

# My Self-Care Action Plan

## Taking Care of my Body:

The things I do to take care of my body in healthy ways. Examples include: sleep; nutrition; exercise; and deep breathing. How well do you take care of yourself physically? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself physically.

A.

B.

C.

## Taking Care of my Emotions :

The things I do to take care of my feelings in healthy ways. Examples include maintaining personal and professional support systems, journaling, and talking about feelings in healthy ways. How well do you take care of yourself emotionally? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself emotionally.

A.

B.

C.

## Taking Care of my Brain:

The things I do to improve my mind and understand myself and the world better. Examples include: reading for pleasure or work; writing; and puzzles. While listening to the news and other information gathering sources can be helpful to some, it can also add to your stress load. Limiting screen time and social media may fall under this. How well do you take care of your brain? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of your brain.

A.

B.

C.

## Staying Connected:

The things I do in relation to others and the world around me. Examples include: spending time (virtually or in person) with friends, family, and colleagues you enjoy; having fun and playing games; learning to belonging to groups, communities and activities that encourage positive social connections. How well do you take care of yourself socially? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself socially.

A.

B.

C.

## How to Help my Community:

The things I do to put others' needs or a higher purpose ahead of my own. Examples include: service to others; spiritual activities/prayer; looking for the good of the collective; doing things for others; and gratitude. What are you doing to help your community? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of your community.

A.

B.

C.

## Set Goals and Track

**Schedule your self-regulation.** From the above, identify 2-5 self-care goals you would like to set for yourself. Set reminders in a form that is easiest for you: on your phone, sticky notes, maintain a journal, calendar, or log of activity (we have provided one below). Having someone to check in with (a self-care buddy or group) can add accountability as well as a sense of community and fun.

Self-Care Goal	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total