

CREATING A SELF-CARE PLAN

In partnership with the work of SAP and Qualtrics, the Mind Share Partners 2019 *Mental Health at Work Report* found that, contrary to popular belief, mental health symptoms are equally prevalent across seniority levels within companies, from individual contributors to the C-level.¹

There are many factors in the workplace that have a unique and independent impact on the mental health of employees and are the root cause of burnout.² As an SMB leader, you are as prone to the impact the workplace can have on mental health as any other employee.

Self-care is one of the components of mental health care. Creating a self-care plan as a business leader is a proactive way to support your mental health and combat workplace factors that could ultimately lead to burnout. Complete the following activity to help you identify your common stressors at work and create a plan to manage them.

MIND SHARE PARTNERS SELF-CARE ACTION PLAN

What are your common stressors at work?

(Examples: End-of-month deadlines, taking on too much work, working long hours)

What were the early signs indicating that you were struggling? Think about specific times. "I should proactively care for my mental health when I notice ____."

(Examples: I start feeling overwhelmed; I feel guilt when thinking about delegating work to my team; it becomes difficult to wake up in the morning)

What would have been helpful in that moment, and what proactive strategies could be implemented earlier that would help?

Self-care strategy	Proactive or reactive	Solution or relief
<i>(Example: Take a mental health day)</i>	<i>Reactive</i>	<i>Relief</i>
<i>(Example: Delegate work outside your expertise)</i>	<i>Proactive</i>	<i>Solution</i>

Sources mentioned:
 1. mindsharepartners.org/mentalhealthatworkreport
 2. bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4153-7