

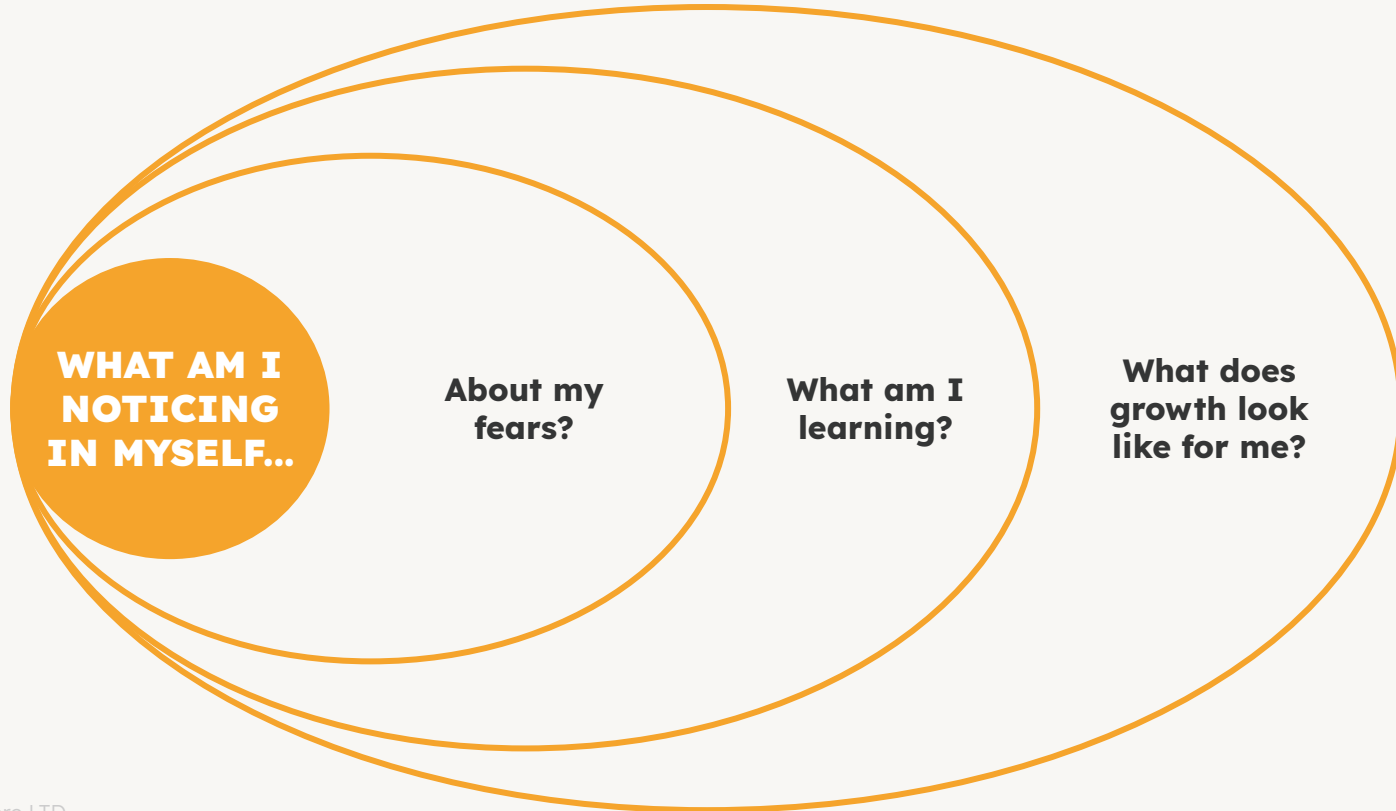


# SELF-CARE IN A CRISIS

Self-Coaching Resource

[www.knowyoumore.com](http://www.knowyoumore.com)

# THE KYM SELF-CARE IN A CRISIS MODEL



# HOW CAN YOU **USE** THIS SELF-COACHING RESOURCE?

This resource has been designed to provide you with a reflective space to help you make some sense of what is going on for you. It will help you:

- Understand your own reactions to crisis - thoughts, feelings, actions
- Explore the personal strengths and resources you can use to support yourself in times of crisis.
- Identify ways to move forward and strengthen your resilience and adaptability for the future





## WHY DO THIS EXERCISE

Life often brings us challenging situations and with them difficult emotions, such as fear, worry, anger and grief. Noticing difficult emotions and how we are reacting is a powerful way to process them and enable us to manage stress better.

Not everyone experiences fear or worry during a crisis and the resource could be a useful validation of the behaviours and personal resources you use to help you in times like this.



## WHAT IT WILL NOT DO

Self exploration through this exercise does not define who you are as a person, label you or place you in a box of characteristics.

