

BALANCING WORK & Self-Care

WHAT SELF-CARE CAN I GIVE MYSELF RIGHT NOW?

Self-care is the practice of taking action to preserve or improve one's own health; as well as taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

During comfortable *and* stressful times, it can be helpful to ask yourself: **What self-care can I give myself right now?** Your feelings and needs are always evolving. Self-care could be something that supports you in the moment, in an ongoing/habitual way or that is designed to protect you in a situation that pushes your boundaries. At any given time, one type of self-care may feel more important than others.

Some examples of self-care are listed below*. Identify areas of self-care you would like to address and think of strategies you can adopt to improve your self-care.

<input type="radio"/> Emotional	Coping effectively with life and creating satisfying relationships
<input type="radio"/> Environmental	Good health by occupying pleasant, stimulating environments that support well-being
<input type="radio"/> Financial	Satisfaction with current and future financial situations
<input type="radio"/> Intellectual	Recognizing creative abilities and finding ways to expand knowledge and skills
<input type="radio"/> Occupational	Personal satisfaction and enrichment from one's work
<input type="radio"/> Physical	Recognizing the need for physical activity, diet, sleep and nutrition
<input type="radio"/> Social	Developing a sense of connection, belonging, and a well-developed support system
<input type="radio"/> Spiritual	Expanding our sense of purpose and meaning in life

*Sources:

Adapted from Swarbrick, M. (2006).

A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314. Downloaded from:

<https://store.samhsa.gov/product/Creating-a-Healthier-Life/SMA16-4958>

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SELF-CARE AT WORK

Work can be challenging! Sometimes, **protective self-care** can mean having a plan, or set of ideas, in advance of stressful situations to help you cope. Below are a few questions to ask yourself and tips to identify ways to integrate self-care on the job and/or in other areas of your work-life.

- **Which coworker(s) can you:**

- Be emotionally open with and/or safely vent to?

PRO-TIP: Knowing who these people are ahead of time can prevent “accidental” oversharing in emotional moments. If not a coworker, who in your personal life could be called/texted/etc. from work for support if needed?

- Count on to help with tasks?

- Count on to always make you laugh/laugh at the same jokes you do?

- Discuss a shared passion/hobby/favorite sports team/etc. with?

- Enjoy sharing stories/looking at cute pictures of pets, children, etc. with?

- Which coworker(s) are you able to reach out to for other types of support in the workplace?

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- What are your thoughts on how your supervisor(s) might best support you with challenges you are facing at work?

- What are some ways you might you express gratitude for the help your co-workers provided?

- Are there any new skills you're interested in learning that might help you feel more engaged with your current job, or help you feel empowered to find a new one? Use the space below to write down any thoughts about which skills, notes on places you might find free or affordable training, etc.

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EXTERNAL SUPPORT & RESOURCES

Professional Support

Professional support can come in many forms!

Try searching online for:

- Counseling
- Local or online support groups
- Hospital social workers

Psychology Today

Find a therapist in your area; with search options including insurance and specialty.

<https://www.psychologytoday.com/us/therapists>

Cancer Support Organizations

- **CancerCare:** Provides telephone, online and face-to-face counseling and support groups facilitated by professionally trained oncology social workers.
<https://www.cancercares.org/>
- **Cancer Support Community:** Provides support, education and hope to people affected by cancer.
<http://www.cancersupportcommunity.org>
- **I Had Cancer:** Support community that empowers people to take control of life before, during and after cancer.
<https://www.ihadcancer.com/>
- **Cancer Lifeline:** Provides emotional support, resources, classes and exercise programs at no charge.
<http://www.cancerlifeline.org>
- **Creative Support:** Offers group and one-on-one sessions: Virtual Arts, Virtual Music, and Virtual Writing!
<https://heartsneedart.org/>

Creating a Healthier Life: A Step-By-Step Guide to Wellness

A free, downloadable guide created by the Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://store.samhsa.gov/product/Creating-a-Healthier-Life/SMA16-4958>

Inspirational Content

- **Brené Brown**
Professor, lecturer, author, and podcast host.
<https://brenebrown.com/>
- **TEDTalks**
Short videos on a variety of topics from science and technology to creativity and education, and beyond. Subtitled in 100+ languages.
<https://www.ted.com/talks>

Apps and Streaming Services

- Headspace (www.headspace.com)
- Shine (www.theshineapp.com)
- Calm (www.calm.com)
- YouTube (www.youtube.com)

CAC Resource Database

An online resource with information about many other organizations who can provide guidance and support related to work/employment, personal care and well-being, nutrition, and much more.

<https://www.cancerandcareers.org/resources/database>