



## TROUBLESHOOTING SELF-CARE

*"...genuine, sustained self-care is an art. And let's face it: change is hard"*

Kristin Souers & Pete Hall (2016)

We all encounter setbacks in our  
strive to look after ourselves.

Sometimes we need to have a  
R.E.S.E.T. and think about how we  
can better manage our stress.

# R

### REFLECT - Recognise when stress is on the rise

Notice physical signs of stress, negative thoughts & changes in behaviour.  
When did they begin or become more frequent and intense?  
Are there times, places or people which help you to feel better?



# E

### EXPRESS - Change how you describe your stress & yourself

Practise reframing - "I'm trying my best"; "This is tough right now".  
Positive self-talk- "I care about my work"; "I can learn from this"  
Connect with family, friends, colleagues and people who inspire you.



# S

### SAVOUR - Celebrate the good stuff

What is going well? What are you proud of? What made you laugh?  
Use journals, photos and souvenirs to remember positive experiences.  
What are the small things each day that you feel grateful for?



# E

### ENERGISE - Keep your nervous system in the optimal zone

Mobilise with physical activity. Relax with breathing and grounding.  
Schedule time for "flow" - hobbies which are absorbing and rewarding.  
Limit exposure to negative media and individuals who bring you down.



# T

### TARGET - Make a new plan for your self-care

Keep your goals SMART - start with small and manageable steps.  
Prioritise your "To do" list. What is more urgent? What can wait?  
Review your plan after a period of time. How can it be tweaked?

