



**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

SELF-CARE MENU FOR PEER RECOVERY SUPPORT SPECIALISTS (PRSS)

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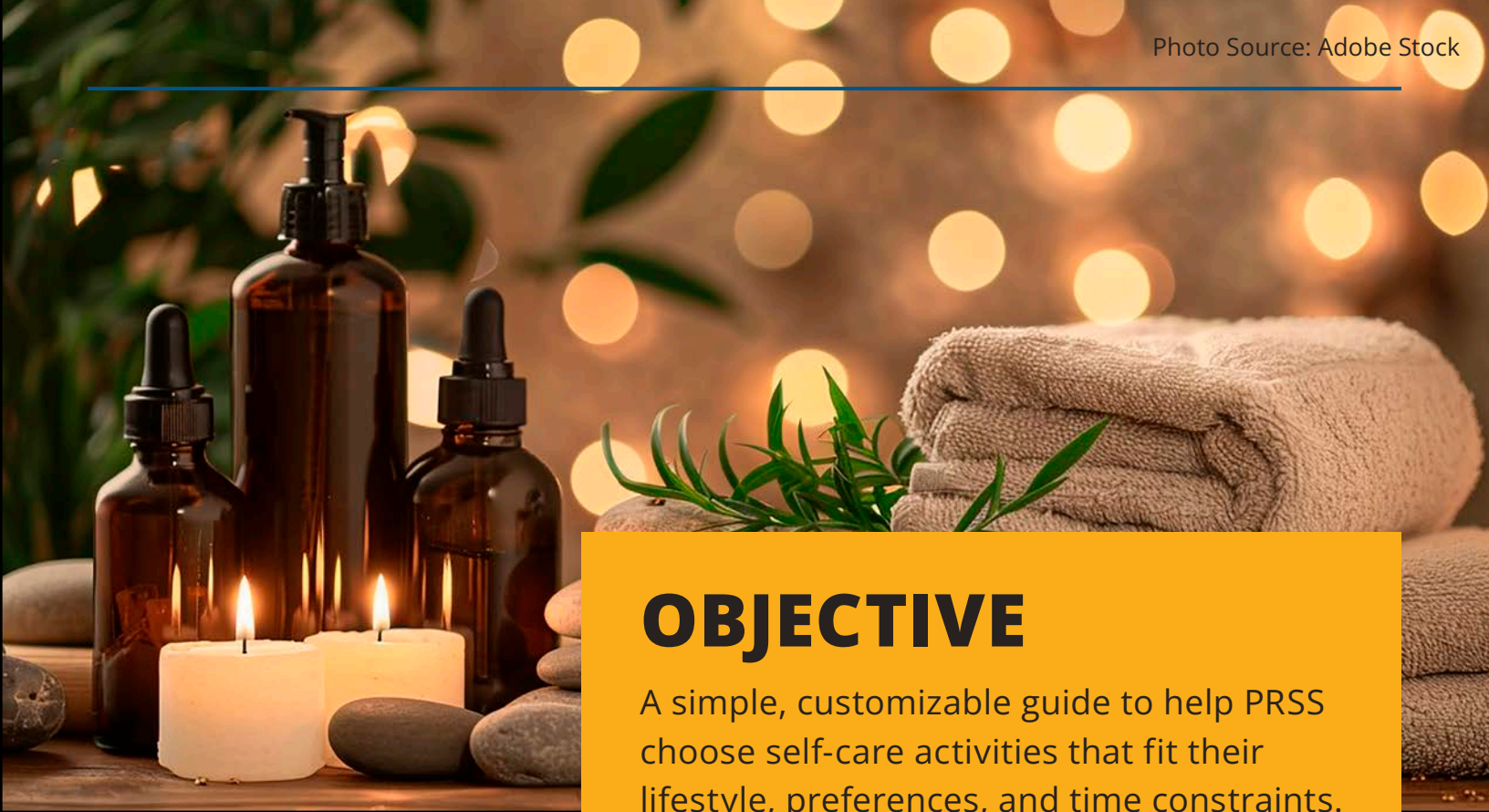
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OBJECTIVE

A simple, customizable guide to help PRSS choose self-care activities that fit their lifestyle, preferences, and time constraints.

