

Example _____, 's Personal Self-care Plan

Fill in each box with self-care steps in order to remind yourself of ways you will better your self-care regiment.

Mental Self-Care

* Write what you do to take care of your mind *

Some examples:
Reading, Distraction with media (movie), Making a to-do list etc.

My Goals:

* What do you want?

Physical Self-Care

* Write how you can take care of your body.

Examples:
Work out, walk, eat fruits/veggies, drink water, dance, stretch, etc.

Supportive people:

* Who can you go to?

Emotional Self-Care

* Write ways you cope with emotions.

examples:
listening to music, journaling, talking with friends, etc.

Spiritual Self-Care

* Write down how you fill your spirit. May or may not be religion based.

Examples: meditation, being creative, community, going out in nature, prayer, etc.