

# SELF-CARE PLANNING

Using the 8 Dimensions of Wellness as a guide, make a proactive plan that sets up your self-care so you can avoid burnout and respond to youth in crisis well and with care.



## 1 EMOTIONAL WELLNESS

### Description:

Understanding and managing your emotions, coping with stress, and maintaining a positive outlook.

### Examples:

- Practice mindfulness or meditation (e.g., 10 minutes daily).
- Journal daily or weekly, talk about what you are feeling and experiencing.
- Find trusted pastoral care, counseling, or therapy.

### Your Action Steps:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## 2 SPIRITUAL WELLNESS

### Description:

Finding purpose and meaning in life, aligning your values and faith.

### Examples:

- Block out specific times for prayer, bible reading, and/or meditation.
- Join a group that supports you spiritually outside of your regular ministry.
- Spend time in places that make it easier for you to connect with God (e.g. outdoors.)

### Your Action Steps:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### 3 SOCIAL WELLNESS

**Description:**

Building healthy relationships and social support networks, and connecting with others.

**Examples:**

- Schedule regular catch-ups with friends or mentors.
- Volunteer in community activities outside of your ministry.
- Join a group of youth pastors to connect (check out National Network of Youth Ministries).

**Your Action Steps:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### 4 PHYSICAL WELLNESS

**Description:**

Maintaining a healthy body through regular exercise, nutrition, and sleep.

**Examples:**

- Engage in physical activity at least 3 times a week (e.g., walking, soccer, yoga).
- Find time to maintain a balanced diet.
- Commit to trying to get 7-8 hours of sleep each night.

**Your Action Steps:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### 5 OCCUPATIONAL WELLNESS

**Description:**

Finding fulfillment and satisfaction in your work through growth and productivity.

**Examples:**

- Set clear boundaries between work and personal life.
- Seek professional development opportunities.
- Reflect on job satisfaction and areas for improvement.

**Your Action Steps:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## 6 INTELLECTUAL WELLNESS

### Description:

Engaging in creative and stimulating activities to expand knowledge and skills.

### Examples:

- Read books that make you think, feed your brain, and that spark creativity.
- Connect with resources, workshops, and courses that are stimulating and engaging.
- Explore hobbies and activities that challenge your mind (puzzles, learning a new skill, DIY, etc.).

### Your Action Steps:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## 7 FINANCIAL WELLNESS

### Description:

Managing financial resources effectively to reduce stress and promote well-being.

### Examples:

- Create a budget and stick to it.
- Engage in savings or investment opportunities.
- Seek good financial advice if needed.

### Your Action Steps:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## 8 ECOLOGICAL WELLNESS

### Description:

Creating and maintaining a healthy environment both indoors and outdoors.

### Examples:

- Declutter and organize your workspace.
- Spend time outdoors in natural settings.
- Create a calming space at home.

### Your Action Steps:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Below you'll find a few resources that may help you navigate your action plan and find some practical ways to put your steps into action:



[www.988lifeline.org](http://www.988lifeline.org)

#### **988 Suicide & Crisis Lifeline**

If you or someone you care about is in crisis dial or text 988



[www.youthcrisis.org](http://www.youthcrisis.org)

#### **Youth Crisis First Responder**

Blog articles, training, consultation, and other support.



[www.youthworkers.net](http://www.youthworkers.net)

#### **National Network of Youth Ministries**

Connecting those in youth ministry to each other and resources.



[www.psychologytoday.com](http://www.psychologytoday.com)

#### **Psychology Today**

Use 'Find a Therapist' to find a local Christian counselor.



[www.fulleryouthinstitute.org](http://www.fulleryouthinstitute.org)

#### **Fuller Youth Institute**

Blogs and resources for your intellectual wellness.



[www.thediscipleproject.net](http://www.thediscipleproject.net)

#### **The Disciple Project**

Resources, coaching, and the Youth Ministry in Motion podcast.



[www.ymca.org](http://www.ymca.org)

#### **The YMCA**

An activity hub, see if you qualify for the clergy discount.



[www.fountainandpen.com](http://www.fountainandpen.com)

#### **Fountain and Pen**

Spiritual direction and resources for spiritual health.