

# Everyday Work Self-Care Checklist

READINESS, AWARENESS, EVALUATION, KNOWLEDGE, SUPPORT

## AWARENESS

How am I feeling today? Am I fully-aware of what is going on around me and within me?

## READINESS

Am I ready to be at work today?

## EVALUATION

Am I able to set healthy boundaries and limits?

## KNOWLEDGE

Do I have the tools and resources that I might need today?

## SUPPORT

Who will support me today?