



W O R K B O O K

The Nurse's Guide to Self- care

This workbook is designed to help you understand self-care better, find out which areas you might be lacking, and to help you develop a plan to improve those areas.

bluebird health



Why Self-care

It can be hard to take time for ourselves when we're always so busy taking care of others. But it's essential that we do, especially those in the medical field. Here are a few reasons why self-care is so important:

- It helps us recharge and relax our mind and body
- It allows us to focus better and be more productive when we're back on the job
- It can help improve our mental health and well-being
- It increases our resilience in times of stress



Practicing Self-care

Self-care is an essential part of nurses' and CNAs' well-being. It helps us to recharge and relax, be more productive when we're back on the job, and improve our mental health and resilience. By taking time for ourselves each day and practicing a variety of self-care techniques, we can better care for others both physically and emotionally.

Start by choosing one self-care practice per week to weave into your daily routine. Observe any positive changes and add in more when you feel ready.





Self-care Quiz

Before we look at strategies, let's take a look at where you are now. There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I am up-to-date with my health check-ups	☐	☐	☐
2. I get 30 min of exercise 4-5x a week	☐	☐	☐
3. I eat about 5 servings of fruit or veg a day	☐	☐	☐
4. I get more than 6 hours of sleep per night	☐	☐	☐
5. I take regular breaks from my work	☐	☐	☐
6. I take time to recharge every day	☐	☐	☐
7. I have forgiven my past mistakes	☐	☐	☐
8. I know what I am passionate about	☐	☐	☐
9. I have things to look forward to in my life	☐	☐	☐
10. I say "No" when I need to	☐	☐	☐
11. I have a wind down routine for my work day	☐	☐	☐
12. I get together with a friend once a month	☐	☐	☐

Your total score page one



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	Yes	S	No
13. I am spending time with those I care about	☐	☐	☐
14. I generally wear clean clothes	☐	☐	☐
15. My finances are in control	☐	☐	☐
16. I time outdoors every week	☐	☐	☐
17. I drink 6-8 glasses of water each day	☐	☐	☐
18. I laugh every day	☐	☐	☐
19. I have a relaxing bedtime routine	☐	☐	☐
20. I take time to do something I love (15 min?)	☐	☐	☐
21. I limit screen time; both tv and internet	☐	☐	☐

Score from first page _____

Score from second page _____

Your total score _____



Self-Care Quiz Scoring

29-42

You're the self-care Ninja! Great job. You look after yourself in various ways, and I'll bet it shows. You probably have more patience with everyone around you because you don't feel like you're a rubber band stretched to the limit. Keep up the excellent work. Keep reading through this workbook to see if there's anything you want to add to your repertoire.

14-28

You prioritize yourself somewhat, but you could do more. Take a look at the areas where you scored 0s. Do they fall into a particular category? Physical or mental? Then look at that section of the workbook and the article to see if you can set out some goals to improve in this area.

0-13

You've gotten into the habit of putting everyone else first. Just guessing here, are you a mom? If you keep putting yourself at the bottom of the list, you're not going to be any good to your kids, patients, family, or friends. This is about your health. Self-care is mental health and physical; both will suffer if you don't care. Start small, like drinking more water, then build on that. I'm always telling myself, 'There's too much to do for me to exercise.' But the truth is, we would be more effective in all of our work if we would stop and take the time to take care of ourselves. We would be stronger, calmer, and happier.

Self-care Plan

GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● MIND

Mental health

Mindfulness and
self knowledge

Soul

Stimulation and
fulfillment

● BODY

Self-care

Basic hygiene and
body care

Improvement

Exercise, sleep and
healthy food

NEED MORE IDEAS?

30-Days of Self-Care Ideas



Meditate for 5 min	Spend some time outside	Practice yoga	Create a mood board	Take a nap
Go to bed earlier	Write a bucket list	Eat healthy food	Watch a movie	Play with a pet
Pamper yourself	Go on a solo date	Practice gratitude	Try a DIY project	Practice deep breathing
Order Takeout	Spend time in nature	Write a journal	Buy yourself something nice	Watch the sunrise
Listen to a podcast	Start a new hobby or try a craft	Spa day at home	Grow a plant	Watch the sunset
Eat mindfully	Learn a new skill	Box breathing	Drink plenty of water	Paint your nails

Daily Self-care Planner

Top 3 Priorities

AFFIRMATIONS

SELF- CARE ACTIVITIES

SELF-CARE GOALS

DAILY WATER TRACKER

