



SELF-CARE & MANAGING THROUGH TIMES OF STRESS

Caring for yourself during times of stress and change is crucial. The following principles may be helpful:

manage self talk

- Monitor automatic self talk
- Cancel/change unrealistic thoughts
- Replace consciously with realistic truthful expectations and messages

overcome self-induced stress

- Notice your inner drivers – the messages you tell yourself that guide your behaviour
- Know your own personal and professional priorities
- Reality check on what is possible – every yes involves a no!
- Plan for fun time, relaxation, “me” time
- Measure success by effectiveness, not perfection

work on perfectionist expectations of oneself

- Have the same compassion for yourself that you would have for another
- Set realistic expectations for yourself
- Realise its ok not to be perfect – accept being human
- See mistakes as learning opportunities
- Consciously choose to let one thing a day not be perfect

find expressions for creativity

- Music, reading, storytelling, gardening, painting, playing with the dog, etc

make sure there are outlets for fun!

- Choose who you have in your world
- Focus on the positives
- Write 10 things you enjoy and schedule time to do some of them