

**NAME OF ACTIVITY:** My Self-Care Action Plan

**Possible Uses:** Prepare participants to use the information they learned in the presentation and apply to their life.

**Target Audience:** Anyone

**Time:** 15-20 minutes

**Objectives:** Upon completion of this activity, participants will be able to:

* Identify personal ways to reduce stress and burnout.

**Key Terms &** Self-Care

**Concepts:** Burnout and Stress

**Equipment or** Online: breakout rooms

**Materials Needed:** In-person: white board or flip chart

**Preparation:** N/A

**Instructions:**

* Distribute the My Self-Care Action Plan Handout.
* Give participants 5-10 minutes to start completing their action plan. You can create breakout groups also and have them address questions separately in each group. Or you can have folks complete their action plans individually.
* After about 10 – 15 minutes, bring the participants back together in a large group. Ask a few participants to share their action plans. Sharing is voluntary.

**NOTE:** N/A

**My Self-Care Action Plan**

Signs I’m starting to get burnt out:

Ways I can relieve stress:

People I can depend on for support:

Sources of professional support (e.g., a counselor or healthcare provider):

Music I can listen to and relax:

Places I can go to feel happy and calm:

Positive affirmations to remind myself of my value: