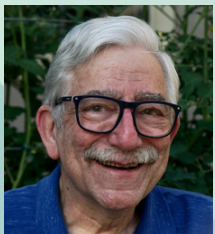


Quick Tip for Self-Care

- **Reset daily**
 - Take a few moments each day to pause, breathe, and realign your focus.
- **Rest weekly**
 - Set aside time each week to unwind, disconnect, and restore your energy.
- **Recharge monthly**
 - Engage in an activity that refreshes your mind and body, like a hobby or a day off.
- **Retreat yearly**
 - Plan a yearly getaway or retreat for deeper reflection, renewal, and personal growth.

Schedule a free *Discovery Call* at:

<https://balehman.com/MR-Discovery>



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Self-Care Planner ***Tools for Recharging*** ***and Renewal***



**Self-care strategies for
professionals working in
recovery environments.**



Areas of Self-care

- **Biological-**
 - Adequate Sleep, Exercise, Nutrition, Health Monitoring
- **Psychological-**
 - Mindfulness, Supervision, Setting Boundaries, Emotional Awareness
- **Social-**
 - Peer Support, Work-Life Balance, Healthy Communication, Socializing for Fun
- **Spiritual-**
 - Meditation & Prayer, Spiritual Practices, Finding Meaning, Gratitude



A Daily Checklist

- **Morning Check-In:**
 - How am I feeling physically?
 - How am I feeling emotionally?
 - What is one positive intention I can set for today?
- **Mid-Day Reset:**
 - Take a 5-minute break to breathe, stretch, or walk.
 - Have I eaten and hydrated?
 - Quick mental check: Am I feeling overwhelmed? If so, what can I do to ease it?
- **End-of-Day Reflection:**
 - What is one thing I did well today?
 - Is there anything I need to release before tomorrow?
 - How can I rest and recharge this evening?

Weekly Self-Care Plan

Plan your self-care for the week with a focus on balance and renewal.

Physical Health Goals:

- ☐ _____
(E.g., Walk 30 minutes three times this week, get 7 hours of sleep,)

Emotional Health Goals:

- ☐ _____
(E.g., Practice mindfulness for 10 minutes, journal twice this week)

Social Support/Connection Goals:

- ☐ _____
(E.g., Call a friend, attend a peer support group, meet with a mentor)

Spiritual/Reflective Goals:

- ☐ _____
(E.g., Pray, meditate, or engage in reflection time each morning)

