

My Self-Care Plan

Physical Self-Care

- ___ Eat regularly (breakfast, lunch and dinner)
- ___ Eat healthy
- ___ Exercise
- ___ Get regular medical care for prevention
- ___ Get medical care when needed
- ___ Take time off when sick
- ___ Get massages or do self massages
- ___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ___ Take time to be sexual- with myself, or with a partner
- ___ Get enough sleep
- ___ Wear clothes I like
- ___ Take vacation
- ___ Take day trips or mini- vacations
- ___ Make time away from electronic devices (phones and screens)
- ___ Other:

Psychological/Emotional/Social Self Care

- ___ Make time for self-reflection
- ___ Have my own personal psychotherapy
- ___ Write in a journal
- ___ Read literature that is unrelated to school or work
- ___ Do something at which I am not an expert or in charge
- ___ Talk to someone I trust about issues
- ___ Notice my inner experience - listen to my thoughts, judgments, beliefs attitudes and feelings
- ___ Let others know different aspects of me
- ___ Engage my intelligence in a new area, i.e., go to an art museum, history exhibit, sports event, auction, theatre performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Say no to extra responsibilities sometimes
- ___ Spend time with others whose company I enjoy
- ___ Stay in contact with important people in my life
- ___ Give myself affirmations, praise myself, recognize my own strengths and achievements
- ___ Love myself
- ___ Reread favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, people, relationships, places and seek them out
- ___ Allow myself to cry
- ___ Find things/ reasons to laugh and/or celebrate
- ___ Express my outrage in social action, letters, donations, marches, protests
- ___ Play with children and/or pets
- ___ Other:

Spiritual Self-Care

- ___ Make time for reflection or meditation
- ___ Spend time with nature
- ___ Find time with nature
- ___ Find spiritual connection or community
- ___ Be open to inspiration
- ___ Cherish your optimism and hope
- ___ Be aware of nonmaterial aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Be open to not knowing
- ___ Identify what is meaningful to you and notice its place in your life
- ___ Pray
- ___ Have experiences of awe
- ___ Contribute to causes in which you believe
- ___ Read inspirational literature (talks, music, etc)
- ___ Other:

Professional Self-Care

- ___ Improve my professional social skills
- ___ Say “no” to excessive new responsibilities
- ___ Make quiet time and space to complete tasks
- ___ Identify projects or tasks that are exciting and rewarding
- ___ Take on projects that are interesting and rewarding
- ___ Learn new things related to my profession
- ___ Arrange and keep my workspace so it is comfortable and comforting
- ___ Get regular support from professional peers and mentors
- ___ Make time to talk and build relationships with colleagues
- ___ Maintain balance and boundaries between my professional and personal life
- ___ Advocate for equitable and fair pay, benefits, and other needs

Boundaries

- ___ Strive for balanced boundaries among secular work, family, social relationships, play and rest
- ___ Time management
- ___ Stress management

My Self-Care Contract

As I become mindful of my mental health and overall well-being, it is important to highlight the positive impacts of my **self-care** practices. Throughout the next 3 months, I will be faced with the challenges and stressors that are associated with the human experience. This contract is aimed for me to be mindful of the potential stressors that could occur during the next 3 months, as well as barriers that may prevent me from practicing self-care. Also, this contract is an opportunity to brainstorm my own healthy coping and stress management solutions.

- A. I will complete my self-care plan and refer to it weekly to hold myself-accountable and gauge progress.
- B. I have identified barriers/stressors most likely to get in the way of implementing my plan to take care of myself.

- 1. _____
- 2. _____
- 3. _____

- C. I have formulated a plan for preventing these barriers/stressors from getting in the way of taking care of myself.

- 1. _____
- 2. _____
- 3. _____

- D. I have identified at least one individual/service who can support and hold me accountable while implementing and honoring my plan.

- 1. _____
- 2. _____

CONTRACT AGREEMENT

I, _____, do hereby agree to focus on my health and to take better care of myself as of _____ [Date].

I acknowledge the importance of being mindful of my health and that it is an on-going life process. As it is indicated in this contract, I am committed to practicing self care and promoting overall wellness in my life.

Signature

Witness