

# Self-Care SMART Goal Worksheet

## Shift Survival & Reset Plan Overview

### Before Shift

- 2 minutes of mindful breathing in your car before walking in
- Positive affirmation: “I bring calm and care into this building.”

### During Shift

- Pause for 3 slow breaths before entering a high-stress resident room
- Use humor with coworkers (when appropriate) to release tension
- Mini stretch after each charting session

### After Shift

- Wash hands slowly as a symbolic “leave it at work” ritual
- Drink a full glass of water before leaving
- Play “transition music” in the car to shift your mental state before home

## Weekly Mental Health Maintenance

- Day Off Routine: At least 30 min outdoors + one joy activity (art, cooking, walking, etc.)
- Limit Work Talk: Choose a “no LTC discussion” dinner with family/friends once a week
- Sleep Anchor: Consistent sleep/wake times on off days
- Reflect & Adjust: Journal 1x/week about what helped or drained you
- Connect: Check in with a non-work friend or family member

## Quick Access Self-Care Tool Kit

*Keep these items in your work bag:*

- Small stress ball or fidget item
- Herbal tea packet or electrolyte drink mix
- Hand lotion with calming scent
- Printed grounding exercise card
- EAP & crisis line numbers

# My SMART Self-Care Goal

SMART Component	Example	My Goal
<b>Specific</b>	<p><b>What exactly will I commit to for self-care?</b></p> <p>Example- I will take 3 slow breaths before every care interaction where I feel tense.</p>	
<b>Measurable</b>	<p><b>How will I track my progress?</b></p> <p>Example- Track with a tally mark in my pocket notebook or a note on phone.</p>	
<b>Achievable</b>	<p><b>Is this realistic during my shift or at home?</b></p> <p>Example- Breathing exercises takes under 30 seconds.</p>	
<b>Relevant</b>	<p><b>Why does this matter for me and my role?</b></p> <p>Example- Helps me reduce resident escalation and my own stress.</p>	
<b>Time-bound</b>	<p><b>When will I do this and for how long?</b></p> <p>Example- I will do this every shift for the next 2 weeks, then reassess.</p>	

## Tracking & Reflection

Date / Shift: \_\_\_\_\_

Self-Care Activity Completed: \_\_\_\_\_

How Did I Feel Before? \_\_\_\_\_

How Did I Feel After? \_\_\_\_\_

Notes / Adjustments for Next Shift: \_\_\_\_\_