YOUR SELF-CARE PLAN

Once you've determined your personal needs and strategy, write it down. Your self-care plan can be as simple or complex as you need it to be. You may choose to keep a detailed plan at home and carry a simplified version in your wallet, in your purse, or on your phone. Here is a template you can use:

AREA OF SELF-CARE AND EXAMPLES

Mind

- Setting boundaries for, or taking breaks from, social media.
- Journaling
- Setting, and working towards, personal goals.
- Engaging in volunteer work that is different from your paid work.

Body

- Eating regularly/ food that feels good and that you enjoy.
- Drinking plenty of water.
- Getting enough rest.
- Physical activity.
- Relaxing (taking a bath, getting a massage, drinking a hot cup of tea).

Spirit

- Practicing spirituality/faith.
- Making time for self-reflection.
- Meditating.
- Connecting with nature.
- Traditional cultural and spiritual practices.
- Read poetry.

Emotions

- Taking to identify and process your emotions.
- Expressing yourself creatively.
- Expressing gratitude (for friends, family and coworkers, etc.).
- Practicing mindfulness.
- Asking for help at work and in your personal life.

Relationships

- Connecting with friends.
- Having fun and laughing.
- Having hobbies/interests.

Work

- Noticing the joys and achievements of the work.
- Find your allies at work.
- Delegating at work and in your volunteer roles.
- Setting, and sticking to, limits when it comes to paid and volunteer work.