

your self care plan

To create your self care plan, you'll need this handout and two different colour pens or markers.

Start by brainstorming everything you already do for self care, under each of the categories below. Are you covering each type of self care? Are there any areas where you might want to come up with more ideas?

Next, use a different colour to brainstorm ideas for things you could start doing. Make sure you have 4-6 ideas under each category.

physical - things you do to take care of your body, like getting enough sleep or drinking water.

personal - things you do that are just for you, like listening to your favourite music or taking a bath

social - things you do to connect with others, like talking to a trusted friend

spiritual - things you do that connect you to your spirituality, creativity, or nature

