

Developing Your Self-Care Plan

Objective

To develop a self-care plan by identifying what you value and require as part of your day-to-day life.

You Should Know

Sometimes it is easy to forget the importance of taking care of yourself. Self-care refers to the kinds of things you might do regularly to reduce stress and maintain and enhance your well-being.

Self-care is personal, and people will have different approaches to taking care of themselves. You might value some areas over others. Below are the different life areas where you might want to implement self-care activities:

- Workplace/Professional
- Physical
- Mental
- Emotional
- Spiritual
- Interpersonal/Relational

This worksheet will help you identify the areas of your life where you can implement self-care activities.

What to Do

For each category above, select at least one strategy or activity that you can include in your self-care plan. There might be areas of overlap between these categories. List the activities that you have identified as important to your well-being and that you can engage in daily or weekly to take care of yourself.

Identify people in your life that might be good resources for exchanging new self-care ideas and strategies, as well as provide you with support and encouragement.

List other forms of support such as support groups, religious groups, community groups, and so on.

List people you can talk to on a regular basis about your concerns.

List ways you can get regular exercise (at least 30 minutes each day).

List hobbies or other activities you enjoy on a regular basis.

List ways you can improve your sleep habits.

List ways you can improve your diet.

List ways you can have fun!

List anything else you can do to take good care of yourself.

My Self Care Plan – Create a daily or weekly plan incorporating all of the information above:

Once you have created your plan, ask yourself what might get in the way of successfully implementing your self-care plan. What can you do to remove these barriers? If you can't remove them, you might want to adjust your plan. It is useful to identify potential barriers or obstacles that might get in the way of implementing and/or maintaining your self-care activities. List at least 3 or 4 obstacles or barriers and how you can address them.

The final step is to implement your plan and keep track of how you are doing. Keeping track of your self-care activities for one week will help you recognize your successes and identify and address any difficulties you may not have anticipated. Remember to stick to your plan even if emotionally difficult circumstances arise.

Date	Self-Care Activity	Obstacles?	How Did It Go?

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What could you do differently to make progress in this area?
