

A Pandemic Response and   
Recovery Toolkit for Homeless   
System Leaders in Canada

Appendix A-1.

System Leader Self-Care Checklist

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## A-1. System Leader Self-Care Checklist

| **Check in with Yourself** | **Yes** | **Maybe/ Kind Of** | **No** |
| --- | --- | --- | --- |
| Have good boundaries disappeared surrounding the amount of time worked during any particular day/week? |  |  |  |
| Are you more tired than usual or exhausted? |  |  |  |
| Are you more irritable? |  |  |  |
| Do you find yourself using alcohol or other drugs to deal with pandemic related stress? |  |  |  |
| Do you experience intrusive imagery related to what is happening when you have tried to “shut work off”? |  |  |  |
| Are you sleeping poorly? |  |  |  |
| Has work-life balanced disappeared? |  |  |  |
| Are you eating more or less than you should? |  |  |  |
| Are you eating unhealthy food? |  |  |  |
| Have you lost time to exercise or enjoy hobbies? |  |  |  |
| Do you feel hopeless most days? |  |  |  |
| Are you engaged in any higher risk behaviour to feel “more alive”? |  |  |  |
| Do you find yourself resenting people who are homeless? |  |  |  |
| Do you find yourself resenting homeless serving organizations? |  |  |  |
| Are you taking all reasonable efforts to protect yourself from contracting and/or spreading pandemic related illness? |  |  |  |
| Have you maintained health connections with people who do not work in homelessness or housing supports? |  |  |  |
| Has your mood changed significantly, and/or, do you experience frequent mood swings? |  |  |  |

Should you find yourself concerned about your wellness at this time, consider the following:

* Can I institute balance and boundaries in my life and put better self-care practices into place?
* Does my natural support network know what my needs are at this time and are they capable of supporting me?
* Does my employer offer an Employee Assistance Program and can I access them at this time?
* Is there a peer or colleague (even in another city) that I can safely share my experience and emotions at this time?
* Is there a counsellor or therapist I should reach out to at this time?