

# Disaster Response Self-Care Worksheet

How can you tell others what you need and how will you tell them?

The following areas are daily things that we either do or do not do that affect our ability to respond to emergencies. For each one, rank how well you do in that area (1=very poor, 10=excellent) and then write down one action you can take to improve that area by one point.

<b>Nutrition</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Sleep</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Manage Workload</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Balanced Lifestyle</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Stress Management</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Having fun</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Social network</b>	1	2	3	4	5	6	7	8	9	10
What can you do?										
<b>Exercise</b> (30 minute per day)	1	2	3	4	5	6	7	8	9	10
What can you do?										