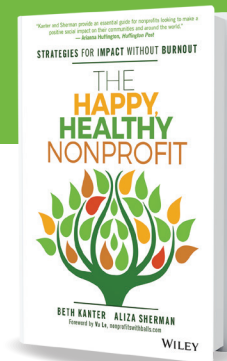


Writing Your Self-Care Plan



A Self-Care Plan identifies self-care goals or behaviors that you want to sustain and is your strategy for making positive behaviors routine with some form of accountability. Self-care is something that you need to live and practice daily. Schedule your self-care activities. Put it on your calendar. Make a commitment to yourself, and prioritize self-care as mission-critical.

A written Self-Care Plan spells out daily activities that will reduce your stress and revitalize you. Writing down your plan helps you articulate and define your routines and rituals for self-care. The goal is to help prevent and potentially eliminate the destructive impact of chronic stress. Self-care is meant to help you cope better in the face of workplace stress and life challenges. A Self-Care Plan is your road map to Happy and Healthy.

Self-Care Plan Template

A written Self-Care Plan does not have to be a long document. In fact, the shorter, the better to start. You can always add to it as you progress through your self-care practices. Make a list of your Practice Goals or the specific actions you plan on taking to attend to your self-care. Tie your actions to the 5 Spheres of Happy Healthy Living, and identify only a few practices related to each category.

Self-Care Category	Practice Goals
Sphere 1: Self	<ul style="list-style-type: none"> • Get 7-9 hours of sleep per night. • Eat more fruits and vegetables every day. • Get to 10,000 steps per day walking.
Sphere 2: Others	<ul style="list-style-type: none"> • Make a regular date with my partner and/or children – one-on-one – to give my relationships attention. • Divest myself of negative influences, moving consciously away from people who bring me down.
Sphere 3: Environment	<ul style="list-style-type: none"> • Stop what I'm doing at least once a day to go outside. • Check my home and office for toxic materials and chemicals that can be eliminated and bring in healthier alternatives.
Sphere 4: Work and Money	<ul style="list-style-type: none"> • Take comp time when I'm attending work-related evening events. • Stand up from my desk every 15 minutes to stretch and walk around.
Sphere 5: Tech	<ul style="list-style-type: none"> • Set up a charging station at the front door for all of my/my family's digital devices. • Keep all my digital devices out of my bedroom and off my dinner table.

Your Self-Care Plan

Self-Care Category	Practice Goals
Sphere 1: Self	
Sphere 2: Others	
Sphere 3: Environment	
Sphere 4: Work and Money	
Sphere 5: Tech	