

## 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)

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

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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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