

A Guide to Developing a Self-Care Plan

Why do I need one?

It is very hard to think of what to do for yourself when things get tough. It is best to have a plan ready for use when you need it.

What should be in it?

You need to address 3 areas:



What To DO:

- What will help me relax?
- What do I like to do when I'm in a good mood?
- What can I do that will help me get through the day?
- Make a list of people to contact for support.

What to THINK

- Positive affirmations
- List recent accomplishments
- Review goals
- Motivational quotes

What to AVOID (Triggers)

- Who is not good for you to interact with right now?
- What activities are not good for you or will make you feel worse?
- Are there places that increase your anxiety?