


Self Care

WEEKLY WELLNESS PLAN

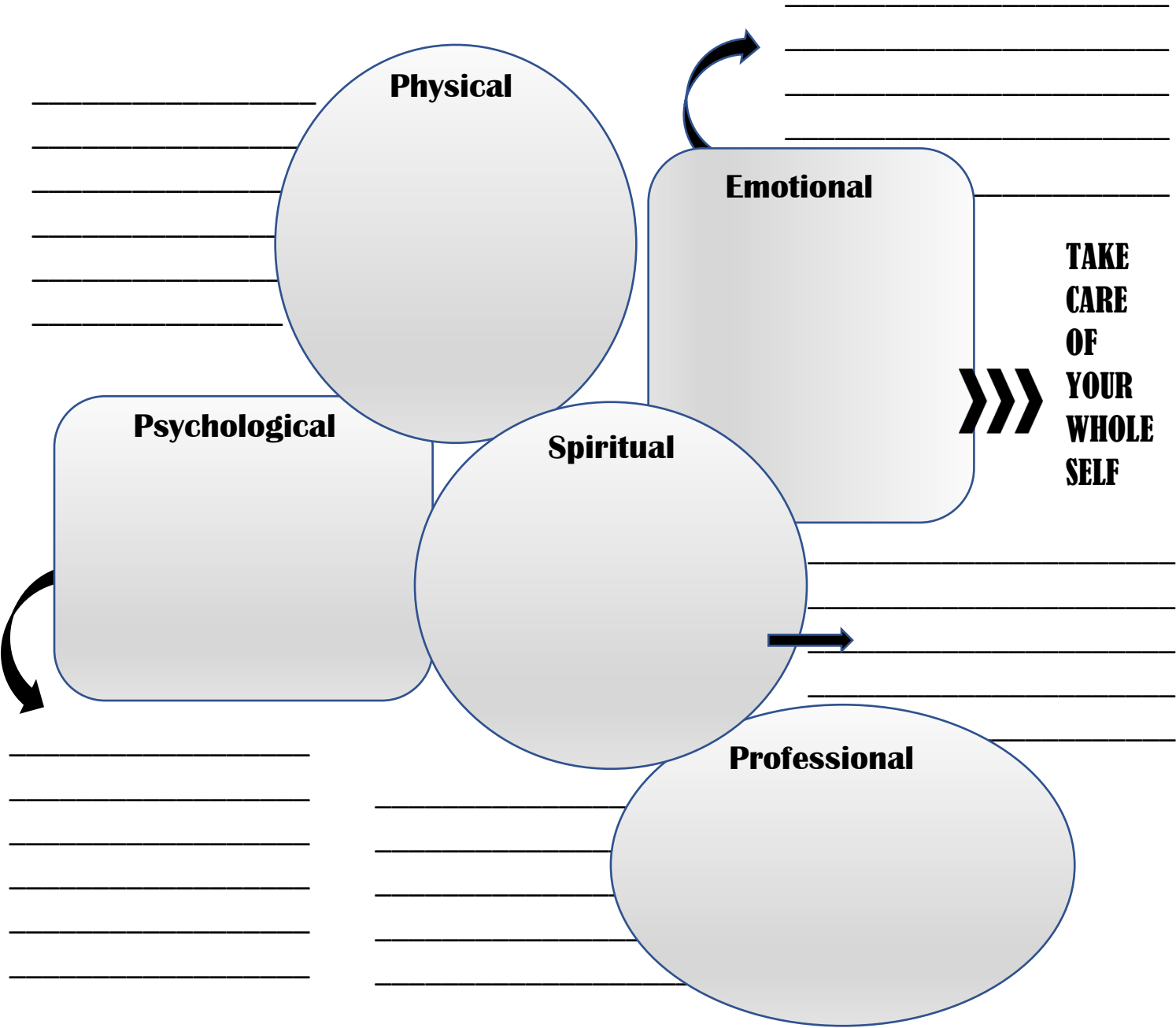
Self Care is an intentional, proactive vs. reactive practice. Use the attached Weekly Wellness Plan to list those self care activities that refill your cup. In each box, write what you plan to do this week (don't forget to identify the 'when')

Self care is personal; it will be different for everyone. Below are just some examples

<p><u>Physical Self Care</u></p> <ul style="list-style-type: none">• Stick to a regular bed time/get 7-9 hours of sleep• Aim for a healthy diet.• Go for a walk• Exercise, play a sport or do a physical activity you enjoy• Soak in the bath• Drink more water• Make your favorite meal• Soothe your senses	<p><u>Emotional</u></p> <ul style="list-style-type: none">• Practice Mindfulness• Make time to check in with how you are feeling• Keep a gratitude journal• Call or video chat with a friend or family member• Speak to a professional therapist• Recite a positive affirmation• Practice Relaxation	
<p><u>Psychological</u></p> <ul style="list-style-type: none">• Keep a reflective journal• Learn something new• Knit/ draw/color or do any activity that you genuinely enjoy• Make time for relaxation• Read• Practice Mindfulness, meditation• Spend quiet time alone• Write down & throw out Negative thoughts	<p><u>Spiritual self-care</u></p> <ul style="list-style-type: none">• Meditate• Pray• Go to church/mosque/temple• Do yoga• Spend time in nature• Unplug from social media• Volunteer for a cause that is important to you	<p><u>Professional self-care</u></p> <ul style="list-style-type: none">• engage in supervision or supportive conversation w/coworkers• be strict with boundaries• take a sick/personal day• attend professional development programs• Limit work hours• Stay logged out of e-mail• Take a dedicated lunch break

WEEKLY WELLNESS PLAN

DATE: _____



Things I need to avoid/ say 'no' to: _____

Something that was awesome this week: _____
