



We would never dream of leaving our cars to run out of petrol and then expect them to just keep running ... Why do we so often expect this of ourselves?

S.Cotton

Instructions

STEP 1

What would be your reading on each of the following six fuel tanks over the last month?

STEP 2

Would the significant people in your life agree with your readings? If not, why not?

STEP 3

If a reading on any tank is below what it ought to be, what strategies are you able to put in place that will help you move closer to a reasonable reading? Please see below for some example strategies:

Professional Tank



Activities that help you to work consistently at the professional level expected of you.

EXAMPLE STRATEGIES

- Engage in supervision or consult with a more experienced colleague.
- Set up a peer-support group.
- Be strict with boundaries between clients/ students and staff.
- Read professional journals.
- Attend professional development programs.
- Professional Tank.
- Activities that help you to work consistently at the professional level expected of you.

YOUR STRATEGIES

Physical Tank



Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

EXAMPLE STRATEGIES

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Take lunch breaks.
- Go for a walk at lunch-time.
- Take your dog for a walk after work.
- Use your sick leave.
- Get some exercise before/after work regularly.

YOUR STRATEGIES

Psychological Tank



Activities that help you to feel clear-headed and able to intellectually engage with the challenges that are found in your work and personal life.

EXAMPLE STRATEGIES

- Keep a reflective journal.
- Regularly consult with a more experienced colleague.
- Engage with a non-work hobby.
- Turn off your email and work phone outside of work hours.
- Make time for relaxation.
- Make time to engage with positive friends and family.

YOUR STRATEGIES

Emotional Tank



Allowing yourself to safely experience your full range of emotions.

EXAMPLE STRATEGIES

- Develop friendships that are supportive.
- Write three good things that you did each day.
- Play a sport and have a drink together after training.
- Go to the movies or do something else you enjoy.
- Keep meeting with your parent group or other social group.
- Talk to a friend about how you are coping with work and life demands.

YOUR STRATEGIES

Spiritual Tank



This involves having a sense of perspective beyond the day-to-day of life.

EXAMPLE STRATEGIES

- Engage in reflective practices like meditation.
- Go on bush walks.
- Go to church/mosque/temple.
- Do yoga.
- Reflect with a close friend for support.

YOUR STRATEGIES

Relationships Tank



Is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

EXAMPLE STRATEGIES

- Prioritise close relationships in your life.
- Attend the special events of your family and friends.
- Arrive to work and leave on time.

YOUR STRATEGIES

SOURCE: Modified from Brown and Brown (2001) and ReachOut.com Developing a Self Care Plan.
Retrieved June 2016 from <http://au.professionals.reachout.com/developing-a-self-care-plan>

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