

# Taking care of you: Self Care Plan

On the following sheet is a Self Care Plan template for you to use to help you identify some strategies for you to take care of yourself physically, emotionally, spiritually and your sense of wellbeing.

To complete your Self Care Plan, take the time to look at the different four categories that are essential to your mental and physical health. List 3 or 4 items in each category that you feel would be helpful for you to include in your life optimise your wellbeing and for you to live the best life possible, not only when you are already stressed but every day of your life to help prevent stress in the first place!

Below are a few examples to get you thinking about what works for you personally:

<h2>Physical</h2> <ul style="list-style-type: none"><li>• Daily walks in the fresh air</li><li>• A gym membership</li><li>• Fresh, healthy eating</li><li>• A swim at the beach or the local pool</li><li>• A run in the park/around the neighborhood</li><li>• Walking a dog</li></ul>	<h2>Emotional</h2> <ul style="list-style-type: none"><li>• Quiet time to pray or read</li><li>• Talk to friends or family</li><li>• Set boundaries</li><li>• Accept limitations</li><li>• Understand my emotional triggers</li><li>• Breathing exercises</li></ul>
<h2>Spiritual</h2> <ul style="list-style-type: none"><li>• Speak with your Parish Priest</li><li>• Increase mindfulness</li><li>• Daily meditations</li><li>• Increase awareness of nature</li><li>• Spend time with a spiritual mentor</li></ul>	<h2>Sense of wellbeing</h2> <ul style="list-style-type: none"><li>• Have a movie night with family or friends</li><li>• Break for lunch at work and sometimes join colleagues for lunch</li><li>• Have Sunday lunch/dinner with family and friends</li><li>• Spend time alone to reconnect with yourself</li></ul>

You may find when you are completing your plan there are areas of your plan that are sparse or even empty. This means you have identified that there is some room for improvement. If this is the case, write down the things you would like to improve on and work towards your goals. Remember it's the journey, not the destination that matters!

It is important to identify obstacles and how you can remove those obstacles. Also consider the negative coping strategies that you may have used in the past which you know don't work and that you will need to avoid to ensure optimum health!

Lastly, reflect on how you will feel if you do implement your plan into your everyday life. Hopefully you might just feel ready to take on the world!!

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Physical	Emotional
Spiritual	Sense of wellbeing
What might get in the way?	
How will you remove obstacles?	
What negative coping strategies do you need to avoid?	
If you implement your plan, how do you think you might feel?	