

New York State Peer Worker Certification in HIV/HCV/HR Self-Care Worksheet

Background: Self-Care is important for working professionals. Peer Workers have a particularly difficult role of helping clients to manage a variety of life skills. Peer Workers are better able to help others when they are successfully managing their own life situations. Foundational Training can help individuals work on self-care and other personal and professional areas of their life.

Directions: This worksheet is for persons who are considering the NYS Peer Worker Certification in HIV/HCV/HR. Use the questions below to think about your self-care as it pertains to both your personal and professional life. Consider using page 1 as a discussion tool with your medical provider, and page 2 to discuss with your supervisor.

How well do you think you are managing each area of your life? Using the chart below, rank your ability to manage each area of life.

Area of Life - Personal	Poor	Fair	Good	Very Good	Excellent
Getting enough sleep					
Eating healthy meals					
Managing Stress					
Taking Meds as Prescribed					
Attending doctor's appointments as scheduled					
Maintaining healthy relationships with medical providers					
Maintaining healthy relationships outside of work					
Balancing work and personal commitments					

If you responded to managing many of the areas of life above as "poor" or "fair" you may want to think about how you can improve on these areas and/or discuss them with your medical provider(s).

Please continue to page 2 to explore self-care in your professional life.

How well do you think you are managing each area of your life? Using the chart below, rank your ability to manage each area of life.

Area of Life - Work	Poor	Fair	Good	Very Good	Excellent
Maintaining healthy relationships with clients					
Maintaining healthy relationships with co-workers					
Maintaining healthy relationships with supervisor					
Managing workplace boundaries					
Leaving work problems at work					
Leaving the client's problems at work					
Keeping working and personal stresses separate					
Feeling tolerate of other life stressors outside of work					
Attending work as scheduled and on time					

If you responded to managing many of the areas of life above as “poor” or “fair” you may want to think about how you can improve on these areas and/or discuss them with your supervisor.

You may also want to consider a Foundational Training program that will help you learn about how to better manage some of the items on this worksheet and better prepare you for the Peer Certification process. Peers who are considering certification and have not yet started the process, as well as peers who may have already started the process or have been working as peer workers can benefit from Foundational Training. For more information on Foundational Training or to find a program, visit: <https://www.hivtrainingny.org/PeerCert/Foundational> .