

Self-Care Plan

CURRENT HABITS

Write down your coping strategies: How am I managing stress?

SELF-CARE NEEDS

What do I most want to focus on for self-care?

NEW HABITS

Identify new coping strategies: What are some new ways I can manage stress?

BARRIERS

What might get in the way of this plan? How can you work through these things?

SELF-CARE NOTES



Self-Care Goals

MENTAL

For example: learn something new

EMOTIONAL

For example: practice mindfulness

PHYSICAL

For example: take a 20 min walk

ENVIRONMENTAL

For example: explore new places

SPIRITUAL

For example: volunteer or pray

SOCIAL

For example: call a friend on the phone

RECREATIONAL/PROFESSIONAL

For example: take on a new hobby





Daily Self-Care Plan



Date:

Self-Care Focus

Choose a self-care goal to focus on today. For example: Spiritual

- Consider setting a reminder to keep on track with your self-care focus, like setting an alarm

Priorities for the Day

Make a list of items that must be completed today and give yourself compassion if other tasks don't get done. This can help you feel less stressed and create space to prioritize your self-care goal. For example:

- Pick up medication
- Cook dinner
- Pick up kids from school

Reflections

Take a moment to think about how your self-care goal went for you. How did it feel to prioritize your well-being? What did you learn? What might you do different next time?

