Appendix E: **Personal Factors- Risk Management Plan**

Personal Risk Factors Identified	Management/Protective Factors	Outcome
I recognize that when I become stressed, I tend to withdraw from social events	Continue to engage in activities that fulfill me outside of work. Balance my all or nothing thinking, remind myself I can go for a short amount of time, and leave when ready, vs. thinking I need to go for the whole time or not at all.	Will monitor monthly throughout the year
While completing the burnout scale, I realized I have been experiencing burn out symptoms. This was a surprise as I had not recognized those feelings as burnout.	Improve my work life balance. Recognize when I feel an urgency to "flex" my day to meet client needs. I will be more mindful of those urges and try to maintain balance with my scheduled hours of work. I plan to use my bank time. Will add burn out to my clinical supervision and actively monitor same.	Will monitor monthly throughout the year
Monitor my level of personal stress. I realize I have not been attending yoga for the past 6 months. When my stress is higher, I tend to think "I need to rest" which contributes to avoiding physical activity	Establish a goal regarding physical exercise. Start attending yoga classes again. Recognize "rest" does not always restore and fulfill my needs. I will try to establish more balance with resting, listening to my body (not my thoughts) and engaging in physical activity that is good for my stress management and mood.	Will monitor monthly throughout the year