



MY SELF-CARE PLAN



Name:

National Suicide Prevention Lifeline

800-273-8255

Text "Home" to 741741

Answer the questions/prompts with coping skills/activities that help you

When I need support I can call these people...

- 1.
- 2.
- 3.
- 4.

When I am upset, I can...

Do this to help me relax..

These activities help put me in a good mood...

I will limit my intake of the following... (Social media, unhealthy food, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

These are the things that I will avoid to keep me healthy...

Make a list of positive things to say to yourself when you are giving yourself a hard time...

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6 Useful Self-Care Mantras

- 1. "I deserve joy."
- 2. "I am important."
- 3. "When I pour into myself, I can shine my light onto others."
- 4. "I am worthy of all the things that bring me happiness."
- 5. "I can make time to nourish my mind, body, and spirit."
- 6. "I am doing my best."

”



What boundaries can I set today?

- 1.
- 2.
- 3.
- 4.

This year I will be intentional with the following goals:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How will I feel after I set and enforce those boundaries?



SUGGESTIONS

Divide the list of your friends/family in your support network into categories by asking the following questions:

- Who can I call if I am feeling depressed or anxious?
- Who can I call if I am lonely?
- Who will come over to be with me if I need company?
- Who will listen?
- Who will encourage me to get out of the house and do something fun?
- Who will remind me to follow my self-care plan?
- Other:

Example Coping Strategies

- Deep Breathing, Muscle relaxation, Guided Meditation...
- Reading for fun, watch a movie, making a playlist of songs that put you in a good mood...
- Exercising, going for a walk, yoga...
- Journaling, crafting, cooking, baking, Laugh! and joke with friends
- set virtual meet ups with friends and family
- Talking to a Licensed Mental Health Professional



Activities to consider limiting:

- Checking Social Media
- Watching the news
- Surrounding yourself with people who violate your boundaries
- Checking emails after work hours
- Alcohol consumption
- Online shopping
- Overeating unhealthy snacks