WELCOME TO YOUR SELF-CARE MENU

This menu is designed to help you create a personalized self-care plan that aligns with your needs, preferences, and lifestyle. Follow these simple steps to get started:



Explore the Categories



**Create a
Personalized Plan**



Reflect on Your Needs



Implement and Adjust



Select Activities



Ask for Support

Explore the Categories

The menu is divided into five self-care areas:

- **Physical Self-Care:**
Focus on activities that nourish your body.
- **Emotional & Mental Self-Care:**
Address your thoughts and feelings.
- **Social & Relational Self-Care:**
Strengthen your connections with others.
- **Professional Self-Care:**
Maintain a healthy work-life balance.
- **Spiritual & Reflective Self-Care:**
Connect with your values and inner peace.

Reflect on Your Needs

Think about areas in your life where you feel you need more balance or support. For example:

- Are you feeling physically drained? Start with Physical Self-Care.
- Is work stress taking a toll? Explore Professional Self-Care.

Create a Personalized Plan

Use the Personalized Self-Care Plan section to write down or select your chosen activities. Make it your own!

Ask for Support

Share your self-care plan with a trusted friend, colleague, or supervisor for accountability and encouragement.

Select Activities

Choose at least one activity from each category that feels manageable and meaningful. Mix quick actions (e.g., take a stretch break) with deeper commitments (e.g., join a fitness class).

Implement and Adjust

- Schedule your self-care activities in your calendar to build consistency.
- Revisit your plan regularly to adjust as your needs change.

PHYSICAL SELF-CARE

This category is about taking care of your body, which is the foundation of your well-being. Small, consistent actions can improve your energy, health, and resilience.



Quick & Easy Ideas

1. Take a 5-minute stretch break between sessions.
2. Drink a glass of water every hour.
3. Walk around the block or office for fresh air.
4. Do a 2-minute desk yoga stretch.
5. Spend 10 minutes relaxing in a comfortable position with your eyes closed.

Photo Source: Adobe Stock

| Daily Habits

1. Commit to 10-20 minutes of physical activity, like yoga, stretching, or walking.
2. Prepare and eat a healthy snack or meal.
3. Go to bed 30 minutes earlier to improve your sleep quality.
4. Take a short walk outside during your lunch break to get sunlight and fresh air.
5. Set a timer to remind yourself to stand and move around every hour.

| Deeper Care

1. Schedule a regular workout or fitness class you enjoy.
2. Invest in tools for better ergonomics, like a standing desk or supportive chair.
3. Plan a weekend hike, swim, or outdoor activity with friends or family.
4. Treat yourself to a massage or other relaxing physical care.
5. Try a new form of exercise, like a dance class or rock climbing, to challenge yourself.



Photo Source: Adobe Stock

EMOTIONAL & MENTAL SELF-CARE

Taking care of your emotional and mental well-being helps you stay grounded, manage stress, and maintain balance in your life.



Quick & Easy Ideas

1. Write down three things you're grateful for today.
2. Take five deep breaths when feeling stressed.
3. Listen to a favorite song or soothing playlist.
4. Watch a short, uplifting video or inspirational talk.
5. Text a supportive friend or mentor to check in.

| Daily Habits

1. Spend 5-10 minutes journaling about your thoughts and feelings.
2. Practice mindfulness or a short meditation (use an app like Calm or Insight Timer).
3. Spend a few minutes reflecting on the positive parts of your day.
4. Set an intention each morning, like “I will approach today with patience.”
5. Take a few minutes to enjoy a calming activity, like coloring or knitting.

| Deeper Care

1. Schedule regular therapy or counseling sessions.
2. Dedicate time to a hobby you love, such as painting, reading, or gardening.
3. Attend a workshop or retreat focused on stress management or personal growth.
4. Create a calming corner or space in your home where you can unwind.
5. Work with a coach or mentor to set goals for your personal development.

