



SELF-CARE PLAN

PHYSICAL

- Daily walks
- Breaks from computer every 20 minutes

SOCIAL

- Meet weekly with friends
- Spend intentional time with husband each week
- Regularly attend church

EMOTIONAL/ MENTAL

- Pray and read Scripture
- Journal emotions weekly
- Seek counseling when needed
- Take short vacations

PROFESSIONAL

- Turn off work phone when off the clock
- Work from home on Mondays
- Debrief with supervisor when experiencing feelings of burnout