

## Self-Care Plan Worksheet

Self-Care Activity	Personalization
<p>Sleep</p> <ul style="list-style-type: none"> <li>● How many hours do you need?</li> <li>● What time do you need to go to bed to get enough sleep?</li> <li>● What will help you relax before bed?</li> </ul>	
<p>Eating</p> <ul style="list-style-type: none"> <li>● What would you like to eat?</li> <li>● What foods are nourishing to your body?</li> </ul>	
<p>Exercise</p> <ul style="list-style-type: none"> <li>● E.g. Walk, run, dance, yoga, play sports, bike</li> <li>● How many times a week would you like to exercise?</li> <li>● When would you like to exercise?</li> </ul>	
<p>Personal Time</p> <ul style="list-style-type: none"> <li>● What would you like to do during this time?</li> <li>● E.g. Read for pleasure, meditate, listen to music, journal</li> </ul>	
<p>Time with Friends and Family</p> <ul style="list-style-type: none"> <li>● How can you meaningfully and safely connect with friends and during this time?</li> </ul>	

### *Implementing a Self-Care Plan*

- Choose two of the things that you just identified to start doing every week
- Hold yourself accountable
  - Schedule time to do the things that you have chosen
  - Tell someone you will do those things and ask for their support
- Reward yourself
  - Consider treating yourself to something (e.g. tv show, special snack, video game, etc.) when you follow through with your self-care plan