Reasons You Need a Self-Care Plan:

1. It’s PROACTIVE: By designing a roadmap that is unique to you, in moments when you’re NOT in crisis, you’re directing your best self to reflect on what you may need (and have access to) in your worst moments.
2. Just FOLLOW the plan when needed: When you have a plan in place, you’ll feel more in control of your circumstances and life won’t feel quite as chaotic. (It also makes it easier to ask for help from those you share your plan with.)
3. Because you are WORTH IT: The reality is that only YOU know how intense your stress levels can get and what resources are available to you. If you don’t take care of yourself, who will?

Make it:

**Fun** -- **Visual** -- Easy to do

Easy Self-Care Activity:

Take the letters of your first name to create a self-care activity list. For example, **Jane** = **J** for **j**oyful singing; **A** for **a**void negative people; **N** for **n**otice the beauty around you; **E** for **e**at ice cream!

Self-Care Plan (handout):

Think about what activities you enjoy and can easily engage in that benefit your: **Body**, **Mind**, **Spirit**.

For example: spending time with loved ones, eating good food, movement (walk, run, dance!), meditation, and creating healthy boundaries.

**Barriers**: think about how you can build healthy boundaries around your time and energy.

ARTICLE: “No” Is A Complete Sentence: “No” is a word most of us use too infrequently. And, what’s worse, when we say “No” we usually add on all sorts of wheedly explanations. But “No” is a complete sentence, and here’s why. BY [SHELLY TYGIELSKI](https://www.mindful.org/author/tygielski/) JANUARY 16, 2019 [www.mindful.org](http://www.mindful.org)

**People**: list the people who are going to be a part of your plan!

*Have fun, be creative, and most importantly, be real with yourself about what works for you and what doesn’t.*