

Exercise: creating a self-care plan

Take a moment to reflect on how you are currently coping with stress. Write down any current strategies you use, and identify if they are healthy or not.

For example, healthy coping strategies could be daily walks or weekly phone calls with a friend, whereas unhealthy coping strategies may look like excessive drinking or being overly self-critical.

What are my healthy self-care strategies?

What are my unhealthy self-care strategies?

Take a moment to think of some new self-care activities you would like to try. If you feel stuck, you can refer to the previous pages for some ideas. Try to include **one from each** of the following areas:

Physical self-care: _____

Emotional self-care: _____

Social self-care: _____

Spiritual self-care: _____

Environmental self-care: _____

Creative/leisure self-care: _____

Having a plan for self-care can make it easier to practice in your daily life. **Choose one or two of your favourite activities** or one or two new ones you would like to try. Then fill out the following statements to create **goals for self-care**:

I will set aside time to _____ once a day.

I will set aside time to _____ once a week.

Caregiving can, at times, be very challenging and emotional. Having a plan in place for these moments can help you calm yourself down if/when you feel overwhelmed.

Try the following strategies:

- Practice self-compassion
- Do a breathing exercise
- Practice sensory grounding (5, 4, 3, 2, 1)

When I am overwhelmed, I will: _____

Take a moment to reflect: how did your self-care plan work for you?

How did it feel to prioritize your well-being?

What challenges did you face when making time for self-care?

What type of self-care was the easiest to commit to?

What type of self-care was the hardest to commit to?

What exercises were a good fit for you? Why?

What exercises were not a good fit for you? Why?

