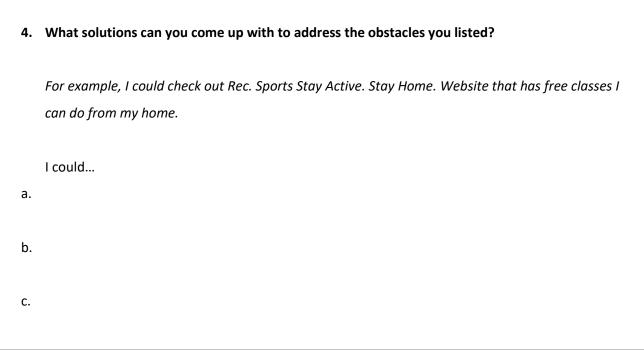
Self-Care Plan

Self-care includes activities and practices that fulfill you and give you energy. Establishing self-care practices can be an important part of maintaining your overall well-being. Below is an outline to help you create and maintain a self-care plan.

1. List the self-care practices you are currently using now to take care of yourself.

For example, I get between 7-9 hours of sleep each night.
I
a.
b.
C.
2. List the self-care practices you would like to incorporate into your routine.
2. List the self-care practices you would like to incorporate into your routine. For example, I want to take a yoga class twice a week.
For example, I want to take a yoga class twice a week.
For example, I want to take a yoga class twice a week. I want to
For example, I want to take a yoga class twice a week. I want to a.

3.	Identify the obstacles keeping you from practicing these habits.
For	example, I'm not taking a yoga class now because of COVID-19 and don't feel comfortable going
to a	gym.
I am	not because
a.	
b.	
c.	
4.	What solutions can you come up with to address the obstacles you listed?



5. Take a moment to reread the self-care practices you wrote about. Select one of the habits you would like to begin practicing and complete the sentences below:
For example, Today, I commit to taking a weekly yoga class. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by taking free yoga classes online and once a month looking for free or discounted yoga classes in the community.
Today I commit to
I want to do this because
I will accomplish this by

Self-Care Plan in the Moment

There are times we may need to practice self-care in the moment. We may not have access to or the ability to practice the self-care plan you outlined above. Below please brainstorm self-care practices you can do in the moment depending on the amount of time you have.

Amount of time: 2-5 minutes	
For example, practicing deep breathing exercises on the CMHC website.	
a.	
b.	
C.	
	_

Amount of time: 15-20 minutes

For example, working through a topic in the Thrive at UT app.

a.

b.

c.

Amour	at of time: 30 minutes +
For exa	imple, taking a walk outside and noticing your five senses.
a.	
b.	
C.	