

A self-care plan can also be called a resilience plan and is a way to help you widen your resilient zone. As a support staff, it's important for you to have your own self-care plan so that you are able to take care of your own needs so you can be healthy and support others.

Why Is a Self-Care Plan Important?

Our minds work best when we are feeling calm and happy. If we are moving toward the edges of the resilient or "OK" zone our minds will not work as well.

A self-care or resilience plan can help you practice the resilience skills so that you can use them easily if you are being moved out of your zone.

When you are being moved out of your resilient or "OK" zone it can be very hard to decide what to do in that moment. Having a plan in place eliminates the need to make decisions, you just simply follow your plan.

What Should be Included in a Self-Care Plan?

The resilience or self-care plan should have information about what it looks and feels like when you are being pushed toward the edges of your resilient or "OK" zone. The resilience or self-care plan should have information about the resilience skills that are most helpful to you. This may include things like specific resources or gestures. A resilience or self-care plan can also have information like what to do in a crisis situation.

