**Creating your own Self-Care plan**

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| * **Assess your needs**: * Start by making a list of the different parts of your life and major activities that you engage in each day. Work, relationships, and family are some you might list |
| * **Consider your stressors**: * Think about the aspects of these areas that cause stress, any barriers to self-care and consider some ways you might address stress/barriers |
| * **Devise self-care strategies**: * Think about some activities or actions that will help you feel better in each of these areas of your life |
| * **Plan for challenges**: * If you discover that you're neglecting a certain aspect of your life, create a plan for change |
| * **Take small steps**: * You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better |
| * **Schedule time to focus on your needs:** * Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you are able to operate more effectively and efficiently. |

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| Assess your needs | Consider your stressors |
| Devise self-care strategies | What is your plan for any challenges that arise? How can you prioritise self-care? |

A diagram of different types of self-care

Description automatically generated

**Write down the self-care activities and actions you want to undertake to address the four domains:**

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| Physical | Emotional |
| Social | Spiritual |

Do you have a mix of:

* Daily activities
* Weekly activities
* Monthly activities
* Quick in the moment practices
* Longer term gains
* Actions relevant to what is in your control
* Achieving a balance of activities that address your physical, social, emotional and spiritual needs