

SELF-CARE PLAN

Can you think of 3 things for each well-being category that you would like to try? Use the **Self-Care Plan Examples** for ideas, but make sure your plan includes what will be most helpful to YOUR well-being. Then, think about how you will remind yourself to use your plan and keep adding to it.

Tips

- 1. Start small and be realistic!** You don't need to change everything all at once. Start with making one tiny behavior change until it becomes a part of your routine. For example, if you want to start meditating, you could start with a few calming breaths each day. If you want to move your body every day, you could start with a 4-minute walk.
- 2. Link your self-care activity to something you do every day.** For example, if you want to practice being grateful, you could write 3 things you are grateful for each day right before you go to bed.
- 3. Think about what might get in the way and how you will overcome that barrier.** Will lack of time be an issue? If so, make sure you schedule your self-care activity in your calendar.

Physical

List 3 things you will do to take care of your physical well-being.



Emotional

List 3 things you will do to take care of your emotional well-being.



Social



List 3 things you will do to take care of your social well-being.

Intellectual and Creative



List 3 things you will do to take care of your intellectual and creative well-being.