

# My Self-Care Plan

CATEGORY	TASKS	PLAN/STRATEGY
PHYSICAL		
PSYCHOLOGICAL		
EMOTIONAL		
SPIRITUAL		
PROFESSIONAL		

<b>PERSONAL</b>		

## Think of the following:

- ◆ Sustainability, consistency, reachable, realistic
- ◆ Follow your inner voice to identify your current needs and prioritize
- ◆ When are you starting? How many times a week and for how long? What is the time frame? Why did you pick this activity? For example: I'm going to take a 10-min meditation 3 times a week on MWF at 730 pm for the next 4 weeks because I want to reconnect with myself.
- ◆ Do this with a friend!

## Daily Motivation

### WINDOW OF TOLERANCE SKILLS:

- (1) Grounding skills
- (2) Labeling my feelings
- (3) Practicing mindfulness
- (4) Practice self-compassion
- (5) Implementing my self-care plan
- (6) Creating my safe-space