Instead, the tool will allow you to better understand yourself, in the moment of an extreme situation and the steps you need to help you move forward.

Whilst this is a self coaching tool, you may find some aspects of this exercise challenging. In these situations we advise you to discuss the exercise with a trusted 'other', someone you can talk to or a professional coach.

## STEP 1 - GETTING STARTED

Print or draw the model on Page 12. Grab a pen and find somewhere quiet to complete the model.

## STEP 2 - YOUR SELF-COACHING QUESTIONS

The questions on the next page are there to act as prompts to help you explore the different sections. You can start in any section. On your model, note down words or phrases related to what you are noticing or feeling when answering each of the questions. Noting 2 or 3 observations per area is fine. You do not need to answer all questions if they don't feel relevant to you or you cannot think of anymore answers. *There is a completed sample of the model on Page 10 which might be helpful to notice other insights.*





## EXPLORING MY FEARS

- What am I worried about right now?
- What is on my mind at the moment?
- How's my sleep being affected?
- How's my focus being affected?
- How has my behaviour changed? Such as: am I snapping at people for no apparent reason? Or overreacting?
- How do I want to think/feel/act differently?
- What's my internal dialogue like?



## EXPLORING MY LEARNING

- What am I learning about myself right now?
- What personal strengths am I using?
- How have I successfully dealt with a difficulty in the past?
- What can I control?
- What is important to me?
- What do I need to let go of?
- What do I need to ask for?
- How can I take better care of myself?



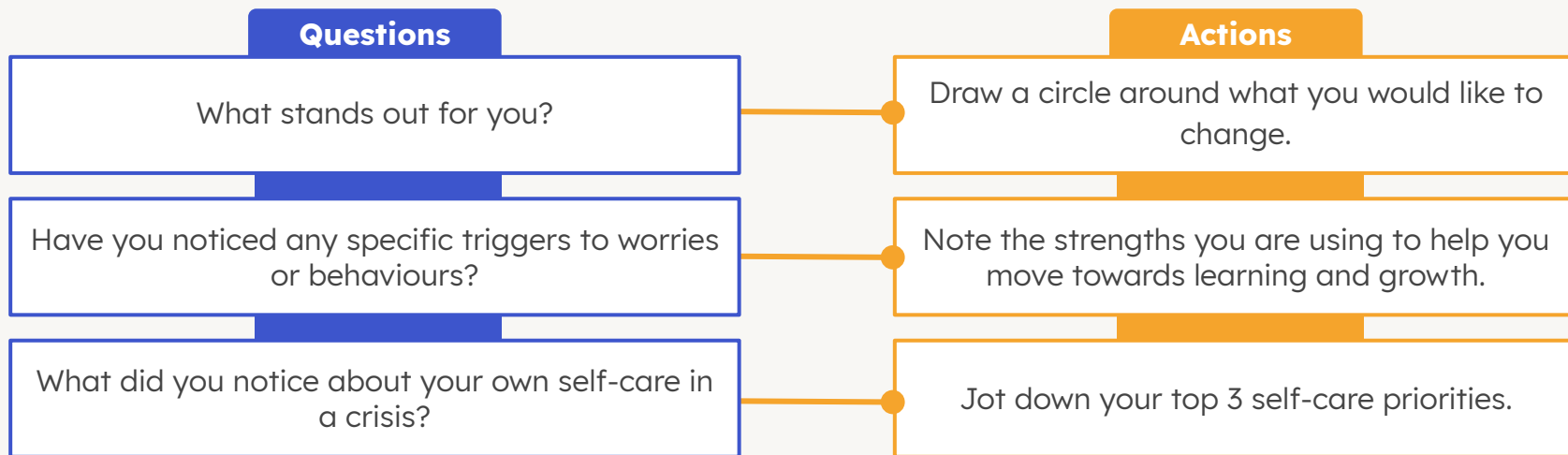
## EXPLORING MY GROWTH

- What would I like to see in myself after this crisis has passed?
- What would I like to be proud of?
- What opportunities do I see for myself in this time?
- What solutions would I like to find to take me through the uncertainty?
- What would I like to strengthen for the future:
  - Physical health?
  - Emotional well-being?
  - Social connections?
  - Knowledge or learning?

## STEP 3 - MOVING FORWARD

This section will help you analyse your model further and identify what you need moving forward...

We encourage you to put your pen down and take a look at the responses that you have entered into each section. You can use the following questions to guide your reflections and help you identify actions or goals you want to take forward. If at any point you feel stuck or would like help exploring your exercise, we advise you talk to a professional coach or a trusted other





## **SPEAK TO A TRUSTED OTHER**

You may find it helpful to talk through your exercise with someone. Book in some time with a friend, a coach or trusted other. Have a conversation with them on what you notice throughout this exercise and your responses to the above questions.



