

Self-Care Plan

Instructions: Use this template to create your self-care plan. The example on page two will help you structure a self-care plan with specific action steps across the six categories. Keep this plan handy at home or on your phone for quick reference in times when you start to feel overwhelmed.



MIND

BODY

SPIRIT

EMOTIONS

RELATIONSHIPS

WORK/VOLUNTEER

Self-Care Plan Examples

Mind

- Set social media boundaries.
- Write in a journal.
- Set and work towards personal goals.
- Engage in volunteer work that's different from your paid work.

Body

- Eat regularly and cook food that makes you feel good.
- Drink plenty of water.
- Get enough rest.
- Exercise regularly and go for walks.
- Relax (taking a bath, getting a massage, drinking a hot cup of tea).

Emotions

- Take time to process your emotions.
- Express yourself creatively.
- Express gratitude for friends, family, and coworkers, etc.
- Practice mindfulness and breathing techniques.
- Ask for help at work and in your personal life.

Spirit

- Practice spirituality or faith.
- Make time for self-reflection.
- Practice meditation or yoga.
- Connect with nature.
- Learn about traditional cultural and spiritual practices that interest you.

Relationships

- Connect and spend time with friends.
- Find ways to have fun and laugh.
- Try new hobbies or interests to meet new people.

Work/Volunteer

- Notice the joys and achievements of your work.
- Make connections with coworkers.
- Delegate and practice work-life balance at work and in your volunteer roles.