

# Self-Management



## 1) Physical

- Obtain prompt care for injuries and illnesses
- Eat health foods and consume proper nutrition
- Exercise regularly
- Get adequate and meaningful amount of sleep
- Maintain regular schedule of immunization, physicals, dental check-ups, and self-exams
- Practice behaviours to support your immune system and prevent illness (eg. hand-washing and wearing masks)
- Practice safe sex
- Use seat belts, helmets, and other safety equipment
- Minimize or avoid the use of smoking, alcohol and other substances



## 2) Emotional

- Build an awareness of your thoughts and feelings
- Practice and/or experiment with mindfulness, relaxation techniques, and other stress management strategies
- Practice self-compassion and self-kindness
- Practice expressing all emotions and feelings effectively and safely
- Seek support from a professional (privately or through an EAP)
- Attend any mental health webinars or workshops such as those available through AAMAC
- Know where to turn in times of crisis



## 3) Social

- Learn how to communicate effectively with others and understand your communication style
- Communicate your thoughts, feelings and ideas
- Engage in healthy and respectful relationships
- Establish flexible boundaries
- Seek out opportunities to meet with others who are also living with a chronic illness such peer support groups



## 4) Intellectual

- Listen to and consider the perspectives of others to enrich critical thinking
- Seek out people who challenge you intellectually
- Participate in webinars, workshops, and/or programs to increase your knowledge in various areas, such as the chronic illness you live with
- Seek opportunities to learn practical skills
- Read
- Learn to appreciate art



## 5) Environmental

- Protect yourself from environmental hazards (ex. Pollution, chemical cleaning products, Moldovan high dust content)
- Practice environmentally conscious behaviours (ex. Recycling, energy conservation strategies)
- Stay safe during hot weather; and guard against cold weather
- Maintain clean and organized living space
- Create a space that promotes calmness and brings you comfort



## 6) Occupational/Financial

- Create monthly budget and follow it
- Make use of financial program applications if applicable (ex. Workplace, provincial or federal disability programs, unemployment insurance, etc.)
- Look for opportunities to use your talents and skills
- Identify and reduce occupational stress
- Find work/life balance that works well for you and the stage of your treatment



## 7) Spiritual

- Spend time alone to explore your individual beliefs and values
- Choose behaviours, hobbies or activities that allow you to express your beliefs and values
- Connect with nature
- Take time for a quiet reflection, such as meditation, and/or prayer
- If applicable, explore faith services in the local community