

MENTAL WELLNESS ACTION PLAN

How are you doing? Are you doing things to protect your physical and mental health?

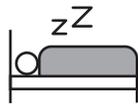
SAFETY ZONE:

Things are going well.
You feel balanced, generally happy
and effective in work/life.

You make healthy
food choices.



You get adequate
sleep (7-8 hours).



You exercise.



You are hopeful, have
goals and plans, and
you know your values.



You feel grateful
and make lists of
positive things.



You have an
optimistic outlook.



You connect
with family, friends
and others.



CAUTION ZONE:

Pay attention to yourself.
If you notice these, practice items
on your self-care plan.

You are not
sleeping well.



You overeat
(weight gain) or
you are not hungry
(weight loss).



You use alcohol or
drugs to numb
feelings (more than
1-2 drinks per day).



You are moody,
irritated and are
easily angered.



You cry more
often than usual
(once a week
or more).



You experience
negative thinking,
increased muscle
tension and
headaches.



DANGER ZONE:

You are in decline. Call your health
care provider if you are experiencing
these feelings most of the time.

You are feeling
depressed
and hopeless.



You don't enjoy
normal activities
and feel isolated.



You are fatigued,
lack sleep and
call in sick to work.



You move more
slowly than normal.



You feel
you are a failure
(feelings of shame).



You lack
concentration.



You have thoughts of
hurting yourself or
killing yourself.



MENTAL WELLNESS SELF-CARE PLAN

What are you doing? Create your own self-care plan here.

AM I TAKING CARE OF MYSELF PHYSICALLY?

TAKE CARE OF MY BODY

- Eat healthy food
- Sunshine every day
- Get 7-8 hours of sleep daily
- Exercise 3-4 times a week
- Limit or avoid caffeine
- Do I need to limit my alcohol/other?
- Take medications as prescribed
- _____
- _____

UNPLUG

- Skip checking social media
- Don't watch the news for a few days
- Limit TV to 30 minutes per day
- Don't check your phone for _____
- No electronic devices for 2 hours before bedtime
- Turn on your e-mail "out of office notice" in the evening
- _____

DO I NEED QUIET TIME?

USE OPTIMISM EXERCISE

- Write "three good things" daily
- Think about your three good things for 15 minutes
- Silence your inner critic—write an encouraging letter to yourself
- Commit to giving my best effort
- Do not dwell on negative thoughts/worries
- _____
- _____

TRY CONTEMPLATION/MEDITATION

- Spend time thinking about what you really value
- Take a quiet walk
- Say a prayer
- Try deep breathing exercises
- Start meditation/app (try Mindfulness Coach app)
- _____
- _____

Practicing regularly will help when you meet a stress in your life.

DO I NEED TO CONNECT WITH SOMEONE?

CONNECT WITH PEOPLE

- List your support "people"
- Call one of your support people regularly
- Meet with a friend for coffee
- Go for a drive with a friend
- Join a club or support group
- Volunteer
- Take a class
- Participate at your place of worship
- _____

BE KIND TO YOURSELF

- Listen to music (your emergency play list)
- Spend time with a pet
- Take up a hobby
- Take a "mini break" before becoming overwhelmed
- Plan a vacation or "stay-cation"
- Get a massage
- Watch a favorite movie _____
- _____

This project is supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Advanced Nursing Education Workforce (ANEW) grant #T94HP30900, financed 100% by HRSA. This content should not be construed as the official position or policy of, nor should any endorsement be inferred by HRSA, HHS or the U.S. Government. An Administrative Supplement Award of \$140,485.00 supported this project.



University of Kansas, 2019

©2019 by the University of Kansas. Mental Wellness Action Plan/Self-Care Plan is made available under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International license: <https://creativecommons.org/licenses/by-nc-nd/4.0/legalcode>