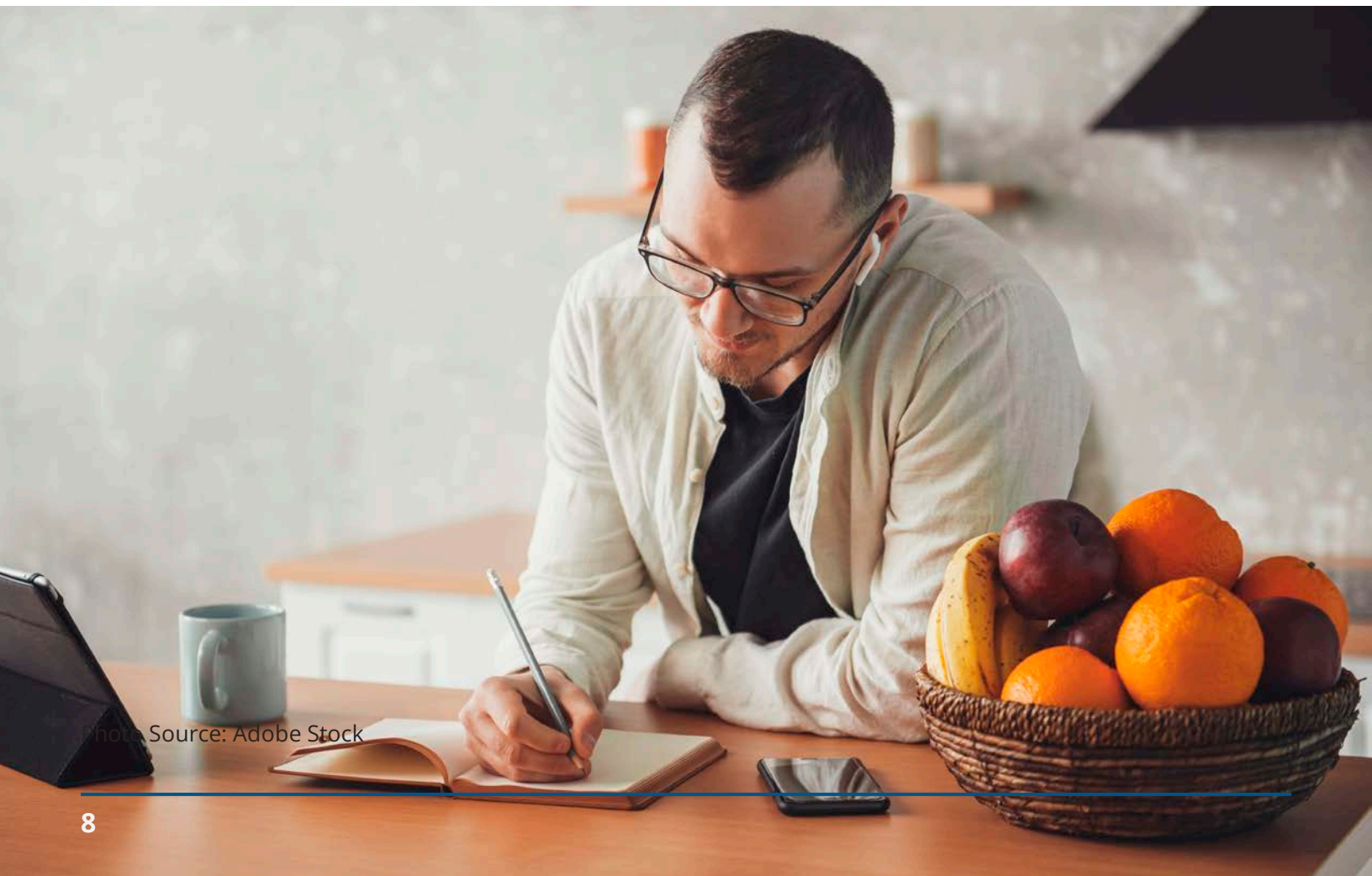


Photo Source: Adobe Stock

SOCIAL & RELATIONAL SELF-CARE

Nurturing your connections with others builds support, belonging, and joy in your relationships.



Quick & Easy Ideas

1. Send a supportive text to a friend or colleague.
2. Smile and say hello to someone new.
3. Share a positive moment or laugh with a loved one.
4. Join a short virtual check-in with peers or a support group.
5. Send a quick thank-you email or message to someone who helped you recently.

