The Four Levels of Self-Care and Support

Write down the specific practices you utilize in each of the four levels of self-care described below. Use a different color for practices you want to add or consider.

How well are you attending to each of these domains of self-care in your practice?
Which practices have been most helpful to you in each domain?
Where do you feel you need to increase self-care or support at present?

1. **Advance preparation**: something you do before entering the situation (e.g., relaxation, mental rehearsal, seeking support)
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   __________________________________________________________
   __________________________________________________________

2. **“In-the-pocket” strategies**: something you do in the situation (e.g., deep breathing, muscle relaxation, mantra)
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

3. **“Recovery” strategies**: something you do after the situation (e.g., reaching out, taking down time, enjoyable activities)
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. **Ongoing self-care**: something you do purposefully to increase well-being and decrease stress (e.g., arousal-regulating activities like yoga or sports, built-in “me” time)
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(Adapted from Blaustein & Kinniburgh, 2010)