

Advocacy Fitness worksheet

Use this worksheet to improve your understanding of what assists you in maintaining advocacy effort. Work through some strategies for physical, social, emotional, intellectual and spiritual wellbeing. Get in touch with what stresses you and how to recognise early signs. The strategies are endless but may not be easy to identify. Talk with some other people about the methods they use.

Physical

What do I know about my physical self that reduces my capacity for advocacy?

Physical fitness

(for example, I know that my current inactivity makes me easily tired)

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Rest and relaxation

(for example, if I don't get enough sleep I get irritated, sometimes I just need a break)

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Diet and nutrition

(for example, sometimes too much coffee makes me 'nervy')

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What am I going to do to try to assist these things?

Physical fitness
(for example, I will go for a 15 minute walk every evening)

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Rest and relaxation
(for example, I will try not to sleep during the day, I will carry a book around with me to read when I want to)

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Diet and nutrition
(for example, I will only have five cups of coffee a day)

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Social

What do I enjoy about my social life?
(for example, regular outings with my closest friends)

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What do I need to do to improve my social life?
(for example, make stronger commitments to people)

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Emotional

What are the good feelings that are most prominent when I think about advocacy activity? (for example, connectedness, achievement)

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What are the stressful feelings that are most prominent when I think about advocacy activity? (for example, fear and anxiety)

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What do I know about where the feelings come from? What sets them off? (for example, I get afraid that I won't know enough when a group of people are talking together, I don't like change that affects me)

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How do I usually react when something is stressful?

Think of the **physical signs** (for example, I get a dry mouth), the **action signs** (for example, I want to get out of the room) and the **emotional signs** (for example, I feel embarrassed)

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What do I usually do to deal with my stress?

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Do these strategies always work? If not, what is the problem with them?

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What more useful and productive ways are there to deal with the stress?

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Intellectual

What do I do to challenge myself? List the ways that you keep mentally alert.
(for example, read, do crosswords, help other people solve problems)

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What can I do to challenge myself mentally?

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Spiritual

What overall purpose do I see in advocacy? Does it make sense to me? Does it fit comfortably with other beliefs, thoughts and feelings I have about the world around me?

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What activities will I consider for focusing myself?
(for example, self-reflection, starting or joining a discussion group)

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