

I Matter Self-Care Plan for Tough Times



Self-Care Is Empowerment

1. Make a list of things you can do.

a. What will help me relax?

b. What do I like to do when I'm in a good mood?

c. What can I do that will help me throughout the day?

d. Other: What else do YOU need to do that is specific to YOU?

2. Make a list of people you can contact if you need support or distraction.

a. Divide the list of people into categories by asking yourself the following questions:

- Who can I call if I am feeling depressed or anxious? -----
- Who can I call if I am lonely? -----
- Who will come over to be with me if I need company? -----
- Who will listen? -----
- Who will encourage me to get out of the house and do something fun? -----
- Who will remind me to follow my self-care plan? -----

• Other: _____

3. Next, make a list of kind things to say to yourself when you are giving yourself a hard time.

4. Next, make a list of who and what to avoid when you are having a hard time.

People to avoid:

Things to avoid:

5. Write this plan on a small card. Keep it in your purse/wallet and on your phone if you can.

Look at it often. Add any good ideas to it whenever you can and remember to use it regularly.



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