




SELF-CARE PREPAREDNESS GUIDE



**Canada and Bermuda
Territory**

SalvationArmy.ca/EDS





EMERGENCY 72 HOURS KIT

What is your self-care plan in emergencies?

Disasters or other traumatic events happen and can be very challenging. In such context, the potential sources of stress are multiple: witnessing the event, evacuation from home, risk of personal harm, lack of communication, the need to make quick and important decisions, and possible separation from family. Taking care of yourself is critical for you and your family to stay well and to face the situation with calm.

Why is self-care so important?

Self-care helps manage stress and illness, both in the present and for the future. Developing a self-care plan now will help when disasters or emergencies strike.

In addition to knowing the risks, having an emergency preparedness plan and making a kit, The Salvation Army wants to encourage people to:

- Know your emotional and spiritual needs.
- Have a self-care plan.
- Make a self-care kit.





TABLE OF CONTENTS

Step 1: Make a self-care plan 5

Step 2: Identify your support network 9

Step 3: Identify the barriers to your self-care..... 10

Step 4: Make a self-care kit 11



Step 1: Make a self-care plan

Self-care looks slightly different for each and every one of us. Making a self-care plan takes a little time and thought, but it's a great investment in your own well-being. Many of the self-care suggestions you'll find throughout this guide are simply that: suggestions. Feel free to use some, all, or none as you develop your plan. The most important thing is that the plan works for you!

As you build your self-care plan, view it as a living document. It's OK to make changes, add activities and take others away. We suggest sitting down at least once every six months to re-evaluate if your self-care plan is still working.

Follow these steps to make a self-care plan both for everyday use and for disaster situations.



1. In each category, write down what you *currently* do for self-care.

	Examples	Your practices
Mind/ psychological	Journal, therapy, garden, meditation, asking for and giving help, self-reflection.	
Body	Take a walk, stretch, get outside, sleep enough, eat nourishing foods, take a bath.	
Spirit	Go into nature, pray, connect with community, make music.	
Emotional	Practice self-compassion, journal, hug yourself, speak your emotions out loud.	
At work/ professional	Take a full lunch break, turn off your work phone at the end of the day, use your vacation days, say no when your plate is full.	
At home	Make short- and long-term goals, go on a date, practice a hobby, get coffee/tea with friends.	



2. How would your self-care practice change if you had to leave home for at least 72 hours due to a disaster or an emergency?

	Your practice now	Changes to make to your practice
	<i>Eg. Listen to music.</i>	<i>Eg. Make and pre-download a playlist onto your phone.</i>
Mind/ psychological		
Body		
Spirit		
Emotional		
At work/ professional		
At home		



3. How would you like your self-care practice to look different? Are there new activities you'd like to try? Are there activities you'd like to replace with healthier ones?

	Your practice now	Changes to your practice
	<i>Eg. Read self-help books.</i>	<i>Eg. Book a session with my therapist.</i>
Mind/ psychological		
Body		
Spirit		
Emotional		
At work/ professional		
At home		





Step 2: Identify your support network contacts

1. List the names of three family members or friends you can turn to for support.

Name	Relation	Address and phone
1.		
2.		
3.		

2. Sometimes it's easier to talk to a stranger. Write down the number of your local distress or crisis line.

TIP

Put "crisis line" and your city/town name or region in your search engine to find local support.





Step 3: Identify the barriers to your self-care

1. Take a look at your self-care activities. What stops you from completing them? Some barriers include lack of time, no support at work, difficulty forming new habits and not enough expendable income. List five barriers below.

SELF-CARE BARRIERS
1.
2.
3.
4.
5.





Step 4: Make a self-care kit

Congratulations, you have now completed your self-care plan!

Now it's time to create a self-care kit. This kit is a small box or bag that you can easily grab if you need to leave your home in a hurry. Follow the steps below to make your very own self-care kit!

1. Include a printed copy of your emergency self-care plan.
2. Include at least one item for each of your five senses, plus something for a grounding or meditation exercise.

Sense	Example of what to include
Something you can touch .	A journal and pen, stress ball, small blanket, pocket cards (see below), fuzzy socks, a teddy bear.
Something you can taste .	Your favourite tea bag, a non-perishable snack (e.g. chocolate).
Something you can smell .	Your favourite fragrance, essential oil, scented candle.
Something you can see .	Your favourite book, photos of family, friends, and pets.
Something you can hear .	A pre-downloaded playlist or devotional.

3. For your annual review, visit [SalvationArmy.ca/EDS](https://www.salvationarmy.ca/EDS) to download and print this self-care preparedness guide in emergencies.

Stay tuned for new self-care tools to come such as:

- Pocket cards for grounding exercises.
- Meditation prompts.
- Inspiring scriptures.
- Colouring pages.
- Calming playlist and apps that promote mindfulness and relaxation.

Include these in your self-care kit or make your own!





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