

SELF-CARE PLAN

Self-Care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Its benefits are better physical, emotional, and mental health and well-being. Research suggests self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress.

Ways I can care for my Physical well-being:

- 1.
- 2.
- 3.

Need Suggestions? ... Go for a walk outside. Stretch for 5-10 minutes. Drink an 8oz. glass of water. Eat something delicious or nutritious. Dance like no one (or everyone) is watching.

Ways I can care for my Mental well-being:

- 1.
- 2.
- 3.

Need suggestions? ... Bring on the laughs by watching a funny TV show or skit. Read an enticing book or listen to a thought-provoking podcast. Journal about your thoughts and feelings. Engage in an artistic activity, whether it might be drawing or painting, listening to or playing music. Feel inspired through watching a TED talk or reading an influential quote... Examples?

“Caring for myself is not self-indulgence, is it self-preservation...” – Audre Lorde

“To be nobody-but-yourself—in a world which is doing its best, night and day, to make you everybody else—means to fight the hardest battle which any human being can fight.” – e.e. cummings

“How much good inside a day? Depends on how good you live ‘em.” – Shel Silverstein

Add your favorite quotes here:

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Ways I can care for my Emotional well-being:

- 1.
- 2.
- 3.

Need suggestions?... Cultivate mindfulness through meditation or body scanning (check out apps or YouTube for guides). Practice square breathing (Breathe in for 4 – Hold for 4 – Breathe out for 4 – Rest for 4). Give yourself a hug or place one hand over your chest, other hand over your abdomen for supported breathing. State positive self-affirmations out loud... Examples?

I give myself permission to do what is right for me. I allow myself to be who I am without judgment. I trust myself to make the right decision(s). I am becoming closer to my true self every day.

Add your favorite affirmations here:

While there are so many great benefits of practicing self-care, it can sometimes feel difficult to complete on our own. Self-care requires energy and effort that we may not have or be able to access in the moment. If you are struggling to engage with the activities and resources listed above, it might be beneficial to ask someone for help and support.

First... Try contacting a caring friend, family member, or co-worker.

If no one is available or you do not feel safe enough to share openly with anyone you know, then call the 24-hour Rocky Mountain Crisis Partners hotline at 1-844-493-8255 or text TALK to 38255. You will be connected to a trained clinician who can offer free and confidential support.

If you are feeling suicidal or having a mental health crisis, call 9-1-1 or safely get to a nearby hospital ER or urgent setting.

Plan Created on _____