

My Self Care Plan

Mental	Emotional	Relational	Physical	Spiritual
Examples: <ul style="list-style-type: none"> • Breathtaking Exercises • Journal/Processing time • Make time to process with someone • Gratitude Journal 	<ul style="list-style-type: none"> • Journal/Processing time • Taking a break from social media • Make time to process with someone • Say “no” to tasks that aren’t priority 	<ul style="list-style-type: none"> • Plan a regular date night • Call family weekly • Communicate with supporters • Host a dinner for friends 	<ul style="list-style-type: none"> • Exercise 3x per week • Drink 2 liters of water per day • Take vitamins everyday • Get 8 hours of sleep per night 	<ul style="list-style-type: none"> • Daily devotions/meditation • Book/Bible Study • Combat insecurities with truth • Prayer/Mindfulness
Elements of a good self-care plan:	<ul style="list-style-type: none"> • Brings refreshment, not stress • Practical, and realistic 	<ul style="list-style-type: none"> • Personal... to you! • Linked with accountability 	<ul style="list-style-type: none"> • Has room for grace-not meant to set you up to feel like you’ve failed 	<ul style="list-style-type: none"> • Builds on your strengths

What are some ways I can relieve stress?

Who are people that I can depend upon and ask for support and accountability?