

Portman Social Worker Self-Care Checklist

Daily Self-Care Activities

- Take regular breaks: Step away from work for a few minutes to recharge.
- Stay hydrated: Drink enough water throughout the day to stay hydrated.
- Eat nutrient-rich meals: Fuel your body with balanced, healthy meals.
- Practice deep breathing or meditation: Spend 5-10 minutes focusing on mindfulness or breathing exercises to reduce stress.
- Set boundaries: Leave work at work and avoid checking emails or taking work calls outside of hours.
- Move your body: Engage in light physical activity like walking or stretching.
- Connect with loved ones: Reach out to friends or family to maintain social connections.
- Reflect on your day: Write a short reflection in a journal to process your emotions and thoughts.

Weekly Self-Care Activities

- Plan relaxation time: Dedicate a block of time for hobbies or activities that relax you.
- Exercise regularly: Engage in at least 3 days of physical activity per week (yoga, walking, gym, etc.).
- Check in with colleagues: Share your challenges or wins with trusted coworkers or peers.
- Practice gratitude: Write down three things you are grateful for every week.
- Disconnect from devices: Take a tech-free day or half-day to unwind without screens.
- Assess your workload: Review your caseload and adjust tasks if feeling overwhelmed.

Monthly Self-Care Activities

- Book a day off: Schedule a personal day off to rest and recharge.
- Engage in professional supervision: Have a meeting with a supervisor or mentor to discuss

professional challenges.

- Revisit personal goals: Assess your career and personal goals, adjusting them where necessary.
- Volunteer or give back: Participate in activities outside of work that give you a sense of purpose.
- Attend a workshop or webinar: Invest in your professional development by attending a session that interests you.
- Pamper yourself: Treat yourself to something special, like a spa day, favorite meal, or an activity you love.
- Connect with nature: Spend a day in nature, whether hiking, visiting a park, or gardening.

Quarterly Self-Care Activities

- Review your work-life balance: Make sure you are not overworking and adjust your routine if necessary.
- Schedule a health check-up: Take care of your physical health with a regular doctor or therapist visit.
- Take a short break or holiday: Plan a weekend getaway or mini-vacation to relax and disconnect.

For more resources visit: <https://www.portmanrecruitment.com>