

Patient Navigator Self-Care Plan

What I can do right away?

I commit to practicing two self-care strategies into my workday. These strategies are:

- 1.
- 2.

Signed _____

Date _____

What I can do in the long run?

Personal Characteristics

1. Choose one personal characteristic that may be a boundary issue:
2. Describe the ways that it may be contributing to work-related stress:
3. What would you like to change about that aspect of yourself?
4. On a scale of 0 – 5 (with 0 meaning you have no confidence and 5 meaning you feel fully confident) how would you rate your ability to change this characteristic?
0 1 2 3 4 5
5. Identify skills (or resources) you possess that could help in modifying this trait:
 - Emotional strengths (self-confidence, empathy, calm, etc.)
 - Support from Others
 - Mental Resources (humor, problem-solving, insight)
 - Leisure Activities (special interests, hobbies, sports, meditation)
6. Looking back at the scale and the strengths listed above, how can you use your skills to move up a point or two? Think in concrete terms. What are one or two things that you can do to take better care for yourself in your work setting?

7. How will you know that you are changing? How will you be thinking, feeling, behaving differently?
8. What will others notice about you when things are better (energy, mood, and attitude)?
6. How will you know that things are better? (How will you be thinking, feeling, behaving differently)?