESSMENT

SELF-REFLECTION TOOL

Ask yourself reflective questions to gather information about your experience and build your self-awareness skills.

SIGNS OF STRESS

Using handout "B", write down the signs of stress you are experiencing.

PHYSICAL

MENTAL

EMOTIONAL

SOCIAL

SIGNS OF WORKPLACE BURNOUT

BASIC SELF-CARE STRATEGIES

Using handout "C", identify 1-3 self-care actions for each area of your experience.

One self-care action can tend to more than one area (for example, a few slow deep breaths may support you physically, mentally, and emotionally).

PHYSICAL

MENTAL

EMOTIONAL

SOCIAL

SELF-CARE AT WORK

Identify 2-3 self-care strategies you can build into your work day.



BUILD YOUR RESILIENCE
TO STAY HEALTHY AND WHOLE

Maria Loebach, BSN, RN, HTCP
Organizational Wellness Consultant
maria@wholenessreawakened.com