



# Lesson 11: The Role of Self Care



# Self-Care

## WHAT IT IS

A useful tool in a toolbox of wellness resources

## WHAT IT ISN'T

A miracle cure-all to exhaustion, burnout, and mental illness; something to do in a vacuum

SIGNS OF  
BURNOUT &  
STRESS

STRESS  
RELIEF  
ACTIVITIES

BOUNDARIES

TALK WITH  
YOUR  
SUPERVISOR

**DEVELOPING  
A SELF-CARE  
PLAN**



# Resources & Additional Learning

---

WHAT IS SELF-CARE AND WHY IS IT SO IMPORTANT  
FOR YOUR HEALTH?

<https://www.everydayhealth.com/self-care/>

TEMPLATE: HOW TO CREATE AN INDIVIDUALIZED  
SELF-CARE PLAN

<https://www.csun.edu/sites/default/files/SUN-Self-care-Plan.pdf>

TAKING GOOD CARE OF YOURSELF

<https://mhanational.org/taking-good-care-yourself>

