

Self-Care Plan

Section 1: Self-Assessment

1. List your top three stressors at work:

1. _____

2. _____

3. _____

2. List three activities that help you relax and rejuvenate:

1. _____

2. _____

3. _____

Section 2: Self-Care Strategies

Physical Self-Care:

- Exercise (e.g., walking, yoga, gym):

- Diet (e.g., balanced meals, hydrate well):

- Sleep (e.g., sleep schedule, sleep hygiene practices):

- Medical Care (e.g., regular check-ups, medication):

Emotional Self-Care:

- Emotional Expression (e.g., journaling, art):

- Stress Management (e.g., mindfulness, relaxation exercises):

- Recreational Activities (e.g., hobbies, entertainment):

Mental Self-Care:

- Learning (e.g., reading, webinars, courses):

- Mindfulness (e.g., meditation, breathwork):

- Cognitive Stimulation (e.g., puzzles, strategy games):

Social Self-Care:

- **Social Interactions** (e.g., spending time with friends and family):

- **Support System** (e.g., seeking help, discussing problems):

- **Work Relationships** (e.g., team building, collaboration):

Section 3: Schedule

1. Select a self-care strategy from each category above and determine when you will engage in each throughout the week:

- **Physical Self-Care** (activity and schedule):

- _____

- **Emotional Self-Care** (activity and schedule):

- _____

- **Mental Self-Care** (activity and schedule):

- _____

- **Social Self-Care** (activity and schedule):

- _____

Section 4: Review and Adjust

After a few weeks of following your plan, review and note what's working well, what's not, and what adjustments you need to make. Remember, your self-care plan should evolve with your needs and circumstances.

1. What's working well?

- _____

2. What's not working?

- _____

3. What adjustments need to be made?

- _____