

Self-Care Plan: How to Create a Self-Care Plan

I am sure you have heard the saying “you can’t pour from an empty cup,” highlighting the importance of taking care of yourself before you are able to take care of others. A self-care plan is crucial to ensure you are being mindful of your wellbeing and helps you show up for others in a healthy, compassionate, and genuine way.

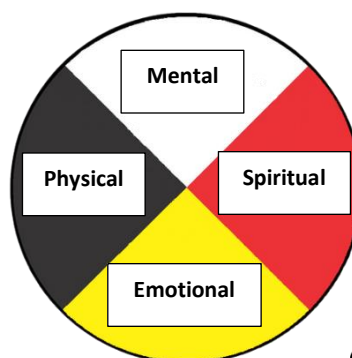


A self-care plan is a set of activities one can deliberately take part in to improve their inner and outer well-being. It’s so much more than treating yourself to a spa day (although that can be part of your self-care plan) and instead, focuses on your holistic wellbeing, encompassing your mental, emotional, physical, and spiritual health.

It might be beneficial to incorporate the medicine wheel when creating your self-care plan, as each section focuses on the four parts of your wellbeing: mental, spiritual, emotional, and physical. We suggest writing out activities that could fall under each section and keeping it somewhere close and easily accessible. You could make it a daily action to pick an activity from each part of the medicine wheel and commit to completing them by the end of the day or rotate which aspect of your you devote your attention to each day of the week. of this is to be consistent, but also forgiving if you slip all have those days when we struggle to get out of nurture ourselves.

Another crucial step in your self-care plan is to determine safe people and places you trust. While it important to take care of yourself and participate in that feed your soul and nourish your wellbeing, there days when you struggle and need support from community. By having a list of people and places that make you feel safe and supported readily at hand, you know when you have those “off days,” your support person is just a phone call away or that special place that helps heal your heart is waiting for you.

We’ve created a self-care plan template for you. Just scan the QR code to head to the page, then fill out and print!



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