



SELF CARE PLAN

Your name:

Physical	Emotional
Academic	Spiritual

To guide your writing and on how to use your plan check out our suggestions below:



1. List 5-10 things that bring you calm, contentment, happiness, and/or inspiration.
2. Keep this in a place where you can see it every day. Keeping it visible will help you to think about and commit to the strategies in your plan. You can also share it with your teacher, supervisor, colleagues, friends and family so they can support you in your actions.
3. Stick to your plan and practice the activities regularly. Just like an athlete doesn't become fit by merely 'thinking' about fitness, as a worker you can't expect to perform effectively without putting into practice a holistic plan for your wellbeing.
4. Re-assess how you are going at the end of one month and then three months. Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan. After a while, come back and complete the self-care assessment again to find out how you are going with your new habits.

Use this template to fill in your own self-care plan with activities that you enjoy and that support your wellbeing.