



## BUILDING A SELF CARE PLAN

### Physical Wellness

We build physical wellness through proper nutrition, exercise, rest and stress management.

The factors that influence how long people live:

- Stay on top of current healthy information
- Know the difference between rest and sleep
- Exercise on a regular basis
- Drink lots of water – 8 cups a day!
- Eat a balance diet
- Discover positive ways to deal with negative stress
- Get the proper amount of sleep and rest
- Create healing environments and relationships
- It's never too soon nor too late to begin to reverse the damage to our physical bodies

Add your thoughts, ideas and 'personally proven methods':

### Mental/Intellectual Wellness

- You are whatever your thoughts are
- Make sure your thoughts are where you want them to be
- The mind grows stronger when we challenge it
- Read books. Read biographies of people you admire. Books open and expand the mind
- Who are your intellectual mentors?
- Keep a journal. A journal can become a place to meet issues and work out problems
- Have a creative purpose
- Solve puzzles. Have a few hobbies they are stimulating to the brain, are relaxing and personally fulfilling.
- Collect quotations. The sentiments of great people stimulate the mind.
- Listen to uplifting music
- Use affirmations to help change negative thought patterns
- Pay attention to negative deficiency messages: Negative self-talk.....
- Learn methods of positive self-talk
- See the humor in life.

Add your thoughts, ideas and successful strategies:



## Emotional Wellness

Finding ways to fulfill our basic need for recognition, empowerment and achievement....

- The ability to communicate openly and honestly our true feelings
- Giving and receiving love, equal or mutual exchange of energy
- Identify and accept positive and negative feelings
- Effectively releasing negative feelings, for example: anger, sadness, fear and disappointments
- Having one good friend you can share all with
- Therapy as a method of grow and develop and gain awareness
- Write feeling letters, you don't have to mail them
- Develop the courage to confront
- Action takes courage
- Willingness to experience more joy
- Laughter every day
- Daily journal writing can cleanse your inner house
- Sense of belongingness – hobby groups, clubs, church etc...

Add your ideas, thoughts and what works for you:

## Social/Relationship Wellness

Uncover ways to meet the basic needs for a sense of community and belongingness as well as our needs to independent and self-reliant – to be both in relationship with others and honor our need for solitude and periods of retreat....

- Love, touch and support systems
- Sharing of feelings and experiences
- Supporting and being supported by family and friends
- Talking, making time to be away from all social demands
- God/spiritual connection
- Have a mentor
- Spend time with only the friends and family that makes you feel good about yourself
- Giving and receiving relationships



- Have company on our journey
- Be with warm, caring and fun family and friends
- Freedom and independence. Explore ways that provide expression of this for you
- Find one person where it is safe to be who you are
- Learn to share mutually, giving and receiving relationships

Add you ideas, thoughts and known practices:



## MY SELFCARE PLAN

Write what you already do for self-care and then any intentions for change you would like to make.

Body:

Mind:

Spirit:

Warning Signals:



