



SELF-CARE ACTIVITIES ACTION PLAN

WHAT IS ONE SELF-CARE ACTIVITY YOU CAN DO WITHIN THE NEXT WEEK?
(REFER TO SELF-CARE ACTIVITIES CHECKLIST)

WHAT DAY AND TIME WOULD BE BEST FOR DOING THIS ACTIVITY?

Mon

Tues

Wed

Thu

Fri

Sat

Sun



—:— AM
—:— PM

WHAT MIGHT GET IN THE WAY OF DOING THIS ACTIVITY?



SELF-CARE ACTIVITIES CHECK IN

HOW WOULD YOU RATE YOUR MOOD 5 MINUTES BEFORE COMPLETING THIS ACTIVITY?

				
1	2	3	4	5

HOW WOULD YOU RATE YOUR MOOD AFTER COMPLETING THIS ACTIVITY?

				
1	2	3	4	5

HOW DID THE ACTIVITY GO?

WHAT HELPED YOU COMPLETE THIS ACTIVITY OR CAN HELP YOU COMPLETE IT IN THE FUTURE?

DO YOU HAVE QUESTIONS ABOUT THIS ACTIVITY OR IS THERE ANYTHING YOU WOULD LIKE TO PRACTICE?



SELF-CARE ACTIVITIES CHECKLIST

- ☐ Download and use a wellness application
- ☐ Connect with friends and/or family
- ☐ Meditate and practice deep breathing exercises
- ☐ Do an activity that brings joy
- ☐ Spend time doing a hobby
- ☐ Spend time journaling
- ☐ Spend time outdoors
- ☐ Attend a community event
- ☐ Take a relaxing bath or shower
- ☐ Get a good night's sleep or take a nap
- ☐ Attend a religious service and/or say a prayer
- ☐ Take a break from technology
- ☐ Engage in mindfulness activities
- ☐ Do something kind for someone you care about
- ☐ Exercise





EXAMPLES

SELF-CARE ACTIVITIES

APPS

- Headspace
- Mindshift
- Mango Health

HOBBIES

- Playing an instrument
- Doing art (painting, drawing, knitting)
- Gardening
- Hiking
- Dancing
- Baking
- Cooking

OUTDOOR TIME

- Take a walk around your neighborhood
- Spend time in a park
- Visit a pond, lake, or beach
- Spend 20 minutes enjoying the sun

MINDFULNESS

- Practice gratitude
- Reflect on how you are feeling (mentally, emotionally, physically)

ACTIVITIES

- Reading a book
- Playing a video, board, or card game
- Listening to music or a podcast
- Watching a TV show or movie

EXERCISE

- Go for a walk or run
- Do a short at-home workout
- Go to the gym
- Do yoga

FAMILY CONTACT

- Text
- Call
- Email
- Spend physical time together

JOURNALING

- Thoughts and feelings
- The day's events
- Things you are grateful for
- Things you like about yourself

TECH TUNE OUT

- Spend time away from phones, tablets, computers, and TVs
- Turn off all electronics for a set time