Photo Source: Adobe Stock

| Daily Habits

1. Schedule a daily phone call or video chat with a trusted friend or family member.
2. Plan a shared meal with someone you care about.
3. Take a walk with a friend to catch up and connect.
4. Set boundaries with work or commitments to prioritize time for loved ones.
5. Join an online group or community that shares your interests.

| Deeper Care

1. Plan a regular social activity, such as a book club or game night.
2. Organize a get-together with friends or family to strengthen relationships.
3. Volunteer for a cause you care about to feel connected to your community.
4. Reconnect with an old friend or mentor you haven't spoken to in a while.
5. Build a support group or accountability partnership for self-care.

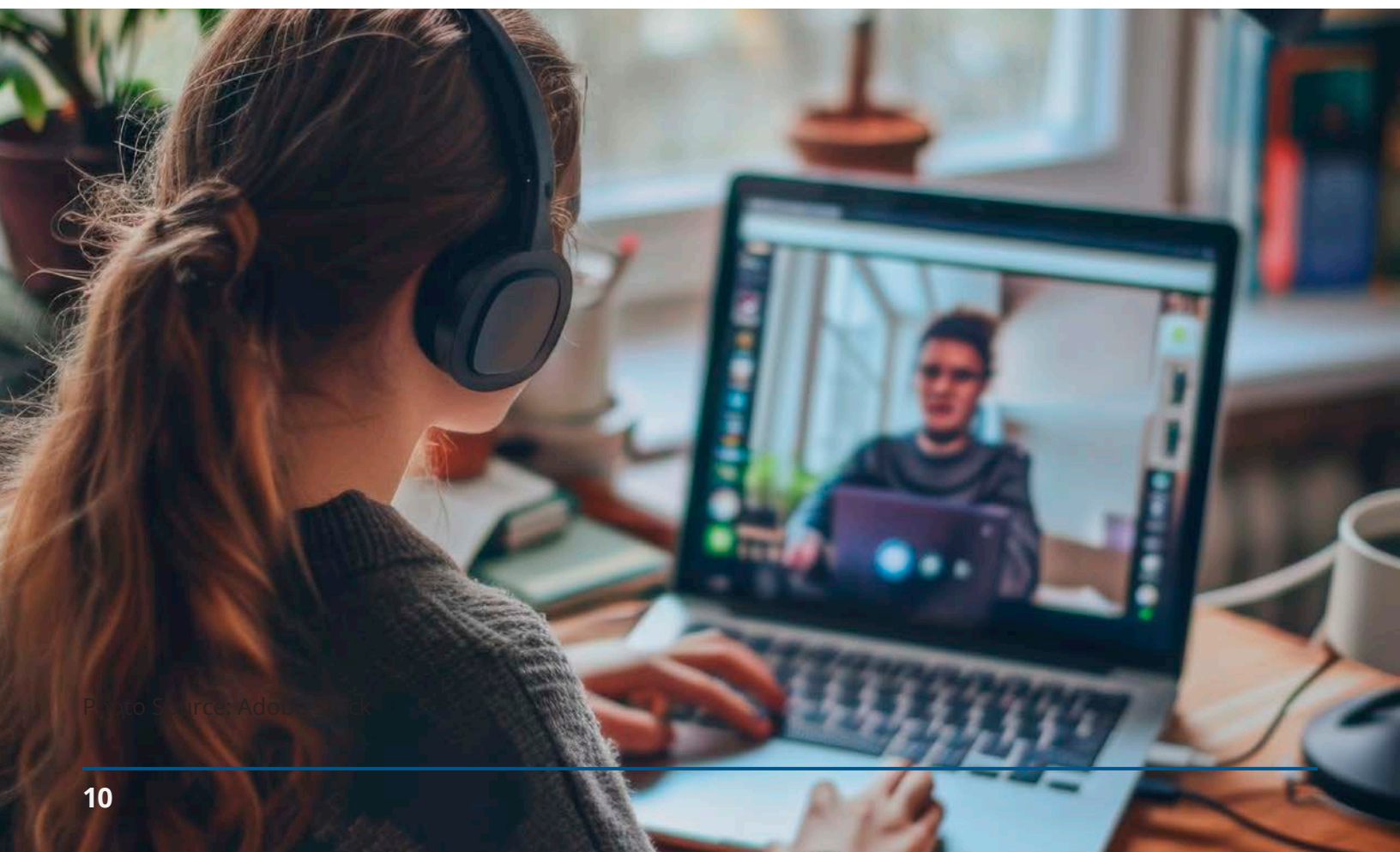


Photo Source: Adobe Stock

PROFESSIONAL SELF-CARE

Focusing on professional well-being helps maintain a healthy work-life balance and prevents burnout.



