

Why Self-Care?

- 1st Things 1st
- Nobody else will take care of you like you can!
- Unless you ask!
- Which IS!! To some extent, Self-Care!!

What is Self-Care?

-Self-care consists:

- Maintaining structured practices
- Establishing general good health and a sense of well-being.
- Our society generally teaches people that it's not an essential priority to put ourselves first. Caring for and serving others is most important. This message often teaches us to think we are selfish if we focus on taking care of ourselves.
- This is backward thinking. We need to have a healthy self if we are going to be good spouses, friends, employees, role models, or helpers.

"My Self-Care Plan" Instructions:

1. Set Goals and specific behavioral practices that would facilitate achieving your goals.
 - a. These could be current, past or practices you would like to explore.
 - b. Think this through and put in a genuine effort.
 - c. It's your life/balance we are talking about.
2. YOU **DO NOT** HAVE TO FILL OUT ALL SPACES. BUT I WOULD IF I WAS YOU....
3. Some activities might take care of more than one category.
4. Questions to ask you for each category:
 - a. How have I been taking care of this aspect of my life?
 - b. What do I know that works in this part of my life to take care of it?
 - c. What else could I do to take care of this aspect of my life?
 - d. Anything that I enjoy, which I've given up that I could start doing again?
 - e. Anything I've been putting off that would enhance this aspect of my life?
 - f. Is this part of my life in need of professional help?
 - g. How can I take care of this part of my life in light of my current circumstances?
5. For those in 12-Step Programs or other support groups. Include that but make an effort to think OUTSIDE OF YOUR PROGRAM.

1) Social Goal: _____

○ Practices:

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2) Work Goal: _____

○ Practices:

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3) Leisure Goal: _____

○ Practices:

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4) Relationships Goal: _____

○ Practices:

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5) Emotional Goal: _____

○ Practices:

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6) Physical Goal: _____

○ Practices:

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7) Financial Goal: _____

○ Practices:

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- _____
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8) Spiritual Goal: _____

○ Practices:

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