



**C.D.P**

# **STRESS MANAGEMENT FOR CSO'S TRAINING COURSE**

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## Self-Care Check-In

Engaging in self-care is one of the most important steps in maintaining a strong sense of self and a high degree of mental wellness. However, while self-care has some shared tenets, it looks different for every individual.

This check-in functions as a quick way to see where more attention is needed to ensure you are meeting your self-care needs. Start by rating each of the self-care domains and then, writing what you have to do in order to meet your needs.

Self-Care Areas	Rating	What can I do to meet this need?
Quality time with Family		
Time Alone		
Opportunities to engage in pleasurable activities		
Friendships		
Relaxation and Peace		
Emotional Health		
Physical Health		



Self-Care Areas	Rating	What can I do to meet this need?
Organization and Structure		
Being Challenged		
Feeling Valued and Loved		

Self Care Bank	
<input type="checkbox"/> Going for a Walk	<input type="checkbox"/> Having a Snack
<input type="checkbox"/> Meditating	<input type="checkbox"/> Taking a Drink of Water
<input type="checkbox"/> Listening to Music	<input type="checkbox"/> Starting a new course
<input type="checkbox"/> Decluttering your Closet	<input type="checkbox"/> Reading a book about a hobby you want to try
<input type="checkbox"/> Watching your favorite television show	<input type="checkbox"/> Having coffee with a good friend
<input type="checkbox"/> Doing Yoga	<input type="checkbox"/> Calling a friend
Other:	

## Reflection Questions

1. What patterns do you notice (if any) from your responses?

2. Is there anything general you think you can do to facilitate self-care?

3. What steps can you take to prevent burnout in the future?

# Self-Care Checkup

Self-care activities help us enhance our well-being and maintain good mental health.

They can include habitual, routine activities such as eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

## Instructions

This *Self-Care Checkup* can help you consider the frequency and quality of your self-care in five important life domains:

- Emotional
- Physical
- Social
- Professional; and
- Spiritual self-care.

Using the key provided below, rate how well, or how frequently, you believe that you engage in each activity between your therapy sessions.

It's important to remember the list is not exhaustive - some activities may not appeal to you at all, or you may feel that others are missing.

If you think of ideas that you'd like to add to the list, use the spaces provided.

1	<i>I rarely do this</i>	<i>I don't do this well</i>
2	<i>I sometimes do this</i>	<i>I'm average at doing this</i>
3	<i>I do this often</i>	<i>I do this very well</i>
<input type="checkbox"/>	<i>I'd like to do this more often</i>	<i>I'd like to become better at this</i>

Emotional Self-Care		
1 2 3 <input type="checkbox"/>	Enjoying hobbies	
1 2 3 <input type="checkbox"/>	'Unplugging' from technology (e.g. email, social media)	
1 2 3 <input type="checkbox"/>	Expressing emotions and feelings (e.g. talking, journaling)	
1 2 3 <input type="checkbox"/>	Appreciating own talents, accomplishments, and strengths	
1 2 3 <input type="checkbox"/>	Taking days off/rest days from responsibilities	
1 2 3 <input type="checkbox"/>	Learning about or exploring new things (e.g. hobbies, foreign languages)	
1 2 3 <input type="checkbox"/>	Practicing self-nurturing activities (e.g. long bath, gentle walk)	
1 2 3 <input type="checkbox"/>	Laughing about things	
1 2 3 <input type="checkbox"/>	Taking a holiday, escape, or mini-break	
1 2 3 <input type="checkbox"/>	General emotional self-care	
1 2 3 <input type="checkbox"/>		

Physical Self-Care		
1 2 3 <input type="checkbox"/>	Attending health upkeep appointments (e.g. dental or GP checkups)	
1 2 3 <input type="checkbox"/>	Resting when unwell	
1 2 3 <input type="checkbox"/>	Drinking enough water	
1 2 3 <input type="checkbox"/>	Getting sufficient sleep	
1 2 3 <input type="checkbox"/>	Enjoying group exercise (e.g. gym classes, hobbies)	
1 2 3 <input type="checkbox"/>	Eating regular meals	
1 2 3 <input type="checkbox"/>	Exercising out of doors	
1 2 3 <input type="checkbox"/>	Maintaining good hygiene	
1 2 3 <input type="checkbox"/>	Eating a healthy diet	
1 2 3 <input type="checkbox"/>	General physical self-care	
1 2 3 <input type="checkbox"/>		

