Access the recorded webinar here:
https://attendee.gotowebinar.com/recording/2442422551145846028

Mini Modules to Relieve Stress For Healthcare Workers
Responding to COVID-19: Creating a Practical Self-Care Plan in Difficult Times

April 28, 2020

Unclassified//For Public Use
Self-Care Planning /Leisure Activities Exercise

- Paper and pen or electronic device
- ID three leisure activities
- Date and time you can perform each
- Add to your calendar /schedule for this week

ASPR TRACIE Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19: Stress Management Exercise
GOOD WRITING

PLAYS

ART

NARRATIVE

DIARY

ANIMALS

STORIES

SOMETHING

FUTURE

PETS

REARRANGING

PAINTING

SONG

READING

REMEMBERING

DIARY

DOING

LETTERS

SCULPTURE

ROOM

NUTRITION

ANIMALS

GREAT

ART

POEMS

MOVIES

ARRANGING

REDECORATING

DRAWING

PLAYLIST

WRITING

TAKING

MUSIC

PLAYING
Ask Yourself…

✓ Activities that reduce stress and burnout?
✓ Do I need help to carry it out?
✓ Do I need reminders?
✓ What concrete resources do I need?
✓ How can I use my self care plan to remain resilient during disaster work?
# PERSONAL ACTION PLAN

<table>
<thead>
<tr>
<th>Activities Identified</th>
<th>1</th>
<th>Walking</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td></td>
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<tr>
<td></td>
<td>3</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>GOAL Day / Time</th>
<th>1</th>
<th>Walking 5x per week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>Go to bed before 9pm before each workday</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>RESOURCES People and Tools</th>
<th>Information (e.g. Sleep Tips)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>House Buddy ? Family Member? Dog?</td>
</tr>
<tr>
<td></td>
<td>Paint</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
</tr>
<tr>
<td>--------</td>
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</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk 12-12:30pm</td>
<td>Walk 7-7:30 am</td>
</tr>
<tr>
<td>Yoga at Noon</td>
<td></td>
</tr>
<tr>
<td>Walk 12-12:30pm</td>
<td>Walk 7-7:30 am</td>
</tr>
</tbody>
</table>
Resources

ASPR TRACIE COVID-19 Page
ASPR TRACIE Behavioral Health Resources
ASPR COVID-19 Page
CDC COVID-19 Page
Coronavirus.gov

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