



Mindful Self Care Journal

Employment / Professional Self Care

Activities that support you to work consistently at the professional level expected of you.

Examples

- Continuing Professional Development CPD (make it count)
- Self-Motivated Learning. It's a lot easier to learn something that you are interested in. Education Days, Reading Journal Articles, Researching the internet. Working through your field of disciplines Text books.
- Consultation with more experienced colleague, asking for support when required
- Knowing your scope of practice
- Being strict with your boundaries in a professional compassionate manner between clients/ students and staff.

Physical Self Care

Activities that help you to feel physical wellbeing.

Examples

- Sleep Routine
- Aim for healthy diet
- Walking
- Ensure you take your breaks
- Use your sick leave when you are unwell
- Do exercise that you enjoy
- Abdominal breathing

Psychological Self Care

Activities that help you gain clarity and build resilience in challenging times in both your professional and personal life

Examples

- Keep a Reflective Journal
- Utilise a life coach
- Ensure you find time for hobbies
- Establish good habits of letting go leaving work at work and home at home



- Making the time for relaxation
- Making time to engage with positive family and friends
- Engaging mindfulness skills
- Utilising appropriate professional services such as counsellors or psychologists

Emotional Self Care

Allowing yourself to safely experience and mindfully observe your full range of emotions. Having a mindful understanding of what is really driving these emotions and using them to grow.

Examples

- Develop healthy supportive friendships
- Engaging gratitude
- Engaging Mindfulness skills and bringing awareness and observation to your emotions
- Practicing Meditation
- Practicing Abdominal Breathing to regain calm

Spiritual / Soul Self Care

Activities that support and honour your beliefs and values.

Examples

- Engage in reflective practices such as meditation
- Go to church/mosque/temple
- Engage in Yoga / Tai Chi
- Join likeminded groups
- Reflect with friends that share similar spiritual paths
- Engage in Mindfulness Practices

Relationship Self Care

Maintaining healthy, supportive relationships in both professional and personal lives

Examples

- Honouring your right to be heard, to be valued, to be accepted with kindness and compassion
- Honouring others rights to be heard, to be valued, to be accepted with kindness and compassion.
- Prioritise close relationships with family, partners and children
- Go into your day trying to establish respectful relationships with everyone you interact with on a daily basis