## **MAKE IT A REGULAR REFLECTION**

Onward reflection will help you deepen your thinking process, so that solutions and actions become easier to do. Now you have the resources, find a space and come back to it again.

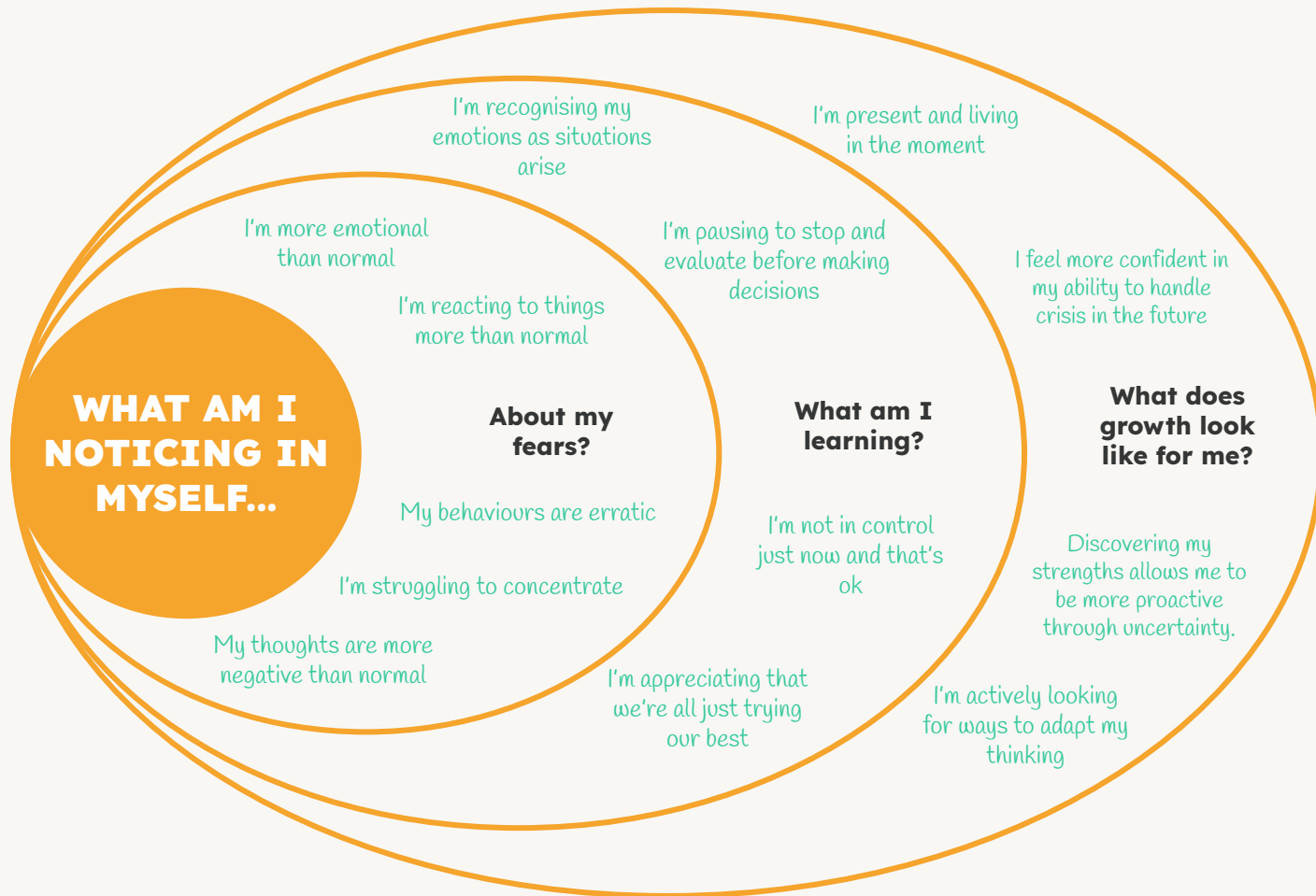


## ABOUT THIS RESOURCE

This resource is a project inspired by a global community of qualified coaches and experts in the Know You More community. Throughout this challenging period, it's aim is to help people engage in self-care through reflection and by introducing self-coaching skills.



# SAMPLE





# PRINTABLE RESOURCES





# REGULAR REFLECTION

Date:

Your regular reflection is an important part of tracking your progress and noting how you are putting your learning into practice.

Review your completed resource from the initial exercise and answer the following:

How did I get on?

Write down what you have put into practice since completing your last reflection

What has changed?

Write down what you're now noticing about your feelings and thoughts

What will I do next?

Write down one or more actions that will move you forward

## SPEAK TO A TRUSTED OTHER

Book in some time with a friend, coach or trusted other. Have a conversation with them on what you noticed throughout this reflection and your responses to the above questions.