

JESUIT VOLUNTEER CORPS INTERNATIONAL PROGRAM

SELF-CARE PLAN



This self-care plan is a tool for each JV to optimize during his or her term of service in the field. It has been developed from the idea that a JV who commits to serving in a faith-based and cross-cultural context enters with her/his whole self, and thus attention to holistic care is critical to a healthy JVC service experience. This tool is not only designed to assist the JV in her/his own self-awareness and articulation of support needs (i.e. physical, emotional, etc.), but also to be used as a communication tool for sharing these needs with others (including but not limited to JVC staff, JV community members, home culture support, local support).

In your own words, please write about each of the following (cont'd on page 2):

My GREEN flags

- ✚ Some behaviors, feelings, strategies/coping mechanisms in use, things I might say that signal that I'm currently in a balanced life-giving place.
- ✚ Some helpful ways of being approached by others that open me up (i.e. specific words, phrases to which I would be responsive in recognizing **these flags** and adjusting and celebrating my attention to a healthier balance in my holistic self-care.

My YELLOW flags

- ✚ Some behaviors, feelings, things I might say that signal that I'm moving towards an unbalanced/depleted place.
- ✚ Some helpful ways of being approached by others that open me up (i.e. specific words, phrases to which I would be responsive in recognizing **these flags** and adjusting my attention to a healthier balance in my holistic self-care.

My RED flags

- ✚ Some behaviors, feelings, things I might say that signal that I'm living in an unbalanced/depleted place.
- ✚ Some helpful ways of being approached by others that open me up (i.e. specific words, phrases to which I would be responsive in recognizing **these flags** and adjusting my attention to a healthier balance in my holistic self-care.

JV signature & date

Staff signature & date