

Self Care Plan

Step 1: Review the below list and circle all the self-care practices you've engaged in that have been helpful or that you could see yourself trying. Use the blank areas to write in other self-care strategies that aren't listed.

Breathing Techniques

Yoga

Relaxation Techniques

Mindfulness / Meditation

Talking with a trusted adult

Sleeping / napping

Positive affirmations

Singing

Dancing

Acting out scenes

Exercise

Gaming

Hobbies

Gardening

Listen to music

Sew

Knit or crochet

Reading

Do a puzzle

Nutrition

Hiking

Netflix / Movie

Facetime Friends

Learn a new skill

Cook / bake

Draw / Write / Paint

Go for a bike ride

Play outside / sports

Playing an instrument

Step 2: Choose 2-3 activities from the above list, that you can complete in a few minutes. Write down your goals:

Example: I will (insert self care strategy) complete deep breathing for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) 2 minutes at least 3 times per week (make this achievable)

I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable).

I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable).

I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable).

Step 3: Schedule your self-care strategies in your week and make them a priority. Remember, routine leads to predictability, which leads to resilience.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Think of an adult you could talk to during this time if you are struggling with any difficult thoughts, feelings, or emotions.

Who is the adult: _____

How can you contact them: _____

If you are in crisis and need immediate assistance please call 2-1-1 or 9-1-1