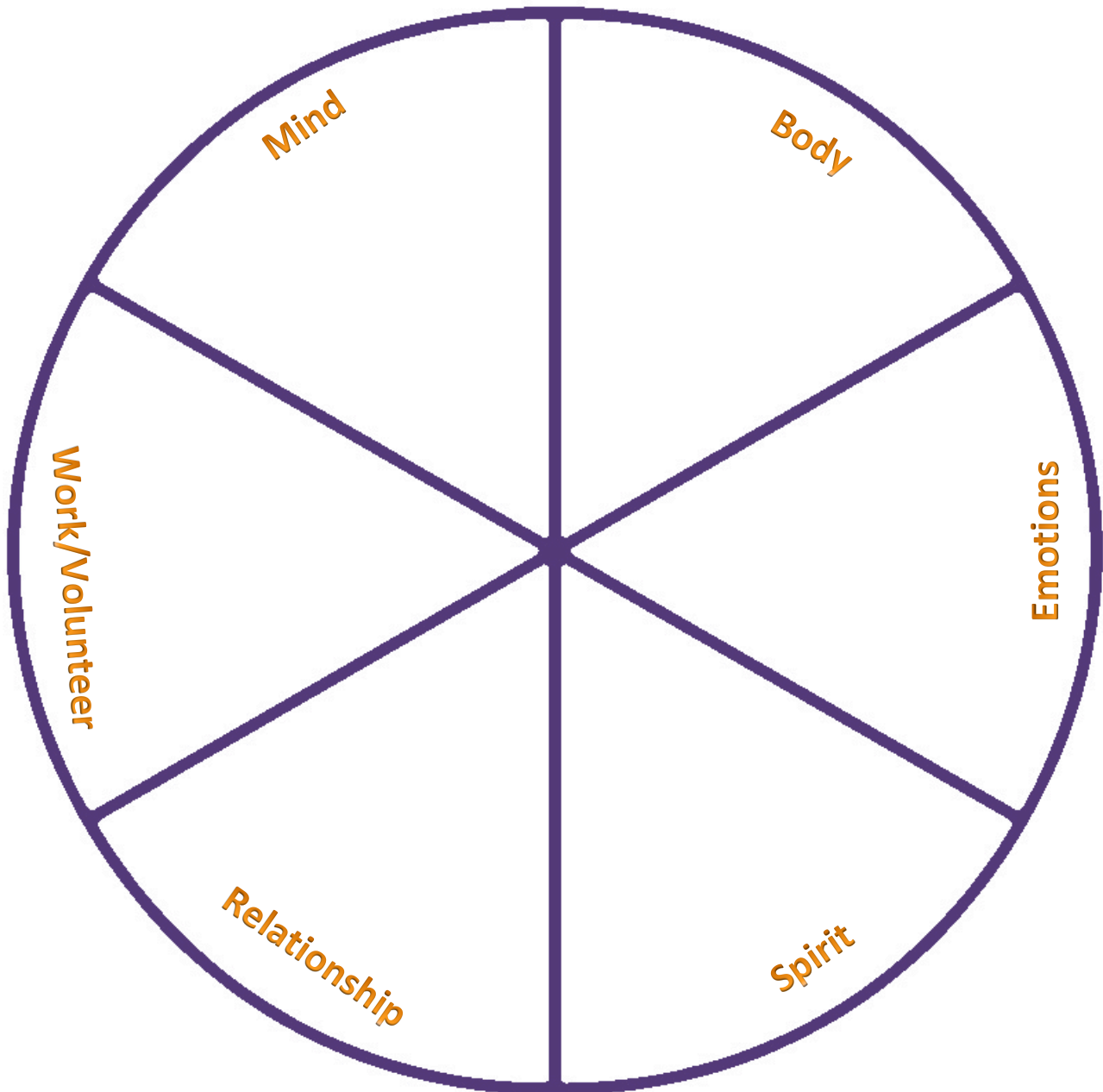


Your Self-Care Plan

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 + 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 makes you feel good
- 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

Emotions:

- Taking time to 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
- Having allies at work
- Delegating at work and in your volunteer roles
- Setting, and sticking to, limits when it comes to paid and volunteer work