



Planning Your Own Self-Care

Self-care is unique for all individuals. When creating a plan for your own self-care, there are a variety of options to choose from. To get started, pick the top four activities that interest you most and mark them on the provided checklist. Print this checklist out or take a picture so you can refer back to your individualized self-care plan when you are feeling stressed or to help you relax while grounding yourself.

 ___ Listen to music	 ___ Journaling	 ___ Quiet time	 ___ Healthy snacks	 ___ Yoga	 ___ Gardening
 ___ Dark chocolate	 ___ A cup of tea	 ___ Positive self-talk	 ___ Read a book	 ___ Practice mindfulness	 ___ Time with family and friends
 ___ Outdoor physical activities	 ___ Meditation or prayer	 ___ Adequate rest and sleep	 ___ Relaxing bath or shower	 ___ Identify your support system	 ___ Talk about feelings
 ___ Watch funny or interesting movies/shows	 ___ Express gratitude in a note or text	 ___ Essential oils or candles	 ___ Relax and put on cozy socks	 ___ Set personal boundaries	 ___ Draw, paint or color a picture

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