

# Self-Care Self-Review: *The importance of our own wellbeing*

v5.20 (IH)

Completed by:

Date completed:

Date for review:

Action	Strengths in current practice	Potential improvements
Connect socially		
Be active		
Keep learning		
Give to others		
Take notice / Be Mindful		
Regular (brief) grounding, soothing and regulating activities i.e. Intentional brief physiological regulation breaks throughout your day including breathing activities (e.g. 7:11 breathing or box breathing), somatosensory activities (e.g. rhythmical movements or muscle tensing and relaxing) and relational connection (a two minute check in with a colleague).		
Plan to get through a crap day/week including meeting your basic needs (sleep, activity, food and social contact), pause to get some self-care (take a break from stressors if necessary), get some perspective and plan (prioritise and schedule).		
Other actions to improve your own emotional wellbeing (e.g. connect with nature, be creative, have fun, be grateful and/or reflect / talk it through with someone you trust or write it down and make a plan).		

Summary of any specific actions you plan to take:

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For more information on taking action for your own wellbeing see [www.actionforhappiness.org](http://www.actionforhappiness.org)

For a free online staff training session re our own wellbeing: self-care and organisational care at [www.sigmateachingschool.org.uk/online-training/#tab-id-3](http://www.sigmateachingschool.org.uk/online-training/#tab-id-3) or attend a PACE+ Approaches training course google: *Sigma Teaching School* and following the CPD links.