

SELF-CARE ACTION PLAN EXAMPLE

MENTAL SELF-CARE

INVOLVES ACTIVITIES THAT HELP DECLUTTER YOUR MIND AND REDUCE YOUR STRESS LEVELS

- READING A BOOK
- SOLVING A PUZZLE
- PLAYING A GAME
- COLORING
- DOODLING
- ENGAGE IN CRITICAL THINKING

EMOTIONAL SELF-CARE

TO BECOME AWARE OF, AND IDENTIFY, WHAT YOU ARE FEELING, AND THEN ALLOW YOURSELF TO LEAN INTO THE FEELINGS IN A WAY THAT HONORS YOURSELF AND YOUR EMOTIONS

- SELF-COMPASSION
- SELF-KINDNESS
- SOCIALIZE WITH OTHERS
- WRITING GRATITUDES
- GOING TO THERAPY

PHYSICAL SELF-CARE

INVOLVES ACTIVITIES THAT IMPROVE YOUR PHYSICAL HEALTH SUCH AS DIET AND EXERCISE

- GETTING ENOUGH SLEEP
- EXERCISING
- EATING NOURISHING FOODS
- PREVENTATIVE CARE (DOCTOR AND DENTIST)
- DRINKING WATER
- SPENDING TIME OUTSIDE IN THE SUN

ENVIRONMENTAL SELF-CARE

DESIGNING YOUR ENVIRONMENT TO WORK FOR YOU

- DECLUTTERING YOUR PERSONAL SPACES
- GETTING HOUSE PLANTS
- CREATING A SACRED SPACE
- USING ESSENTIAL OILS
- REORGANIZING

SPIRITUAL SELF-CARE

ACTIVITIES THAT NURTURES YOUR SPIRIT AND ALLOWS YOU TO THINK BIGGER THAN YOURSELF

- MEDITATION AND MINDFULNESS
- ATTEND SPIRITUAL/RELIGIOUS SERVICES
- JOURNALING
- HELPING OTHERS/COMMUNITY SERVICES
- CONNECTING TO NATURE
- ATTENDING TO YOUR BELIEFS, MORALS, AND VALUES
- PRACTICING GRATITUDE

RECREATIONAL SELF-CARE

REFERS TO THE FREE TIME THAT PEOPLE CAN SPEND AWAY FROM THEIR EVERYDAY RESPONSIBILITIES (E.G. WORK/SCHOOL/ETC.) TO REST, RELAX AND ENJOY LIFE

- TAKING TIME FOR HOBBIES
- GOING ON AN ADVENTURE
- RELAX AND DO NOTHING
- PLAYING BOARD GAMES OR VIDEO GAMES
- SWITCHING UP YOUR DAILY ROUTINE

SOCIAL SELF-CARE

YOUR ABILITY TO BUILD AND MAINTAIN HEALTHY INTERPERSONAL RELATIONSHIPS WITH OTHERS

- BEING WITH FRIENDS
- REACHING OUT TO PEOPLE WHO BRING YOU JOY
- JOINING A TEAM OR CLUB
- SAYING NO
- PRACTICING BOUNDARIES
- ENGAGING WITH YOUR COMMUNITY

SELF-CARE ACTION PLAN

MENTAL SELF-CARE

EMOTIONAL SELF-CARE

PHYSICAL SELF-CARE

ENVIRONMENTAL SELF-CARE

SPIRITUAL SELF-CARE

RECREATIONAL SELF-CARE

SOCIAL SELF-CARE