

Self-Care Plan

SELF-CARE: TAKING ACTION TO PRESERVE
ONES OWN PHYSICAL, MENTAL AND
EMOTIONAL HEALTH

When life gets busy and/or difficult, it can be hard to think about what we need. It is beneficial to know what types of activities and thoughts help us to feel better and to relieve some stress and anxiety.

Self-care should be something you plan or mindfully engage in. But it does not need to be overly time consuming. Setting aside 5 minutes a day is a great way to start engaging in self-care.

Step 1:

Make a list of activities that help you relax

Step 2:

Make a list of activities that you like to do when you are in a good mood

“As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.” — Akiroq Brost

Self-Care Plan Cont.

Step 3:

Make a list of physical activities that bring you joy or help you relax.

Step 4:

Make a list of activities you enjoy doing with other people.

Step 5:

Make a list of people who you enjoy spending time with/talking to.

“Have patience with all things. But, first of all with yourself.” — Francis de Sales

Self-Care Plan Cont.

When I am stressed, I will: _____

When I am anxious, I will: _____

When I am lonely, I will: _____

When I am feeling overwhelmed, I will: _____

When I am feeling happy, I will: _____

When I am feeling sad, I will: _____

I feel most relaxed when: _____

I feel most loved when: _____

My self- confidence is highest when: _____

To feel my best, I need:

_____ Hours of Sleep

_____ Meals per Day

Social Interaction _____ times per week

Alone time _____ times per week

References:

Michael, R. (2018, July 8). What Self-Care Is - and What It Isn't. Retrieved from <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

"Be you, love you. All ways, always." — Alexandra Elle