



## List of Individual Self-Care Strategies Using Maslow's Hierarchy of Needs

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Circle or highlight the strategies you are likely to implement.

Level 1: Physiology (Are my basic needs met?)

Baseline Level: \_\_\_\_\_

Area of Need	Possible Strategies
Water	Carry a water bottle, use a tracking water bottle or app, add flavoring, drink sparkling or mineral water, drink tea, eat water-rich foods
Sleep	Set a sleep schedule, eat before 7, dim lights 2 hours before bed, remove electronics an hour before bed, read in bed, listen to calming music
Diet	Eat more fruits and vegetables, pack your lunch, eat without distractions, split meals, prepare portion-controlled meals, use a meal delivery service
Exercise	Do outside chores, take dog for a walk, walk inside the building before/after school, use a fitness app, park farther away, take the stairs
Other Possible Strategies:	

Level 2: Safety (Do I feel safe?)

Baseline Level: \_\_\_\_\_

Area of Need	Possible Strategies
Safe @ School	Talk to administration about your worries, meet with student's team, record your worries in a journal, listen to calming music, inhale calming oils
Safe @ Home	Talk to a trusted friend or family member about your worries, record your worries in a journal, meet with a therapist, develop a safety/trigger plan
Order @ School	Organize classroom before leaving, prepare lessons in advance, share lessons with co-workers, create a to-do list for your plan period
Order @ Home	Meet with a financial advisor, schedule regular appointments, create a family calendar, create a weekly menu, prepare meals on Sundays
Other Possible Strategies:	

Level 3: Belonging (Do I feel like I belong?)

Baseline Level: \_\_\_\_\_

Area of Need	Possible Strategies
Respected	Be kind but honest, value others' time, follow through with your promises, check your body language, be agreeable, be proactive, take initiative
Cared About	Genuinely inquire about others' well-being, compliment others, thank others for their efforts, offer to help when you can, anticipate others' needs
Other Possible Strategies:	

Level 4: Esteem (Do I feel confident?)

Baseline Level: \_\_\_\_\_

Area of Need	Possible Strategies
Speak Kindly to Self	Check-in on your expectations, check validity of assumptions, recite self-affirmations, identify triggers and plan for them, Combat Automatic Thoughts
Feel Competent @ School	Be aware of your strengths, acknowledge your mistakes and fix them, take notes at staff meetings, refer to notes before asking others for help, write a to-do list, surround yourself with positive co-workers, be optimistic
Feel Important @ Home	Talk less and listen more, pick your battles, say thank you for the "little things", be intentional about doing the "little things" for others, be agreeable
Recognized for my Work	Volunteer to help, advocate for yourself, know your own value, celebrate your wins, contribute to discussions at staff meetings, claim credit for your work
Other Possible Strategies:	

*Level 5: Self-Actualization (Am I living my best life?)**Baseline Level:*

Area of Need	Possible Strategies
Set Goals	Choose work you love, do something you're passionate about, accomplish something that's important to you, find the best time for you, remove distractions to stay focused, remember practice makes perfect
Believe in Self	Accept things for what they are, think about past successes, trust yourself, engage in positive self-talk, don't let fear stop you, forgive yourself for mistakes, talk with a coach, Combat Automatic Thoughts
Positive Outlook on Future	Be aware of your negative thought patterns, quiet your inner critic, practice positive imagery, find humor in the bad situations, use a gratitude journal, start the day with positive affirmations, turn failures into lessons, surround yourself with positive people, Wise Mind
Moment of Peace	Let go of perfectionism, make amends immediately, validate your accomplishments, accept people and situations for who they are, assume positive intentions in others, use a gratitude journal, meditate, Wise Mind
<b>Other Possible Strategies:</b>	

*Level 6: Transcendence (Do I feel connected to something greater than me?)**Baseline Level:*

Area of Need	Possible Strategies
Feel Inspired	Watch your favorite movie, re-read your favorite book, listen to your favorite song before work, post your favorite quote on your desk, spend time with someone whom you admire, create a vision board
Do for Others	Open doors for others, save your change for your favorite charity, watch a movie with your family without other electronics, be intentional about being kind in situations that typically stress you out, volunteer at an animal shelter, take your students or children to read to the elderly at a nursing home
Feel Empathy or Forgiveness	Be intentional about being compassionate towards someone who typically stresses you out, assume positive intentions from others, live in the moment and not the past, let forgiveness become a habit, forgive yourself
Feel grateful/mindful	Write a thank you note for the simplest of gestures, use a gratitude journal, create a family gratitude jar, allow time for gratitude sharing before staff meetings, use meditation apps, sit in silence for 5 minutes each day, take a mindful walk, eat snacks mindfully
<b>Other Possible Strategies:</b>	

**References:**

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