

# SELF-CARE PLAN

| AREA OF SELF-CARE                                                                                                                                                                      | CURRENT PRACTICES<br>(WHAT YOU'RE CURRENTLY DOING) | PRACTICES TO TRY<br>(WHAT CAN YOU DO DIFFERENTLY?) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|
| <b>PHYSICAL</b><br>(E. G. EAT REGULAR AND HEALTHY MEALS, GOOD SLEEP HABITS, REGULAR EXERCISE, MEDICAL CHECK-UPS, ETC.)                                                                 |                                                    |                                                    |
| <b>EMOTIONAL</b><br>(E. G. ENGAGE IN POSITIVE ACTIVITIES, ACKNOWLEDGE MY OWN ACCOMPLISHMENTS, EXPRESS EMOTIONS IN A HEALTHY WAY, ETC.)                                                 |                                                    |                                                    |
| <b>SPIRITUAL</b><br>(E. G. READ INSPIRATIONAL LITERATURE, SELF-REFLECTION, SPEND TIME IN NATURE, MEDITATE, EXPLORE SPIRITUAL CONNECTIONS, ETC.)                                        |                                                    |                                                    |
| <b>WORK PERFORMANCE</b><br>(E. G. MAINTAIN WORK-LIFE BALANCE, POSITIVE RELATIONSHIPS WITH CLASSMATES, TIME MANAGEMENT SKILLS, ETC.)                                                    |                                                    |                                                    |
| <b>SOCIAL</b><br>(E. G. HEALTHY RELATIONSHIPS, MAKE TIME FOR FAMILY/FRIENDS, ASK FOR SUPPORT FROM FAMILY AND FRIENDS, ETC.)                                                            |                                                    |                                                    |
| <b>PSYCHOLOGICAL</b><br>(E. G. TAKE TIME FOR YOURSELF, DISCONNECT FROM ELECTRONIC DEVICES, JOURNAL, PURSUE NEW INTERESTS, LEARN NEW SKILLS, ACCESS COUNSELING SUPPORT IF NEEDED, ETC.) |                                                    |                                                    |

# IDENTIFYING YOUR SELF-CARE NEEDS

| EMERGENCY SELF-CARE NEEDS                                                                                                                                                                                                 | HELPFUL (WHAT TO DO) | HARMFUL (WHAT TO AVOID) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|-------------------------|
| <b>RELAXATION/STAYING CALM</b><br>WHICH ACTIVITIES HELP YOU TO RELAX (E.G. DEEP BREATHING, TAKING A WALK)? WHICH ACTIVITIES MAKE YOU MORE AGITATED OR FRUSTRATED (E.G. YELLING, SWEARING, ETC)?                           |                      |                         |
| <b>SELF-TALK</b><br>HELPFUL SELF-TALK MAY INCLUDE, "I AM SAFE/I CAN DO THIS." HARMFUL SELF-TALK MAY INCLUDE, "I CAN'T HANDLE THIS/I KNEW THIS WOULD HAPPEN/I DESERVE THIS."                                               |                      |                         |
| <b>SOCIAL SUPPORT</b><br>WHICH FAMILY MEMBERS AND FRIENDS CAN YOU REACH OUT TO FOR HELP OR SUPPORT? WHICH PEOPLE SHOULD YOU AVOID DURING TIMES OF STRESS? BE HONEST ABOUT WHO HELPS AND WHO ZAPS YOUR ENERGY.             |                      |                         |
| <b>MOOD</b><br>WHICH ACTIVITIES SUPPORT A POSITIVE MOOD (E.G. LISTENING TO UPLIFTING MUSIC, ENJOYING THE SUNSHINE)? WHAT SHOULD YOU AVOID WHEN TIMES GET TOUGH (E.G. STAYING IN BED ALL DAY, AVOIDING SOCIAL ACTIVITIES)? |                      |                         |
| <b>RESILIENCE</b><br>WHAT, OR WHO HELPS YOU TO GET THROUGH DIFFICULT TIMES? WHAT HELPS YOU BOUNCE BACK? CONVERSELY, WHAT OR WHO FEEDS NEGATIVITY FOR YOU?                                                                 |                      |                         |

# BARRIERS AND AREAS FOR SELF-IMPROVEMENT

## REFLECT

Reflect on the existing coping strategies and self-care tools you have outlined in the previous activities. What's working? What isn't working? Keep the helpful tools, and ditch the stuff that doesn't help you.

\*If you land on noticing that nothing is working at the moment, please reach out to me and we will work on identifying strategies that may be successful for you!\*

## EXAMINE

Are there barriers to maintaining your self-care? Examine how you can address these barriers. Start taking steps toward incorporating new strategies and tools that will benefit your health and well-being.

## REPLACE

Work on reducing, and then *eliminating*, negative coping strategies. If you find yourself using negative strategies, then begin by choosing one action you feel is most harmful and identify a positive strategy to replace it. **Positive coping skills are an important part of your self-care toolkit.**

# CREATE YOUR SELF-CARE PLAN

Once you've determined your personal needs and strategy, write it down. Your self-care plan can be as simple or complex as you need it to be. You may choose to keep a detailed plan at home and carry a simplified version in your wallet, in your purse, or on your phone. Here is an example of how your simplified self-care plan might look:

| MY DAILY SELF-CARE PLAN<br>(List your favorite practices for each category)                                    |      |        |                                                                                                                 |               |      |
|----------------------------------------------------------------------------------------------------------------|------|--------|-----------------------------------------------------------------------------------------------------------------|---------------|------|
| BODY                                                                                                           | MIND | SPIRIT | EMOTIONS                                                                                                        | RELATIONSHIPS | WORK |
|                                                                                                                |      |        |                                                                                                                 |               |      |
| MY TOP THREE POSITIVE COPING STRATEGIES<br>(Write down Three strategies you want to get in the habit of doing) |      |        |                                                                                                                 |               |      |
|                                                                                                                |      |        |                                                                                                                 |               |      |
| MY EMERGENCY SELF-CARE PLAN                                                                                    |      |        |                                                                                                                 |               |      |
| HELPFUL (TO DO)<br>Top emergency self-care strategies                                                          |      |        | HARMFUL (TO AVOID)<br>List five practices, people, places, or things to avoid during times of crisis or stress. |               |      |
|                                                                                                                |      |        |                                                                                                                 |               |      |

# SELF-CARE ACTIVITIES:

- Write in a journal
- Make a gratitude list
- Meditate
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Go for a nature walk
- Photography
- Read a good book
- Write a blog
- Try a new hobby
- Have an adventure day
- Volunteer for a meaningful cause
- Take a fresh air break
- Cuddle with pets
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Have a game night with friends
- Help around the house
- Get creative: draw, paint, write a song or cook a new meal
- Turn off electronic devices
- Buy yourself flowers

**Put it into action! Highlight three activities that you can try this week.**