



Self-Care Handout 1 of 3

Avoiding Burnout, Managing Stress

Directions: Take a few minutes to respond to each of the items below. Refer to this handout periodically to remind yourself how you can take better care of yourself and who you can turn to when you need support, and to recognize if you are beginning to feel burnt out. Then refer to your self-care strategies and action plan to assist you in managing stress and practicing self-care.

1. Identify at least three things that help you relax and unwind

- a. _____
- b. _____
- c. _____

2. Identify at least three things that make you feel motivated:

- a. _____
- b. _____
- c. _____

3. Identify at least three things that inspire you:

- a. _____
- b. _____
- c. _____

4. Identify the people in your life that you can turn to for support:

- a. _____
- b. _____
- c. _____

5. Identify the signs that you are feeling stressed out:

- a. _____
- b. _____
- c. _____

6. Identify at least three things you can do to decrease your stress:

- a. _____
- b. _____
- c. _____



Self-Care Handout 2 of 3

Self-Care Strategies

Directions: Complete the handout by identifying self-care strategies and common barriers people face that make it difficult to practice each of the strategies you've identified. Then brainstorm ways people can overcome the barriers and incorporate self-care into their daily lives.

Self-Care Topic (Physical, emotional, mental or spiritual): _____

Self-care strategy	Barriers that make it difficult to practice the strategy	Overcoming the barriers
<i>Example: Listening to music</i>	<i>Not enough time</i>	<i>Set aside time to listen to music, especially before/after stressful tasks</i>

Self-Care Handout 3 of 3t

Self-Care Action Plan

Directions: After identifying areas of self-care that you wish to incorporate or continue in your life, complete the action plan below. By completing the action plan, you are making a commitment to yourself to practice self-care. Check in at one-, three- and six-month intervals to assess how you are doing and if you need to make any changes to how and how often you are practicing self-care. Post or keep somewhere convenient where you won't forget about it!

Self-care strategy	How often will I practice this strategy?	How will I benefit by practicing this strategy?	How am I doing at one month?	How am I doing at three months?	How am I doing at six months?
<i>I will ...</i>					

I hope you liked these reproduced handouts.

I provided relationship and sexuality counseling and offer face-to-face and online sessions. Please check out my work here www.ErosCoaching.com/services :)

About Dr. Martha Tara Lee

Surrounded by friends who were sexually inhibited and struck by dire lack of positive conversations around sex and sexuality in Singapore, Dr. Martha Tara Lee decided to take it upon herself to be an advocate for positive sexuality in 2007. She set out to make a positive difference in embarking on her doctorate in human sexuality, then launching Eros Coaching in 2009. Today, she also has a masters in counseling and remains dedicated to working with individuals and couples to lead self-actualised and pleasure-filled lives.



She has worked with a lot of couples (international and local) who have unconsummated marriage; men and women with sexual inhibitions and sexual desire discrepancies; men with erection and ejaculation concerns; as well as with GLBTQQ and kink folks. A born and bred Singaporean Chinese, Martha welcomes individuals as well as couples of all sexual orientations, and is available via Skype or face-to-face in Singapore. Martha speaks English and Mandarin.

Since 2011, Dr. Lee has been (and still is) the only certified sexuality educator by the American Association of Sexuality Educators, Counselors and Therapists (AASECT) in Southeast Asia. Eros Coaching became an AASECT CE Provider in July 2017, and Dr. Lee also became an AASECT certified sexuality educator supervisor in July 2018. These accolades are only for those who meet the stringent requirements determined by AASECT, which is the leading professional organization for sexuality educators, sexuality counselors and sex therapists in the United States. In short, she strives to be the one of the best sexologists in the world.

She takes pride in making sure all her events are fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing and sacred. As such, this serious light-heartedness has shone through again *and again*. You can read the testimonials she's received over years here.

Often cited in the media, Dr. Lee is the appointed sex expert for Men's Health Singapore (since 2009), and Men's Health Malaysia (since 2010). She also contributes regularly towards Cleo, Elite Daily, and Elephant Journal. She was the host of weekly radio show Eros Evolution for OMTimes Radio between 2014 and 2017. She was recognised as one of 'Top 50 Inspiring Women under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011. She is the author of Love, Sex and Everything In-Between (2013), Orgasmic Yoga: Masturbation, Meditation and Everything In-Between (2015), From Princess to Queen: Heartbreaks, Heartgasms and Everything In-Between (2017), and {Un}Inhibited (2019).