

## The Working Mind



Printable



Home

**Audience(s):** School Staff & Parents

**Hyperlink:** [The Working Mind](#)

### Description

When our working environments have sudden change, our well-being and balance is affected. This usually results in us forgetting to take care of ourselves. Building self-care into your daily or weekly routine can help improve resilience and help prevent burnout. This is a **printable** guide that you can use to create a self-care plan.

### Objective(s)

In this guide, you can use the Mental Health Continuum Self-Assessment to see how you experience stress. After this you can use the “My Self-Care and Resilience Plan” to write down practices, strategies and resources that will help you make a commitment to yourself to practice your self-care routine.

*Are there other resources that you love for cultivating the health of students and staff in your school community?*

*Send your suggestions to [dashbcreources@gmail.com](mailto:dashbcreources@gmail.com)*