SELF-CARE

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.

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional</td>
<td>Coping effectively with life and creating satisfying relationships</td>
</tr>
<tr>
<td>Environmental</td>
<td>Good health by occupying pleasant, stimulating environments that support well-being</td>
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<tr>
<td>Financial</td>
<td>Satisfaction with current and future financial situations</td>
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<tr>
<td>Intellectual</td>
<td>Recognizing creative abilities and finding ways to expand knowledge and skills</td>
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<tr>
<td>Occupational</td>
<td>Personal satisfaction and enrichment from one’s work</td>
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<tr>
<td>Physical</td>
<td>Recognizing the need for physical activity, diet, sleep and nutrition</td>
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<tr>
<td>Social</td>
<td>Developing a sense of connection, belonging, and a well-developed support system</td>
</tr>
<tr>
<td>Spiritual</td>
<td>Expanding our sense of purpose and meaning in life</td>
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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?
  
  _______________________________________________________________
- 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 express gratitude for the help your co-workers provided?

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- 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:
  o Counseling
  o Local or online support groups
  o 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
  o CancerCare: Provides telephone, online and face-to-face counseling and support groups facilitated by professionally trained oncology social workers.
    https://www.cancercare.org/
  o Cancer Support Community: Provides support, education and hope to people affected by cancer.
    http://www.cancersupportcommunity.org
  o I Had Cancer: Support community that empowers people to take control of life before, during and after cancer.
    https://www.ihadcancer.com/
  o Cancer Lifeline: Provides emotional support, resources, classes and exercise programs at no charge.
    http://www.cancerlifeline.org
  o 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)

Inspirational Content
  o Brené Brown
    Professor, lecturer, author, and podcast host.
    https://brenebrown.com/
  o 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
  o Headspace (www.headspace.com)
  o Shine (www.theshineapp.com)
  o Calm (www.calm.com)
  o 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