Quick & Easy Ideas

1. Take a 10-minute break during work to decompress.
2. Reflect on a positive work interaction or success.
3. Organize your workspace to reduce stress.
4. Write down one achievable goal for the day.
5. End your workday with a quick self-check-in about what went well.

Source: Adobe Stock

| Daily Habits

1. Start your day with a clear to-do list and prioritize tasks.
2. Use time-blocking to focus on one task at a time.
3. Ask for help or delegate when overwhelmed.
4. Set specific work hours and stick to them to maintain boundaries.
5. Celebrate small victories and progress on work goals.

| Deeper Care

1. Schedule regular supervision or mentorship meetings for support.
2. Attend a professional development course or training.
3. Advocate for adjustments to your workload if needed.
4. Take a personal day when feeling drained to recharge.
5. Join a professional peer network to share challenges and successes.



Photo Source: Adobe Stock

SPIRITUAL & REFLECTIVE SELF-CARE

This category helps you connect with your inner values, find peace, and create moments of introspection.



Quick & Easy Ideas

1. Spend a moment outside appreciating nature.
2. Reflect on a quote, mantra, or scripture that inspires you.
3. Say a short affirmation that resonates with your values.
4. Light a candle or incense as a grounding ritual.
5. Take 1 minute to focus on your breath and let go of tension.

Photo Source: Adobe Stock

Daily Habits

1. Practice gratitude or prayer at the start or end of your day.
2. Spend 5-10 minutes in quiet contemplation or meditation.
3. Write down your values and reflect on how they align with your actions.
4. Read or listen to something that connects you to a larger purpose.
5. Dedicate time to a simple act of kindness for yourself or others.

Deeper Care

1. Attend a spiritual or community gathering that resonates with you.
2. Explore practices like yoga, tai chi, or mindfulness retreats.
3. Volunteer for a cause that aligns with your values.
4. Create a vision board for your personal goals and dreams.
5. Spend time journaling about what gives your life meaning.



Photo Source: Adobe Stock

CREATIVE & PERSONAL SELF-CARE

This category focuses on activities that allow you to express yourself, pursue your passions, and find joy in personal growth or exploration. It's all about connecting with what makes you feel fulfilled and inspired.



Quick & Easy Ideas

1. Spend 10 minutes doodling, coloring, or crafting.
2. Play a favorite song and dance or sing along.
3. Rearrange or tidy up a small space to create a sense of renewal.
4. Try a short online tutorial for a new skill or hobby.
5. Write a list of things you love to do but haven't done recently.

Photo Source: Adobe Stock

| Daily Habits

1. Dedicate 15-30 minutes to a favorite creative activity (e.g., journaling, drawing, playing music).
2. Write down a personal goal each morning to inspire focus and motivation.
3. Cook or bake something new and enjoy the process.
4. Set aside time to read or listen to a book, podcast, or story that inspires you.
5. Keep a gratitude or positivity journal to reflect on the things that bring joy.

| Deeper Care

1. Start a long-term project like learning a musical instrument, writing a story, or growing a garden.
2. Take a class or workshop in something you've always wanted to try (e.g., photography, dance, woodworking).
3. Plan a day trip or outing that inspires creativity and relaxation.
4. Organize a vision board or goal chart to focus on personal dreams and ambitions.
5. Volunteer or contribute to a cause you care deeply about to connect with purpose.

