



My Self-Care Plan

1. Things I do regularly to take care of myself (e.g., adequate sleep, exercise, eat right, meditate, etc.)

2. Situations or experiences that I tend to find stressful or overwhelming

3. Signs that I am becoming stressed or overwhelmed (e.g., raised voice, flushed face, crying, shut down, etc.)

4. Things I find helpful when I feel upset, stressed, or overwhelmed:

5. Where or who can I can go to for support when I need it:

A few important PHC resources:

- Employee and Family Assistance Program (Homewood Health) – 1-800-663-1142
- Adler Community Health Services - <https://forms.office.com/r/yhLXgWzTom>
- Staff/Med Staff Wellness Hub – phcthrive.providencehealthcare.org
- Workplace Health Contact Centre: 1-866-922-9464
- Care to Speak – 1-866-802-7337

