

Self-Care Cards

For those who support others—such as social workers, counsellors, health professionals, teachers, supervisors, carers and parents—self-care is critical. Unless organisations as well as individuals actively support self-care, then staff turnover, sick days, low morale and disputes can easily multiply. These 50 beautifully-illustrated cards and booklet are designed to put conversations about self-care on the agenda. Here are a few quick ideas for using the cards (you'll find many more in the booklet).

- Choose one or more cards that relate to your self-care or wellbeing at the moment.
- On a scale of 1–5, rate how you are doing with each.
- What are you already doing that helps? What have you done in the past that might help now? What new thing could you try?
- Is it time to seek help? Should someone be informed?
- How important is self-care to you? Pick cards to describe what you do well in terms of self-care and what you would like to do differently.
- Use the cards to create a self-care plan. Pick cards for where you would like to be heading, and key actions and milestones in the plan.
- What is one step you could take today, tomorrow, and next week to begin implementing your plan? How will you record and evaluate?
- Each day/week, pick a card (deliberately or randomly) as a prompt for reflection, writing or drawing. The questions on the back of the cards may spark ideas.
- Pick cards to describe common self-care challenges faced by people working in ‘helping’ professions.
- How might you encourage clients/friends/family regarding their self-care?
- Choose cards to discuss ways organisations can support staff wellbeing and create a good self-care culture (such as effective supervision, team-building, leadership, policies, training, mentoring, de-briefing and having fun).
- Which cards show things you would like your organisation/team/personal life to focus on more?
- Find the More/Less and Same/Different cards (these are 2 of the 5 ‘polarity cards’ with black backgrounds). Place them beside other cards to discuss what you would like to see more of/less of, and what you would like to be same/different.



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50 laminated, full-colour cards,
140 x 140mm, cardboard box,
plus booklet.

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- Pick 3 cards to describe the impact conflict can have on people.
- Pick cards for self-care strategies that help you when conflict is taking place.
- For work conflict, what supports does the organisation have that could help (mediation services, supervision, complaint procedures and so on)?
- Select the Safe card. Do you feel safe at home and at work?
- If not, select the Next Step card. What steps can you take immediately to be safe?
- Select the Help card. Who or what could help you to be safe?
- Select the Resolve card. Does something need resolving at home or at work?
- Select the Learning card. What learning have you been able to take away from a difficult situation?
- Think of someone who inspires you with their self-care at work or in their personal lives. Pick a card to represent this. What can you learn from them?
- Create your own card or artwork to show an aspect of self-care you value most. What word would be at the centre? What illustration?