Social Self-Care		
1 2 3 <input type="checkbox"/>	Making time for friends or family	
1 2 3 <input type="checkbox"/>	Staying in contact with distant connections (e.g. Skype, Facetime)	
1 2 3 <input type="checkbox"/>	Engaging in mentally stimulating discussions	
1 2 3 <input type="checkbox"/>	Being intimate/romantic with partner	
1 2 3 <input type="checkbox"/>	Asking for help when you require it	
1 2 3 <input type="checkbox"/>	Doing fun activities with others/ enjoyable group activities	
1 2 3 <input type="checkbox"/>	Spending quiet private time with partner	
1 2 3 <input type="checkbox"/>	Making new friends/talking to new people	
1 2 3 <input type="checkbox"/>	Overall social self-care	
1 2 3 <input type="checkbox"/>		

Professional Self-Care		
1 2 3 <input type="checkbox"/>	Seeking support when it's required at work	
1 2 3 <input type="checkbox"/>	Maintaining a comfortable or pleasant work environment	
1 2 3 <input type="checkbox"/>	Socializing or bonding with co-workers	
1 2 3 <input type="checkbox"/>	Balancing work and leisure activities	
1 2 3 <input type="checkbox"/>	Accepting stimulating/interesting new tasks or projects	
1 2 3 <input type="checkbox"/>	Taking lunch breaks/regular work breaks	
1 2 3 <input type="checkbox"/>	Turning down unnecessary/unreasonable tasks	
1 2 3 <input type="checkbox"/>	Pursuing further professional development opportunities	
1 2 3 <input type="checkbox"/>	Seeking recognition/promotion/reward where deserved	
1 2 3 <input type="checkbox"/>	General professional self-care	
1 2 3 <input type="checkbox"/>		

Spiritual Self-Care					
1	2	3	<input type="checkbox"/>	Enjoying outdoor/nature time	
1	2	3	<input type="checkbox"/>	Volunteering for charity/community	
1	2	3	<input type="checkbox"/>	Religious practice	
1	2	3	<input type="checkbox"/>	Practicing gratitude	
1	2	3	<input type="checkbox"/>	Meditating	
1	2	3	<input type="checkbox"/>	Allocating quiet time for reflection	
1	2	3	<input type="checkbox"/>	Applying personal strengths, talents, or values	
1	2	3	<input type="checkbox"/>	Appreciating beauty (e.g. music, art, literature)	
1	2	3	<input type="checkbox"/>	General spiritual self-care	
1	2	3	<input type="checkbox"/>		





## My Self-Care Promise

Prioritizing self-care means creating space for the things that nurture and energize us.

Use this sheet to reflect on your true, unique needs, and come up with some activities that you find restorative, enjoyable, and energizing.

### **I promise myself that...**

*When I'm feeling sad, I will remember:*

*The next time I feel anxious, I will:*

*When I feel lost or stressed, I will stop and remind myself:*



*I will strive my hardest to:*

*If I find myself making excuses, I will:*

*I choose to treat myself, always, with:*

**Signature:**

**Date:**

# Self-Love Journal

## A Day-By-Day Journey to Self-Love

Journaling can be a great way to practice more internal inquiry, while identifying where you can introduce more self-directed kindness and compassion into your life.

You may also find it a healthy means of emotional expression, as well as a mood booster or a way to de-stress.

*For example:*

- Recalling and re-living positive moments can be a good way to identify what you'd like more of in your life.
- Reflecting on your strengths, good qualities, and accomplishments can be a mood-booster, and a good way to build up self-esteem.
- Considering what you're grateful for can help you put things in perspective.

Find a quiet moment that works for you during or at the end of your day, and reflect on what's happened. Use the prompts given to guide you in your journaling.

Alternatively, you may want to use a separate journal of your own. Try to write something in your journal each day.

## 10 Self-Love Journal Prompts

1. *What is one thing you admire about yourself? What do you like about it?*

2. *List 3 things - or people - that you're grateful for today.*



3. *What is one thing you'll forgive yourself for this week?*

4. *Jot down 3 great compliments you've received. How did they make you feel?*

5. *What is a challenge you are dealing with right now, and how are you growing from it?*

6. *What makes you unique? Loveable? Admirable?*

7. *What is one personality trait that you feel proud of?*



8. *Write a reassuring, kind, gentle note to yourself, telling yourself here, reminding yourself to look after you. How will you do that?*

9. *What is your favorite feel-good activity? How can you do it more?*

10. *Write about the highlight of your day today. How did you feel?*