

## The ABCs of Self-Care



### Awareness

Recognizing what might be a stressor for you and making a plan. Identifying individual traits or factors related to your work environment that could contribute to you experiencing stress overload or burn-out. Identify what you do now to cope with stress and if these coping strategies are working.

ONE STRATEGY I CAN USE TO SUPPORT **AWARENESS** IS...

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### Balance

Balancing your energies between work and non-work, activity and rest, and between focus on self and focus on others is an important component of self-care.

ONE STRATEGY I CAN USE TO SUPPORT **BALANCE** IS...

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### Connections

Build a positive support system that supports you, not fuels your stress. Connections to others both personally and professionally is essential.

ONE STRATEGY I CAN USE TO SUPPORT **CONNECTIONS** IS...

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