

Self-Care Plan Template

A plan is just a vision unless you put some action into it.

YOUR PLAN

PHYSICAL

Your body is a gift that should be cared for with love and compassion. How can you take care of your physical body to reflect self-love?

(Physical Self-Care Examples: drink plenty of water, exercise, eat healthy food, sleep or stretch)

EMOTIONAL

Emotions are not destructive, but if we don't manage them healthfully, they can be detrimental to our emotional health. So what can help us get in touch with our emotions and then healthily express them?

(Emotional Self-Care Examples: Ask for help when you need it, stay in contact with people you care about, practice gratitude or identify your emotions before speaking)

MENTAL

What we think comes out in the way we talk and interact with others which is why it's so important we live in awareness of what we are thinking and adjust if necessary.

(Mental Self-Care Examples: Make time for self-Reflection, Sit still to be present in the moment, make time for a "Mental Break," or try a new activity/hobby.)

SPIRITUAL

The belief that we are not alone in the world regardless of our circumstances can be very comforting, but what do we do to foster this daily?

(Spiritual Self-Care Examples: Listen to sermons or lectures, practice prayer, engage with people in your faith community or listen to spiritual music.)