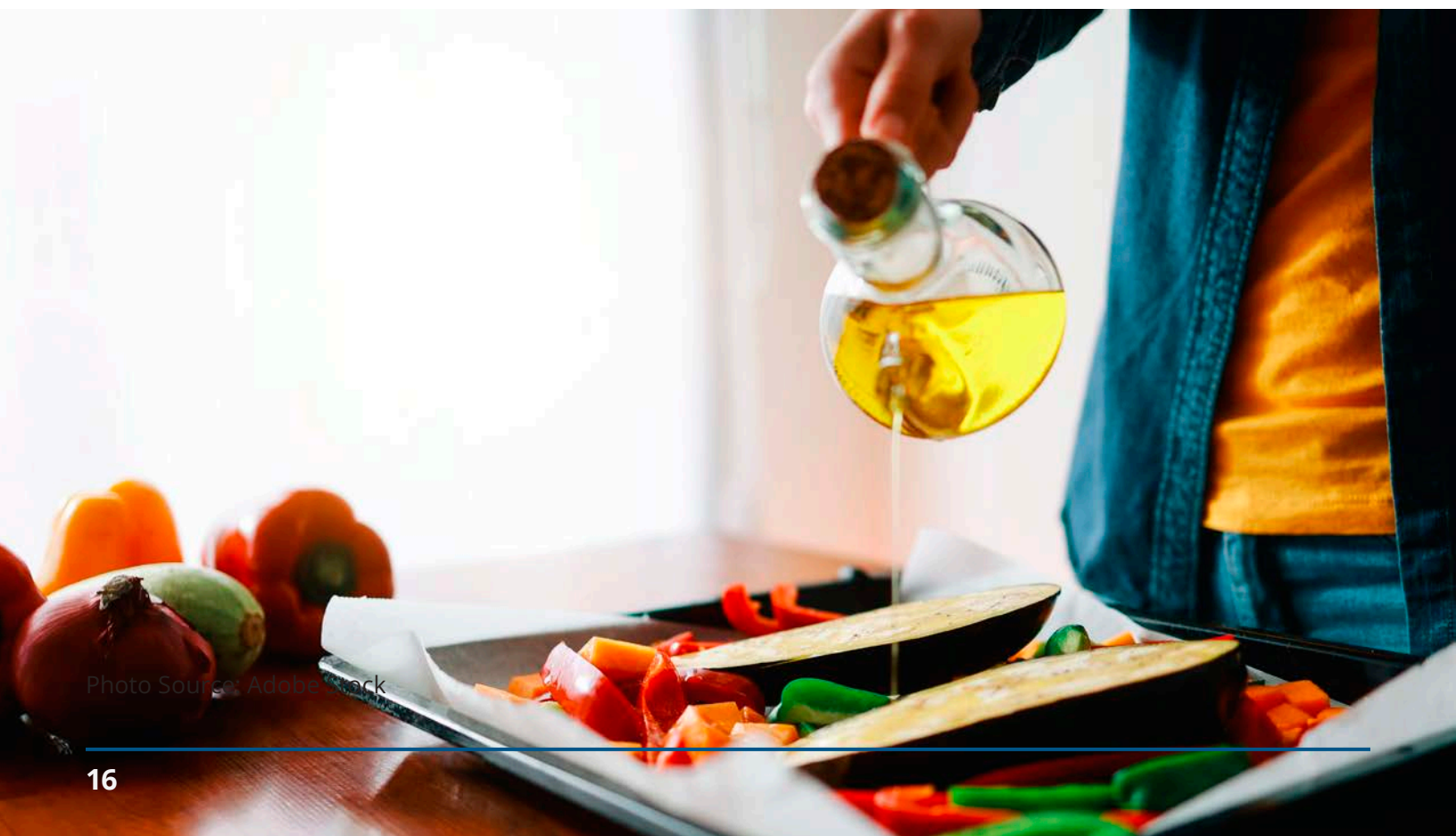


Photo Source: Adobe Stock

PERSONALIZED SELF-CARE PLAN

Use this section to customize your self-care plan. Write or select activities that feel meaningful and manageable for you.



Tips for Success

- **Start Small:** Focus on a few activities to build momentum.
- **Be Flexible:** Adjust your plan as needed to fit your schedule and priorities.
- **Celebrate Wins:** Acknowledge even small progress toward self-care.

Photo Source: Adobe Stock

Physical Self-Care

I will prioritize my physical health by:

1.

2.

3.

Emotional & Mental Self-Care

I will support my emotional and mental well-being by:

1.

2.

3.

Social & Relational Self-Care

I will nurture my relationships by:

1.

2.

3.

Professional Self-Care

I will support my work-life balance by:

1.

2.

3.

Spiritual & Reflective Self-Care

I will connect with my inner peace and values by:

1.

2.

3.

Personalized Plan

I will nurture my creativity and personal interests by:

1.

2.

3.



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