

Self-care Worksheet

List your warning signs:

Physical:

Psychological:

Social:

Goal: List three things are you going to do when you recognize warning signs that tell you that you are in the stages of helping fatigue

1.

2.

3.

Do you need to do anything now, if so, what?

Values Exercise

Personal Values Checklist		
▪ Achievement	▪ Fast-paced work	▪ Pleasure
▪ Advancement and promotion	▪ Financial gain	▪ Power and authority
▪ Adventure	▪ Freedom	▪ Privacy
▪ Arts	▪ Friendships	▪ Public service
▪ Autonomy	▪ Having a family	▪ Recognition
▪ Challenge	▪ Health	▪ Relationships
▪ Change and variety	▪ Helping other people	▪ Religion
▪ Community	▪ Honesty	▪ Reputation
▪ Compassion	▪ Independence	▪ Security
▪ Competence	▪ Influencing others	▪ Self-respect
▪ Competition	▪ Inner harmony	▪ Serenity
▪ Cooperation	▪ Integrity	▪ Sophistication
▪ Creativity	▪ Intellectual status	▪ Spirituality
▪ Decisiveness	▪ Leadership	▪ Stability
▪ Democracy	▪ Location	▪ Status
▪ Economic security	▪ Love	▪ Time away from work
▪ Environmental stewardship	▪ Loyalty	▪ Trust
▪ Effectiveness	▪ Meaningful work	▪ Truth
▪ Efficiency	▪ Money	▪ Volunteering
▪ Ethical living	▪ Nature	▪ Wealth
▪ Excellence	▪ Openness and honesty	▪ Wisdom
▪ Expertise	▪ Order	▪ Work quality
▪ Fame	▪ Order (tranquility/stability)	▪ Work under pressure
▪ Fast living	▪ Peace	▪ Other: _____
	▪ Personal development/learning	

Identify around five core values that guide your decisions, behaviors, and life:

Write down your professional Purpose:

How does your work help you live your values?

Your Goals

Personal Goals	
Sleep	
Movement	
Nutrition	
Mindfulness	
Passion	
Therapy	
Social Connection	

Performance Goals

Recovery
Time

Hyper-
Efficiency

Professional
Development

Professional
Social Health

Matt's Examples

Sleep	<p>8 hours a night – 9 hours in bed</p> <p>Blue light-blocking glasses 2 hours before bed</p> <p>No video games, phone time, or social media 1 hour before bed</p> <p>Eye mask</p> <p>Magnesium supplement</p>
Movement	<p>Stretch every morning and evening</p> <p>Do light resistance training three days a week</p> <p>Work out or go for a long walk once on every training trip</p> <p>Walk every day and ruck two or three times a week</p>
Nutrition	<p>Breakfast:</p> <ul style="list-style-type: none"> + Shake: Chia seeds, hemp seed, flax meal, carrots, cacao, walnuts, broccoli, blueberries, and mushroom 8-plex mix + Yerba Mate + Drink 2 liters of water within 30 minutes of waking up <p>Eat within an 8-hour window with 14 to 16 hours of fasting</p> <p>Supplements: DHA + EPA, Turmeric, Multi-vitamin, Magnesium, Ashwagandha, NAD+</p> <p>Eat noninflammatory food five days a week (Two cheat days!)</p>
Mindfulness	<p>Practice mindfulness each day before work for 20 minutes</p> <p>10-minute HRV biofeedback gratitude meditation each evening</p>
Passion	<p>Think about the energy I want to bring to my work before each workday as part of my mindfulness practice</p> <p>Acknowledge daily the fantastic work I get to do!</p>
Therapy	<p>Ensure work is not having a negative psychological impact on well-being and relationships</p>
Social Connection	<p>Try to hang out with friends socially once a week.</p> <p>Turn off the TV when my wife comes home from work</p>
Recovery Time	<p>No emails or work most evenings and weekends</p> <p>Take an hour lunch break</p> <p>Schedule a two-week vacation once a year</p> <p>Utilize three-day weekends when experiencing warning signs</p>
Hyper-Efficiency	<p>Try to get two 90-minute sprints in each day with no interruptions</p> <p>Turn off emails and other distractions during sprints</p>
Deliberate Practice	<p>Current Goals:</p> <ul style="list-style-type: none"> • Integrate Heart Rate Variability (HRV) as a quality measure for trauma-informed care • Ensure access to the benefits of HRV biofeedback by providing affordable solutions <p>At least 2 hours a day of professional development in the areas of polyvagal theory, HRV, and health while keeping up on the latest developments to trauma research</p>
Professional Social Health	<p>Send at least three positives each day to my team</p> <p>Reach out for help and guidance in areas of growth</p> <p>Nurture my fantastic network of professional friendships</p>