

## SELF-CARE PLANNING

### A. Self-Care Quiz

This is not meant for you to judge yourself, but to bring an awareness of where you currently are. I currently practice self-care in the following areas:

- Physical   
 Emotional   
 Social   
 Spiritual   
 Psychological

### B. DAILY SELF CARE WORKSHEET

For each area of self-care, make a list of activities you can currently practice or can do (column 2). When you are finished, turn to those around you and share 1 activity for each area. If there is something shared during the group discussion that you think you can adopt, write it in “Ideas I Can Adopt”.

Area of Self Care	Current Practice/ What I Can Do	Ideas I Can Adopt
<b>Emotional</b> <i>Activities that help you prioritize mental health, healthy expressions of emotions, etc.</i>		
<b>Physical</b> <i>Activities that help you prioritize the health of your body and brain.</i>		
<b>Spiritual</b> <i>Activities that help you prioritize a positive mindset and thinking.</i>		
<b>Social</b> <i>Activities that help you prioritize healthy relationships and support systems.</i>		
<b>Psychological</b> <i>Activities that help you prioritize relaxation and play, personal growth.</i>		

### C. EMERGENCY SELF-CARE PLANNING ACTIVITY

When you are in the middle of a crisis or feeling overwhelmed, you do not have the time to think about positive coping strategies. Use the table below to create a strategy for when times are tough.

Emergency Self-Care Tool	Helpful (What to Do)	Hurtful (What to Avoid)	Resources to Follow-Up With
<p>Relaxation/Staying Calm</p> <p><i>Which activities help you to relax?</i></p> <p><i>Which activities make you more frustrated?</i></p>			
<p>Self-Talk</p> <p><i>What are positive and healthy things you say to yourself?</i></p> <p><i>What are negative and harmful things you say to yourself?</i></p>			
<p>Social Support</p> <p><i>Who are the family members and friends that are supportive?</i></p> <p><i>Which family members and friends should you avoid?</i></p>			
<p>Mood</p> <p><i>What activities support a positive mood?</i></p> <p><i>What activities keep you in a funk?</i></p>			
<p>Resilience</p> <p><i>What or who helps you to endure and bounce back from challenging times?</i></p> <p><i>What or you keep you stuck in challenging times and unable to move on?</i></p>			

IT IS BETTER TO POUR FROM YOUR SAUCER THAN TO EMPTY YOUR CUP. EVERYONE THAT RELIES ON YOU CAN ONLY GET YOUR BEST WHEN YOU ARE AT YOUR BEST!

**D. MY DAILY SELF-CARE PLAN**

This is your guide for those activities that are non-negotiable. You will work to make them a consistent part of your daily routine. From Activity 2B select 1- 2 activities for each area of self-care that can be done daily and without a barrier.

Emotional	Physical	Spiritual	Social	Psychological
Top 3 Coping Strategies:		1.	2.	3.
Write a positive affirmation or mantra:				

**E. MY EMERGENCY SELF-CARE PLAN**

When you find yourself in a crisis moment, you want to already have a plan in place. Looking at your list in Activity 2C, select 1-2 activities that will help you regulate when you are feeling overwhelmed.

1. When I am feeling stressed or overwhelmed, I can:	
2. When I am having bad thoughts about myself, I can:	
3. When I need to ask for help, I can depend on:	
4. When I am not in the best of mood, I can:	
5. When I am feeling like I cannot go on, I can:	