

Build Your Self-Care Plan

Self-Care is a multifaceted practice that is about taking care of your health and well-being by addressing the mental, physical, emotional, social, and spiritual areas of your life, and finding a balance among all of these.

The following four-step process will help you build a self-care plan that is just right for you.

Step 1: Evaluate Where You Are Now

How do you typically deal with life's demands?

First, think about the major areas and activities of your everyday life (work, school, family, etc.) and what the stressors are of each activity. Then, take a moment to evaluate your coping strategies when faced with these stressors and how you respond both positively (e.g. deep breathing, meditation, going for a walk, etc.), and negatively (e.g. yelling, overeating, pacing, etc.). Be honest with yourself.

Write these down below.

Now, you have an idea of what positive habits you'd like to keep or build upon, and what negative habits you'd like to eliminate.

MY COPING SKILLS

Positive

-
-
-
-
-
-
-
-

Negative

-
-
-
-
-
-
-
-

Step 2: Recognize Your Current Needs

There are many areas of personal care that we need to keep in-check, and everyone has their own unique way of doing so. Determine what you currently need on a daily or monthly basis to meet your physical, mental, emotional, spiritual, social, professional, and financial areas of care.

Add these to the chart below in the first column.

Step 3: Identify Your Coping Strategies

Now, consider the current coping strategies, or behaviors, you use to meet each of your needs.

What does your mind need to stay productive? What does your body need to stay healthy and strong? Who do you reach out to when in need of support? This part of the process will allow you to see what areas you are neglecting or where you might need to try something else to be successful.

Write down your current coping strategies and add in any new ones that you'd like to try out.

AREAS OF CARE & NEEDS	CURRENT STRATEGIES	STRATEGIES TO TRY
Physical Needs (e.g. have good sleep habits) • • •		
Mental Needs (e.g. put my phone away) • • •		
Emotional Needs (e.g. engage in fun activities) • • •		
Spiritual Needs (e.g. spend time in nature) • • •		
Social Needs (e.g. make time for family) • • •		
Professional Needs (e.g. work-life balance) • • •		
Financial Needs (e.g. create a monthly budget) • • •		

Step 4: Create Your Self-Care Plan

Once you've determined your personal daily and/or monthly needs and have identified the best coping strategies to meet those needs, add your favorite strategies into your self-care plan. This is the plan you will reference every day or week to keep yourself on track. Print it out, cut it out, and put it on display.

Your plan can be as simple or as detailed as you'd like. But no matter what, it's essential to make a commitment to regularly look at your plan and practice your self-care routine as often as possible.

MY SELF-CARE PLAN

Physical	Mental	Emotional	Spiritual	Social	Professional	Financial

Additionally, make note of your top three positive coping strategies that you want to get in the habit of using and practice these three on a daily or weekly basis.

MY TOP THREE POSITIVE COPING STRATEGIES

1.

2.

3.

As you continue to practice your new self-care routine, you will encounter new life stressors and might find out some coping strategies are no longer working. So, adjust your plan as time goes on to make it meet your present needs.