

make a self-care plan!

step one: evaluate your coping skills

What coping skills do you currently use? List some in the box below.

examples: deep breathing, going for a walk

step two: identify your self-care needs

Using the six spheres of self-care, think about which spheres you would like to focus your self-care in? Which categories do you currently focus your self-care on? What activities do you currently do in each category?



Physical

example: healthy sleep habits



Social

example: healthy relationships



Emotional

example: expressing emotions in a healthy way



Psychological

example: take time for yourself

 Professional example: having a good work-life balance	 Spiritual example: self-reflection
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step three: identify self-care tools to use in times of distress

What coping skills can you use in times of distress? Who can you reach out to when you need support? List some in the box below.

examples: listening to music, text HOME to 741741 to reach a crisis counselor

step four: reflect on barriers to self-care

What gets in the way of self-care for you? List barriers to self-care and how you can overcome them.

barriers example: I forget.	ways to overcome example: I can set a reminder on my phone.
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step five: develop a self-care plan

Using the templates below, create your own self care plan. The first template guides you through grouping self care activities by the amount of time it takes to complete them. You can then use the second template to schedule self care.

level 1: daily self-care activities 1-15 minutes	level 2: 1x/week approximately 1 hour
level 3: one-half to one full day off once/month as a down day	level 4: one half to one full day once a month to spend doing activities that fill you up and positively support you.

monday	tuesday	wednesday	thursday
friday	saturday	sunday	

discussion:

- Why is self-care important, especially outside of holidays/low-stress times?
- How can you consistently incorporate self-care into your life?
- In what areas of your life do you want to incorporate self-care?
- What self-care activity are you most looking forward to trying?
- What signs help you recognize when you need to give extra attention to your self-care?

sources:
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ReachOut