



Self-Care Plan Checklist

Directions:

Go through the following checklist and mark the items with an (X) that you think you do well.

Prioritize 4 unmarked items from 1 – 4, 1 being the easiest and/or most important item to start practicing – 4 being something you want to start and are attainable for you to practice.

Challenge: Write in your own self-care practice under at least one of the (Other) items.

Physical Self-Care

- Eat regularly and healthy foods
- Take part in fun physical activities
- Go to the Doctor for check-ups regularly
- Take breaks alone when needed
- Get enough sleep
- Take time to care your bodily hygiene
- Make time away from telephones and social media
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own therapist
- Write in a journal
- Read things that interest you other than school work
- Try new things
- Say “no” to extra activities or to friends
- Other:



Emotional Self-Care

- Stay in contact with important people in your life
- Give yourself positive affirmations
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Strive for balance among school, family, relationships, play and rest
- Other:

Spiritual Self-Care

- Spend time with nature
- Find a spiritual connection or community
- Identify what is meaningful to you and how it plays a role in your life
- Meditate
- Sing
- Other:

School or Workplace Self-Care

- Take breaks when needed
- Make/find quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with others
- Balance your day
- Other: