

Self-Care Tool Box

Image 5.1: Self-Care Toolkit (Part 1)

How can you tell others what you need? How will you tell them?

The following areas are daily things that we either do or do not do that affect our ability to respond to emergencies. Following each one, rank how well you do in that area (1 = very poor, 10 = excellent) and then write down one action you can take to improve that area by one point.





Nutrition	1	2	3	4	5	6	7	8	9	10
What can you do:										
Sleep	1	2	3	4	5	6	7	8	9	10
What can you do:										
Manage Workload	1	2	3	4	5	6	7	8	9	10
What can you do:										
Balanced Lifestyle	1	2	3	4	5	6	7	8	9	10
What can you do:										
Stress Management	1	2	3	4	5	6	7	8	9	10
What can you do:										
Having fun	1	2	3	4	5	6	7	8	9	10
What can you do:										
Social network	1	2	3	4	5	6	7	8	9	10
What can you do:										
Exercise (30 min/day)	1	2	3	4	5	6	7	8	9	10
What can you do:										

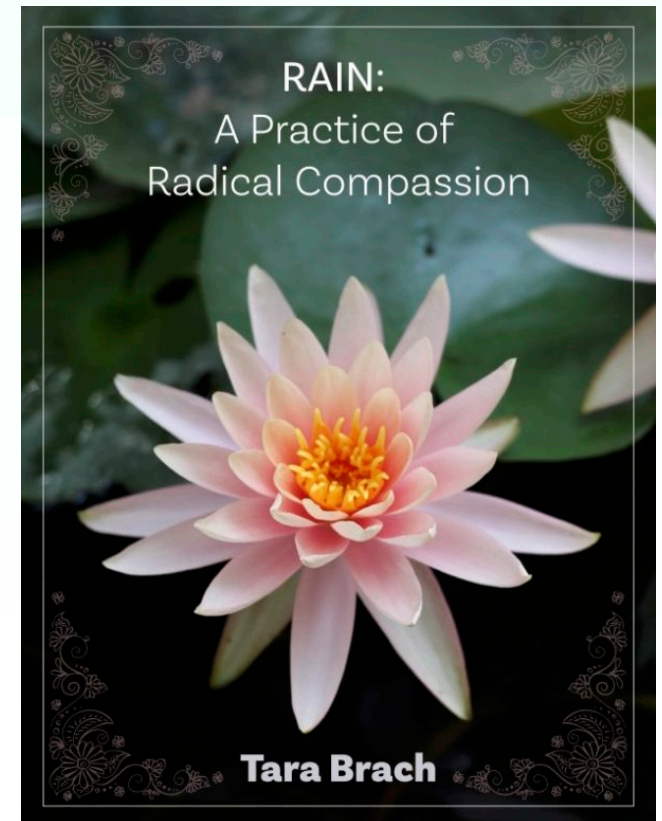
This activity provides a way to outline self care tools to use before or during a crisis so you are better prepared to respond.

For each item, rank how well you do in that area (1= very poor, 10=excellent). Then select one or two you would like to improve and write down a single action you can take to improve that area by one point.

RAIN: A Practice of Radical Compassion

The acronym **RAIN** is an easy-to-remember tool for bringing mindfulness and compassion to emotional difficulty.

-  **R**ecognize what is going on
-  **A**llow the experience to be there, just as it is
-  **I**nvestigate with interest and care
-  **N**urture with self-compassion



- Practice **STOP** when you notice you are getting anxious

- 👤 **Stop** what you're doing and take a moment to be still
- 👤 **Take** a few deep breaths and just be aware that you're breathing
- 👤 **Observe** any sensations in your body, thoughts in your mind, emotions in your heart
- 👤 **Pause** to come back to your breath, then proceed with your day with greater calm

